



Dosha Tests



Dosha Test #1:

From Eat, Taste, Heal by Yarema, Rhoda & Brannigan

Vata – Physical Characteristics

#	Question	Rating (0 to 2)
1	I am slender and do not gain weight easily	
2	I am taller or shorter than average	
3	“Thin” describes many of my bodily features (hair, neck, fingers, lips, etc.)	
4	My energy fluctuates and often comes in bursts	
5	My appetite is variable (ie: high one day and low the next)	
6	I have a tendency to become bloated, gassy, or constipated	
7	My skin frequently becomes dry	
8	I tend to have cold hands and feet	
9	I am a light sleeper and often have difficulty falling asleep	
10	I prefer warm, moist weather to cold or dry weather	
	Total Physical Vata:	

Vata – Psychological Characteristics

#	Question	Rating (0 to 2)
1	I am creative and imaginative	
2	I enjoy artistic forms of expression	
3	My mind is active and often restless	
4	I learn quickly but also forget quickly	
5	I become “spaced out” quite easily	
6	I have a tendency to feel anxious, nervous, and insecure	
7	I speak quickly and use hand gestures	
8	I am always on the go	
9	My lifestyle and daily routine are irregular	
10	My dreams are active and colorful	
	Total Psychological Vata:	



Dosha Tests



Pitta – Physical Characteristics

#	Question	Rating (0 to 2)
1	I have a medium build and gain or lose weight easily	
2	My height is average	
3	My physical features are sharp or pointed (nose, chin, teeth, etc.)	
4	My energy and activity levels are high	
5	My appetite is strong; I can eat large quantities of food	
6	My bowel movements are regular; I occasionally have diarrhea	
7	I perspire quite easily	
8	My skin is oily and has a reddish tone	
9	My eyes are penetrating and light in color	
10	I prefer cooler weather and become irritable in hot weather	
	Total Physical Pitta:	

Pitta – Psychological Characteristics

#	Question	Rating (0 to 2)
1	I am goal oriented and achieve anything to which I put my mind	
2	I have a good sense of humor	
3	I have a strong intellect and enjoy learning new things	
4	I have a natural ability to lead others	
5	I am a perfectionist	
6	I tend to become irritable, impatient, and angry	
7	I am critical of myself and others	
8	Many people think I'm stubborn	
9	I become irritable if I skip a meal	
10	I enjoy competition	
	Total Psychological Pitta:	



Dosha Tests



Kapha – Physical Characteristics

#	Question	Rating (0 to 2)
1	I gain weight easily and lose weight with great difficulty	
2	I am short and stocky or tall and sturdy	
3	“Thick” describes many of my bodily features (hair, neck, fingers, lips, etc.)	
4	I have abundant strength and stamina	
5	My digestion is weak and I often feel heavy after eating	
6	My bowel movements are highly regular	
7	My skin is smooth and oily and tends to be pale	
8	I sleep deeply and soundly	
9	I catch colds quite often	
10	I prefer hot weather over cold or damp weather	
	Total Physical Kapha:	

Kapha – Psychological Characteristics

#	Question	Rating (0 to 2)
1	I have a big heart and prefer to focus on the good in the world	
2	I am calm in nature and not easily angered	
3	I prefer a slow, relaxed lifestyle	
4	I don't learn as quickly as others, but my long-term memory is excellent	
5	I become sentimental quite easily; I often think about the past	
6	I am methodical in my actions	
7	I am highly protective of myself and family	
8	I let negative emotions build up rather than addressing them	
9	I usually let others take the lead	
10	I am a natural listener and frequently help others with their problems	
	Total Psychological Kapha:	



