

Guidelines for Determining your *Dosha* (Body Type)

To determine your *Dosha*, fill out the questionnaire below. Base your choices on what you observe is most consistent over a long period of time, rather than your present state.

Make a choice from the column that best describes yourself. However, feel free to make a

selection from more than one column if more columns equally describe you.

After finishing the questionnaire, add up the number of marks under *Vata*, *Pitta* and *Kapha* to discover your *Doshas*. Most of us will have one *Dosha* predominant, a few will have two *Doshas*

approximately equal and even fewer will have all three *Doshas* in equal proportion.

If you would like to discuss your doshas in greater detail, get suggestions on a life-style plan, product recommendations, etc., please call us at 800.923.9338, Ext. 14, 10 a.m. to 2 p.m. eastern time on any weekday.

OBSERVATIONS	VATA	PITTA	KAPHA
Body size	<input type="checkbox"/> Thin build	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
Body weight	<input type="checkbox"/> Low	<input type="checkbox"/> Medium	<input type="checkbox"/> Overweight tendency
Weight change	<input type="checkbox"/> Trouble gaining	<input type="checkbox"/> Can gain, but lose quickly	<input type="checkbox"/> Hard to lose, weight gain
Skin type	<input type="checkbox"/> Thin, dry	<input type="checkbox"/> Smooth, oily	<input type="checkbox"/> Thick, oily
Skin texture	<input type="checkbox"/> Cold, rough, dark	<input type="checkbox"/> Warm, rosy, freckles	<input type="checkbox"/> Cool, white, pale
Hair	<input type="checkbox"/> Dry, knotted, brittle, scarce	<input type="checkbox"/> Straight, oily, hair loss	<input type="checkbox"/> Thick, curly, oily, wavy, luxuriant
Hair color	<input type="checkbox"/> Brown, black	<input type="checkbox"/> Blond, grey, red	<input type="checkbox"/> Dark brown, black
Teeth	<input type="checkbox"/> Stick out, big, roomy, thin gums	<input type="checkbox"/> Medium, soft, tender gums	<input type="checkbox"/> Healthy, white, strong gums
Nose	<input type="checkbox"/> Uneven shape, deviated septum	<input type="checkbox"/> Long, pointed, red nose tip	<input type="checkbox"/> Short, rounded, button nose
Eyes	<input type="checkbox"/> Small, sunken, dry, active, frequent blinking	<input type="checkbox"/> Sharp, sensitive to light	<input type="checkbox"/> Big, calm
Eye color	<input type="checkbox"/> Black, brown	<input type="checkbox"/> Bright gray, green	<input type="checkbox"/> Brown, blue
Nails	<input type="checkbox"/> Dry, rough, easily broken	<input type="checkbox"/> Sharp, flexible, long, reddish tint	<input type="checkbox"/> Thick, smooth, shiny surface
Lips	<input type="checkbox"/> Dry, cracked, small	<input type="checkbox"/> Often inflamed, medium	<input type="checkbox"/> Smooth, large
Lip color	<input type="checkbox"/> Black or brown tint	<input type="checkbox"/> Red	<input type="checkbox"/> Pale
Chin	<input type="checkbox"/> Thin and angular	<input type="checkbox"/> Tapered	<input type="checkbox"/> Rounded, big
Cheeks	<input type="checkbox"/> Sunken, lines or wrinkles	<input type="checkbox"/> Flat and smooth	<input type="checkbox"/> Big or round
Neck	<input type="checkbox"/> Long, thin	<input type="checkbox"/> Medium	<input type="checkbox"/> Wide
Chest	<input type="checkbox"/> Small, flat	<input type="checkbox"/> Moderate	<input type="checkbox"/> Broad chested
Belly	<input type="checkbox"/> Small, flat	<input type="checkbox"/> Moderate	<input type="checkbox"/> Large, defined
Belly-Button	<input type="checkbox"/> Small, irregular	<input type="checkbox"/> Oval, superficial	<input type="checkbox"/> Big, deep, round
Hips	<input type="checkbox"/> Small or thin	<input type="checkbox"/> Moderate	<input type="checkbox"/> Big
Joints	<input type="checkbox"/> Cracking noise, small	<input type="checkbox"/> Moderate	<input type="checkbox"/> Large, lubricated
Appetite	<input type="checkbox"/> Irregular in frequency and magnitude	<input type="checkbox"/> Strong, cannot skip meals	<input type="checkbox"/> Steady, regular
Taste preference	<input type="checkbox"/> Sweet, sour, salty	<input type="checkbox"/> Sweet, bitter, astringent	<input type="checkbox"/> Bitter, pungent, astringent
Thirst	<input type="checkbox"/> Variable	<input type="checkbox"/> Need water regularly	<input type="checkbox"/> Sparse need for water
Digestion	<input type="checkbox"/> Irregular	<input type="checkbox"/> Quick	<input type="checkbox"/> Slow
When there is indigestion	<input type="checkbox"/> Tendency to have constipation, forms gas	<input type="checkbox"/> Causes burning, heart burn, reflux	<input type="checkbox"/> Forms mucous
Elimination	<input type="checkbox"/> Dry	<input type="checkbox"/> Loose	<input type="checkbox"/> Thick, sluggish
Physical Activity	<input type="checkbox"/> Always active	<input type="checkbox"/> Moderate	<input type="checkbox"/> Slow, measured
Mental Activity	<input type="checkbox"/> Hyperactive	<input type="checkbox"/> Moderate	<input type="checkbox"/> Calm
Personality	<input type="checkbox"/> Vivacious, talkative, social, outgoing	<input type="checkbox"/> Intense, likes to be in control, purpose based interaction	<input type="checkbox"/> Reserved, laid back, concerned, care giving
Emotional response when stressed	<input type="checkbox"/> Anxiety, fear, uncertainty	<input type="checkbox"/> Anger, hate, jealousy	<input type="checkbox"/> Greedy, possessive, withdrawn
Faith or beliefs	<input type="checkbox"/> Variable	<input type="checkbox"/> Dedicated / extreme	<input type="checkbox"/> Consistent
Intellectual response	<input type="checkbox"/> Quick, not detailed	<input type="checkbox"/> Accurate, timely	<input type="checkbox"/> Paced but exact
Memory	<input type="checkbox"/> Good short term but quick to forget	<input type="checkbox"/> Medium but accurate	<input type="checkbox"/> Slow to remember, then sustained
Career, life performance	<input type="checkbox"/> Creative arts, designing	<input type="checkbox"/> Science or engineering	<input type="checkbox"/> Management, diplomacy
Environment	<input type="checkbox"/> Easily feels cold	<input type="checkbox"/> Intolerant of heat	<input type="checkbox"/> Uncomfortable in humidity
Sleep	<input type="checkbox"/> Short, broken up	<input type="checkbox"/> Moderate and sound	<input type="checkbox"/> Deep and long
Dreams	<input type="checkbox"/> Multiple and quick, fearful	<input type="checkbox"/> Fiery, often about conflicts	<input type="checkbox"/> Slow, romantic
Speech	<input type="checkbox"/> Rapid, hither thither	<input type="checkbox"/> Precise, articulate	<input type="checkbox"/> Slow, monotonous
Financial	<input type="checkbox"/> Buy on impulse	<input type="checkbox"/> Spends money on luxuries	<input type="checkbox"/> Good at saving money

