



## Constitution (Dosha) Test

Read each statement, and answer according to what has been generally true for you most of your life, not what is specifically the case at this moment. When you have finished the test, add up your answers for a, b, and c. This will reveal your primary constitutional balance (prakruti).

### 1. My physical frame is

- a. thin and lean
- b. medium with good muscles
- c. large and thick

### 2. My body weight tends to be

- a. low; I have trouble gaining weight
- b. medium; I can gain weight but can lose weight quickly
- c. on the high side; I have trouble losing weight

### 3. My skin tends to be

- a. dry and rough, especially in cold weather; thin
- b. soft and warm, prone to rashes; many moles
- c. oily and cool; prone to facial acne

### 4. My hair is

- a. dry, thin, wiry
- b. straight; prematurely gray or balding
- c. thick, oily, abundant

**5. My eyes are**

- \_\_\_\_\_ a. small, dull, brown or black
- \_\_\_\_\_ b. medium, sharp, green or gray
- \_\_\_\_\_ c. big and round, blue or brown

**6. My fingernails are**

- \_\_\_\_\_ a. dry, rough, and brittle; fingers are thin
- \_\_\_\_\_ b. soft, pink; fingers are medium
- \_\_\_\_\_ c. thick and smooth; fingers thick

**7. In terms of general perspiration,**

- \_\_\_\_\_ a. I don't sweat very much
- \_\_\_\_\_ b. I sweat excessively
- \_\_\_\_\_ c. I have a moderate amount of sweat

**8. My joints are**

- \_\_\_\_\_ a. visible, boggy, and often crack
- \_\_\_\_\_ b. just visible and loose
- \_\_\_\_\_ c. not seen with a lot of tissue surround them

**9. My appetite tends to be**

- \_\_\_\_\_ a. variable or light
- \_\_\_\_\_ b. strong and/or excessive
- \_\_\_\_\_ c. steady, regular, but can skip meals

**10. In terms of physical activity,**

\_\_\_\_\_ a. I am fast and very active

\_\_\_\_\_ b. I am moderately active

\_\_\_\_\_ c. I am more slow and lethargic

**11. In terms of mental activity,**

\_\_\_\_\_ a. I tend to be restless and active

\_\_\_\_\_ b. I tend to be strong-minded and intelligent

\_\_\_\_\_ c. I tend to be calm, dependable, and steady

**12. My sleep is generally**

\_\_\_\_\_ a. disturbed and interrupted; I often wake up in the early hours

\_\_\_\_\_ b. moderate but slightly disturbed; I sometimes have trouble falling asleep

\_\_\_\_\_ c. sound and more than 6 hours

**13. When stressed, I tend to be**

\_\_\_\_\_ a. anxious, insecure, and impatient

\_\_\_\_\_ b. irritable, jealous, quick to anger

\_\_\_\_\_ c. possessive, withdrawn

**14. My digestion is**

\_\_\_\_\_ a. irregular; when indigestion, some gas and bloating

\_\_\_\_\_ b. quick; when indigestion, tends toward acid, heartburn

\_\_\_\_\_ c. slow

15. In terms of elimination, my bowel moments are

- \_\_\_\_\_ a. constipated; dry
- \_\_\_\_\_ b. regular or loose
- \_\_\_\_\_ c. regular or thick and oily

16. My memory is

- \_\_\_\_\_ a. good in the short term, but quick to forget
- \_\_\_\_\_ b. sharp; accurate
- \_\_\_\_\_ c. slow but steady

17. My climate preference is

- \_\_\_\_\_ a. warm and humid weather; I dislike cold and dry
- \_\_\_\_\_ b. cool weather, I dislike a heat and sun
- \_\_\_\_\_ c. warm but dry weather; I dislike cold and damp

18. I tend toward the following type of interests

- \_\_\_\_\_ a. recreation, activities with movements, talking
- \_\_\_\_\_ b. competition, debate, politics
- \_\_\_\_\_ c. family and social events; collecting

19. My speech is

- \_\_\_\_\_ a. rapid; sometimes I speak before I think
- \_\_\_\_\_ b. precise and articulate
- \_\_\_\_\_ c. slow and measured

20. In terms of personality, I tend towards being

\_\_\_\_\_ a. vivacious and talkative; outgoing

\_\_\_\_\_ b. intense, ambitious; I like to be in control

\_\_\_\_\_ c. reserved and laid back

**Total:**

a. \_\_\_\_\_ Vata

b. \_\_\_\_\_ Pitta

c. \_\_\_\_\_ Kapha