Dosha Tests



Dosha Test #2: *blend of multiple shorter dosha tests

Body Frame	Thin, bony, tall or short	Medium, balanced	Large, broad
Weight	Low	Moderate	Heavy
Skin	Dry, rough, cool, dull	Soft, oily, warm, ruddy	Thick, moist, cold, pale, white
Hair	Dark, dry, curly	Soft, oily, fair/red/grey	Thick, oily, wavy
Teeth	Protruding, big, uneven	Moderate, yellowish	Strong, even, white
Nails	Rough, dry, brittle, bitten	Soft, pink, strong	Soft, large, white
Eyes	Small, dull, dry, nervous	Sharp, penetrating	Big, thick lashes
Appetite	Variable, small	Good, regular	Slow and steady
Thirst	Variable	Excessive	Minimal
Elimination	Dry, hard, constipated	Soft, oily, loose	Thick, heavy, slow, mucousy
Urine	Frequent but sparse	Yellow, copious	Infrequent, average
Sweat	Minimal	Profuse, pungent odor	Slow to begin, heavy
Pulse	Weak, erratic	Stable, strong	Slow, smooth
Circulation	Variable, poor, sluggish	Good	Moderate
Sleep	Light, disturbed, minimal	Sound, moderate	Heavy, excessive
Speech	Rapid, high or hoarse voice	Sharp, cutting, loud	Slow, harmonious
Libido	Varies, directed in fantasy	Passionate, excessive	Slow but strong, loyal
Immunity	Variable, poor	Moderate	High
Activity	High, restless, mobile	Moderate, directed	Minimal, slow
Endurance	Minimal	Moderate	Excellent
Mind	Restless, curious	Aggressive, clever	Calm, slow
Memory	Short term	Sharp, good	Long term
Routine	Dislikes	Enjoys planning	Adaptable, tolerates
Faith	Erratic, changeable	Fanatical	Steady, devoted
Dreams	Frequent, fearful	Fiery, violent, vivid	Romantic, calm
Opinions/Moods	Variable, fluctuate	Expresses forcefully	Changes slowly
Finances	Poor, spends rapidly	Moderate, buys luxuries	Rich, thrifty
Hobbies	Travel, art, philosophy	Sports, politics, luxuries	Serene, leisurely types
Food	Simply, sparse, snacks	Requires regular meals	Gourmet, luxury, fatty
Sensitivities	Cold, wind, dryness	Heat, sun, fires	Cold, damp, humidity
Temperament	Social, loving, nervous, shy, insecure	Fun, determined, motivated, angry, aggressive	Conservative, resilient, lazy, possessive
Totals:	Vata: _____	Pitta: _____	Kapha: _____



Dosha Tests



Dosha Test #3

From the *Himalayan Institute of Yogic Science and Philosophy*.

Physical	Emotional	Under Stress
Thin Frame	Talks fast or a lot	Loses weight
Prominent joints	Indecisive	Constipation
Very tall or short	Learns fast, but forgets	Excess gas
Weight at the middle	Enthusiastic/joyful	Restless/active
Chilly	Restless/active	Chronic pain
Dry skin	Sensitive to light/noises	Light sleeper/insomnia
Dry curly hair	Creative/artistic	Anxious/fearful
Small dry eyes	Intuitive	Drug use/abuse
Joint instability/pain	Introspective	Panic attacks
Variable appetite/thirst	Psychic	
Variable energy	Likes/seeks change	
Love summer		

Total Vata: _____



Dosha Tests



Physical	Emotional	Under Stress
Medium build	Words sharp/concise	Rashes/hives
Athletic	Competitive	Excess sweat/body odor
Warm-blooded	Intelligent/perceptive	Gastritis/ulcers
Oily, soft skin	Keen memory	High blood pressure
Freckles/pimples	Irritable/impatient	Excess bleeding
Prematurely gray	Controlling	Eat hot spices
Straight fine hair	Jealous	Drinks alcohol to excess
Loves cool weather	Courageous	Anger/violent temper
Pink, pliable nails	Organized/efficient	Headaches
Excessive hunger/thirst	Successful	
Sleep sound/short		

Total Pitta: _____

Physical	Emotional	Under Stress
Thick, wide frame	Slow speech	Over sleeps
Good stamina	Calm	Overeats/ loss of appetite
Strong	Responsible	Excess mucus
Well-lubricated joints	Steady faith	Water retention
Weight in the hips/thighs	Slow memory, good recall	Overweight
White, even teeth	Stubborn	Lazy/ inert
Thick lustrous hair	Comprehends slowly	Greedy
Large eyes	Feeling hurt easily	Complacent
Slow/regular bowels	Nurturing/ maternal	Depressed
Thick, oily, cool skin	Loyal	
Chilly	Slow to change	
Aversion to humidity		

Total Kapha: _____