Suggested Reading and Reference Sources

GENERAL READING

Ayurveda, A Life of Balance, Maya Trwari, 1995, Healing Arts Press, Rochester, VT

Ayurveda: Life, Health & Longevity, Dr. Robert E. Svoboda, 1992, Penguin, London, UK

Ayurveda. The Science of Self-Healing, Dr. Vasant Lad, 1984, Lotus Press, Santa Fe, NM

Ayurveda For Women, Dr. Robert E. Svoboda, 1999, David & Charles Publishers

Ayurvedic Healing, Dr. David Frawley, 1989, Morrison Publishing, Salt Lake City, UT

The Book of Ayurveda, Judith Morrison, 1995, Simon & Schuster, New York, NY

The Complete Illustrated Guide to Ayurveda, Deepika Gunwant & Gopi Warrior, Element Books, Inc. Rockport, MA

The Hidden Secret of Ayurveda, Dr. Robert E. Svoboda, 1980, The Ayurvedic Press, Albuquerque, NM

Natural Healing Through Ayurveda, Dr. Subash Ranade, 1993, Passage Press, Salt Lake City, UT

Perfect Health, Dr. Deepak Chopra, 1991, Harmony Books, New York, NY

Prakruti: Your Ayurvedic Constitution, Dr. Robert E. Svoboda, 1989, Geocom, Lotus Light, Wilmont, WI

Body, Mind and Sport. The Mind-Body Guide to Lifelong Fitness and Your Personal Best, John Douillard, 1994, Harmony Books, New York, NY

The 3-Season Diet, Solving the Mysteries of Food Cravings, Weight Loss and Exercise, John Douillard, 2000, Harmony Books, New York, NY

REFERENCE READING

The Ayurveda Encyclopedia, Sada Shiv Tirtha, 1998, Ayurvedic Holistic Center Press, Bayville, NY

The Yoga of Herbs, Dr. David Frawley & Dr. Vasant Lad, 1986, Lotus Press, Santa Fe, NM

Ayurvedic Cooking for Self Healing, Usha Lad and Dr. Vasant Lad, 1997, The Ayurvedic Press, Albuquerque, NM

SUGGESTED WEB SITES

www.naturesformulary.com

www.ayurveda.com

www.healthwell.com