

Ayurvedic Body Types

Vata ♦ Pitta ♦ Kapha

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Identifying Your Constitution

To learn your basic Ayurvedic constitution type (called a "dosha"), please rate the following traits as they have pertained to you in the last 2 to 3 years.

Answer each number and be sure to put a number in all 3 blanks per line, even if it is "0".

0 = Doesn't describe me at all
1 = Describes me a little
2 = Describes me quite well
3 = Describes me almost perfectly

| | VATA | PITTA | KAPHA |
|--|---|--|---|
| 1. My hair texture tends to be: | <input type="checkbox"/> Dry, curly wavy, shiny | <input type="checkbox"/> Straight or fine | <input type="checkbox"/> Thick or full bodied |
| 2. My hair color is: | <input type="checkbox"/> Medium or or light brown | <input type="checkbox"/> Blond or reddish tone or early gray | <input type="checkbox"/> Dark brown or black |
| 3. My skin tends to be: | <input type="checkbox"/> On the dry side | <input type="checkbox"/> Delicate or sensitive | <input type="checkbox"/> Oily or smooth |
| 4. My complexion (when compared with others of my race) is: | <input type="checkbox"/> Darker | <input type="checkbox"/> More reddish or freckled | <input type="checkbox"/> Lighter |
| 5. Compared with others of my height, I have: | <input type="checkbox"/> Smaller bones | <input type="checkbox"/> Average-size bones | <input type="checkbox"/> Larger bones |
| 6. My weight is: | <input type="checkbox"/> Thin; I don't gain weight | <input type="checkbox"/> Average | <input type="checkbox"/> Heavy |
| 7. My energy level: | <input type="checkbox"/> Tends to fluctuate, may be high or low | <input type="checkbox"/> Is moderate to high; I can push myself too hard | <input type="checkbox"/> Is steady |
| SUBTOTALS: VATA = <input type="text"/> PITTA = <input type="text"/> KAPHA = <input type="text"/> | | | |

| | VATA | PITTA | KAPHA |
|--|---|--|--|
| 8. Regarding temperature, I: | <input type="checkbox"/> Dislike cold; am comfortable in heat | <input type="checkbox"/> Dislike heat; perspire easily, like cool temperatures | <input type="checkbox"/> Dislike damp and cold, can tolerate extremes well |
| 9. My typical hunger level: | <input type="checkbox"/> Can vary from excessive to no interest in food | <input type="checkbox"/> Is intense; I need regular meals | <input type="checkbox"/> Is usually low but can be emotionally driven |
| 10. I prefer my food/drinks: | <input type="checkbox"/> Warm or moist or oily | <input type="checkbox"/> Cold | <input type="checkbox"/> Warm or dry |
| 11. I generally eat: | <input type="checkbox"/> Quickly | <input type="checkbox"/> Moderately fast | <input type="checkbox"/> Slowly |
| 12. My sleep is most often: | <input type="checkbox"/> Interrupted, light | <input type="checkbox"/> Sound, moderate | <input type="checkbox"/> Deep, long |
| 13. My sexual interest is: | <input type="checkbox"/> Strong when romantically involved; low to moderate otherwise | <input type="checkbox"/> Moderate to strong | <input type="checkbox"/> Slow to awaken but then is sustained |
| 14. My emotional moods: | <input type="checkbox"/> Change easily; I'm very responsive | <input type="checkbox"/> Are intense; I'm quick-tempered | <input type="checkbox"/> Are even; I'm slow to anger |
| 15. My general reaction to stress is: | <input type="checkbox"/> Anxious, fearful | <input type="checkbox"/> Irritated | <input type="checkbox"/> Mostly calm |
| 16. With regard to money, I: | <input type="checkbox"/> Am easy and impulsive | <input type="checkbox"/> Am careful, but I spend | <input type="checkbox"/> Tend to save, accumulate |
| SUBTOTALS: VATA = <input type="text"/> PITTA = <input type="text"/> KAPHA = <input type="text"/> | | | |

| | VATA | PITTA | KAPHA |
|--|---|---|--|
| 17. My way of learning is: | ___ To learn quickly, enjoy more than one thing at a time | ___ To focus sharply, discriminate | ___ To take my time |
| 18. With regard to tasks, I may: | ___ Start a task, but not finish | ___ Finish what I start | ___ Tend to be methodical |
| 19. My memory is: | ___ Best in the short term | ___ Good overall | ___ Best in the long term |
| 20. My way of speaking is: | ___ Quick, often imaginative or excessive | ___ Clear, precise detailed, well-organized | ___ Soothing, calm |
| 21. If there was one trait to best describe me, it would be: | ___ Vivacious | ___ Determined | ___ Easygoing |
| 22. Regarding my relationships, I: | ___ Easily adapt to different kinds | ___ Often choose friends on the basis of their values | ___ Am slow to make new friends, but then I am loyal |
| 23. My family and friends might prefer me to be more: | ___ Settled | ___ Tolerant | ___ Enthusiastic |

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ASSESSING YOUR SCORE

If one column total is 15 or more points higher than the other two column totals, this is clearly your dominant constitutional type -- vata, pitta or kapha.

If two of the column totals are 0 to 15 points apart, you are a dual-dosha constitutional type -- vata-pitta (or pitta-vata), pitta-kapha (or kapha-pitta), or vata-kapha (or kapha-vata).

If all three column totals are within 0 to 10 points of each other, you are a tri-dosha constitutional type (the most balanced type).

Birth Dosha: To determine your original constitutional type, take this test again, only answer the questions as they would have pertained to you as a child. Compare your present (acquired dosha) with your birth dosha.

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SUBTOTALS: VATA = ___ PITTA = ___ KAPHA = ___

Add each of the subtotals together for each dosha, then enter in the grand total for each one.

GRAND TOTALS VATA = ___ PITTA = ___ KAPHA = ___