

Dosha Questionnaire

The doshas are the three vital energies within the body. They regulate and control the biological functions and they form the corner stone of ayurveda.

To determine your predominant dosha, please answer the following questions in terms of your lifelong pattern or tendency, not necessarily your current state.

1. Which of the following styles most accurately describes how you perform your activities.

- a) Quickly with a lot of enthusiasm.
- b) With medium speed, intensely
- c) More slowly and methodically

2. How easily do you become enthused or excited?

- a) Very readily.
- b) Fairly quickly
- c) Not easily

3. How easily do you become frightened

- a) Very easily
- b) Fairly easily
- c) Not easily

4. How quickly do you pick-up new information

- a) Very quickly, usually first time
- b) Quite quickly
- c) More slowly, prefer to review the material several times

5. Which of the following describes your memory best

- a) Good short-term, but tend to forget rather quickly
- b) Medium, it depends
- c) Good long-term

6. Which of the following describes your digestion best

- a) Quite easily upset, tendency for bloating and gas
- b) Virtually never a problem, can eat nearly anything without discomfort
- c) Digestion is slow, stomach tends to feel heavy long after meals

7. Which of the following describes your appetite best

- a) Irregular, varying
- b) Strong, do not like to skip a meal
- c) Generally do not feel strong hunger, can easily skip a meal

8. How would you characterize your capacity for food intake

- a) Varies a lot
- b) Can eat a lot in one time without undue discomfort
- c) Low

9. Which, if any, of the following group tastes do you prefer

- a) Sweet, sour, salty
- b) Sweet, bitter, astringent
- c) Hot and spicy, bitter, astringent
- d) None of the above

10. Which of the following food types do you tend to crave

- a) Warm, cooked foods and hot drinks
- b) Cold foods and drinks
- c) Dry and crunchy foods
- d) None of the above

11. In which of the following weather types do you feel especially uncomfortable

- a) Cold
- b) Heat
- c) Cold and damp
- d) None of the above

12. Which of the following best describes your sleep pattern

- a) Light sleeper, frequent awake
- b) Sound sleeper, need 6-8 hours
- c) Deep sleep, need more than 8 hours

13. Which of the following describes your bowel habits best

- a) Irregular, not every day
- b) More than twice a day
- c) Regular, every day

14. Towards which of the following do you have a tendency

- a) Hard, dry stool
- b) Loose stool
- c) Well formed stool

15. How easily do you perspire

- a) Not easily, only when it is very hot
- b) Easily, more than is comfortable
- c) Little

16. How would you describe the strength of your sex drive

- a) Mild
- b) Moderate
- c) Strong

17. How do you feel inside when you run into some problem or difficulty

- a) Worried, anxious, mind moving back and forth
- b) Tendency to feel irritated or angry
- c) Calm, stable and clear

Total score; a)---- Vata, b)---- Pitta, c)---- Kapha

The most active dosha is the one most likely to be out of balance and preventative Ayurvedic treatments, diets and advise should favour that particular dosha.