

## What is your constitution? (Dosha quiz)

Make two copies of the survey below. Fill out the first copy by putting a check mark next to characteristics you identify with throughout your life. The second time through answer the questions based on how you feel now and in the last couple of months. The first will represent your prakruti, your unique characteristics at your conception and the second is your vikruti, or your current condition. Your answers on both copies could be the same.

Total the number of checks under each of the doshas: vata, pitta, and kapha. One dosha is often dominant, but it could be that two are equal in the number of checks. A small number of people will have the same number of checks for all three doshas. Then, look at your totals in terms of their ratio relative to one another. For example, V15, P10, and K5, would be V3, P2, and K1.

<b>Characteristic</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
Body type	thin	medium	large
Weight	lighter	medium	heavy
Hair	dry, brown, black, brittle, thin, knotted, curly	oily, blonde, gray, red, balding, wavy	straight, thick, oily, lustrous, any color
Skin	dry, thin, cool, darker	oily, smooth, warm, pinkish	thick, cool, pale
Nails	dry, brittle, break easily	flexible, pink, healthy	thick, smooth, oily
Eyes	small, active, dry, sunken black, brown	sharp, bright, sensitive to light, gray, green, pale blue	large, calm, loving, brown, blue

Nose	uneven	long, pointed	short, round
Lips	dry, crack easily, black or brownish	inflamm easily, red, yellowish	smooth, oily, whitish
Teeth	large, protruding, thin gums	medium, sensitive gums	white, strong gums
Chin	thin, sharp	medium taper	rounded, double
Cheeks	sunken, wrinkled	smooth, straight	round, plump
Neck	tall, thin	medium	large
Chest	sunken, flat	medium	round, large
Belly	flat, sunken	medium	large, pot belly
Hips	narrow, thin	medium	large, heavy
Joints	cold, cracking	medium	large, lubricated
Appetite	irregular	strong	slow, steady
Digestion	irregular, gassy	quick, burning	prolonged, mucous
Taste (healthy)	sweet, sour, salty	sweet, bitter, astringent	bitter, pungent, astringent
Thirst	variable	plenty	sparse
Elimination	constipation	loose	sluggish, oily
Sex drive	intense, steady	variable	moderate
Physical activity	hyperactive	moderate	sedentary
Mental activity	quick, constant	moderate	slow, dull
Emotions	fear, uncertain, flexible	anger, jealous, determined	attachment, greed, calm

Faith	variable, changing	intense, extreme	deep, consistent, mellow
Financial	spends on trivial items	spends on luxuries	preserves assets
Intellect	quick, may be faulty	accurate response	slow, precise
Recollection	recent good, remote poor	distinct	slow, sustained
Sleep	irregular, sleeplessness	little and sound	deep, prolonged
Speech	quick, unclear	sharp, penetrating	slow, monotone

Total check marks for each dosha: Vata\_\_\_, Pitta\_\_\_, Kapha\_\_\_.

Place them in a ratio with the highest first and lowest last. From this, you can determine your predominant dosha(s). Asking a close friend or family member to give their perspective on some of your characteristics can be an interesting exercise. This can be helpful in gaining clarity about how others experience you in life—particularly if it does not match your view of yourself.