

Discover your Ayurvedic Constitution Type

Ayurveda and the Doshas

The word Ayurveda is derived from the vedic Sanskrit language and essentially translates as the 'wisdom of life and living'. The Ayurvedic philosophy is native to India and Sri Lanka but has gained popularity all over the world. The basic philosophy of Ayurveda is to balance the mind, body and spirit. It is also called 'yoga's sister science'.

As per Ayurveda, a person is born with a life force that comprises the five elements or building blocks of nature - earth, air, water, space and fire. We, humans, possess a unique balance of these five elements in varying degrees. The balance of these elements is called Dosha. There are three fundamental doshas - vata, pitta and kapha. Good health is considered to be a perfect balance of these three doshas.

Know what's your prominent Dosha

Each human being has different combinations of the three doshas that determines one's genetically inherited physical and personality traits. The constitutions may change based on one's physical, mental and emotional conditions. It's important and best to know one's dosha and then create a lifestyle that suits it.

A human body can be divided into seven different body types. A person can be vata, pitta, kapha, vata-pitta, pitta-kapha, vata-kapha or tri-dosha. There is no perfect dosha or body type, each category has its own advantages and disadvantages.

Everyone has all the three doshas but in most cases only one of them is primary, the other is secondary and the third one is the least prominent.

Ready – steady – go 😊

A deep understanding of your doshas and how they are influenced by your environment will help you navigate the ebbs and flows of your life. With Ayurveda it becomes easy to optimize your lifestyle to serve your unique purpose in life. Ayurveda has, after all, been successful for thousands of years in helping people achieve a life of health and wellbeing.

How to fill the Form

To determine your Ayurvedic Dosha Mix, 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 one choice from the column that best describes yourself. However, feel free to make a selection from more than one column if two columns equally describe you.

All of the words in that column need not apply for you make the selection. For example, see below : Column Vata, Observation Hair - "dry, brittle, scarce". As long as one of these applies, make the selection.

Observation	VATA	PITTA	KAPHA
Body Size	Thin build	Medium build	Large build
Body Weight	Low	Medium	Heavy side
Weight Change	Trouble gaining	Can gain but lose quickly	Gains weight easily, hard to lose
Skin Type	Thin, dry	Smooth, combination skin	Thick, oily
Skin Texture	Cold, roughness, light color	Warm, reddish, freckles	Cool, pale
Hair	Dry, brittle, scarce, gets knotted	Straight, oily, prone to hair loss	Thick, curly, oily, wavy, luxuriant
Hair Color	Brown, black	Blond, gray, red	Dark black, dark brown
Teeth	Big, roomy, stick out, thin gums	Medium size, soft, tender gums	Healthy, white, strong gums
Nose	Uneven shape, deviated septum	Long, pointed, red nose tip	Short, rounded, button nose
Eyes	Small, sunken, dry, active, freq. blinking	Sharp, sensitive to light	Big, calm
Eye color	Black, brown	Bright gray, green, yellow / red	Blue
Nails	Dry, rough, easily broken	Sharp, flexible, long, reddish tint	Thick, smooth, shiny surface
Lip	Dry, cracked	Often inflamed	Smooth, large
Lip Color	Black or brown tint	Red or yellowish	Pale
Chin	Thin and angular	Tapered	Rounded, big
Cheeks	Sunken, lines or wrinkles	Flat and smooth	Big or round
Neck	Long, thin	Medium	Wide
Chest	Small, flat	Moderate	Broad chested
Belly	Small, flat	Moderate	Large, defined
Belly Button	Small, irregular	Oval, superficial	Big, deep, round
Hips	Small or thin	Moderate	Big
Total from Page 1			

Observation	VATA	PITTA	KAPHA
Joints	Cracking noise	Moderate	Large, lubricated
Appetite	Irregular in frequency and magnitude	Strong, cannot skip meals	Steady, regular, skips meals
Taste Preference	Sweet, sour, salty	Sweet, bitter, astringent (sharp)	Bitter, pungent, astringent (sharp)
Thirst	Variable	Need water regularly	Sparse need for water
Digestion	Irregular	Quick	Slow
When there is Indigestion	Tendency to constipation, forms gas	Causes burning, heart burn, reflux	Forms mucous
Elimination	Dry	Loose	Thick, sluggish
Physical Activity	Always active	Moderate	Slow, measured
Mental Activity	Always active	Moderate	Calm
Personality	Vivacious, talkative, social, outgoing	Likes to be in control, intense, ambitious	Reserved, laid back, concerned
Emotional Response when stressed	Anxiety, fear	Anger, jealousy	Greedy, possessive, withdrawn
Faith or Beliefs	Variable	Dedicated / strong	Consistent
Intellectual Response	Quick, not detailed	Accurate, timely	Paced but exact
Memory	Good short term, quick to forget	Medium but accurate	Slow to remember but then sustained
Career, Life Preference	Creative arts, designing	Science or engineering	Management, human relations, care giving
Environment	Easily feels cold	Intolerant of heat	Uncomfortable in humidity
Sleep	Short, broken up	Moderate and sound	Deep and long
Dreams	Multiple and quick, fearful	Fiery, often about conflicts	Slow, romantic
Speech	Rapid, hither thither	Precise, articulate	Slow, monotonous
Financial	Buy on impulse	Spends money on luxuries	Good at saving money
Total Page 2			
Plus Total from Page 1			
GRAND TOTAL	VATA	PITTA	KAPHA