



## Dosha Questionnaire

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Circle the answer that most suits your long-term personality. Try to select only on answer that best describes you. If two answers apply, then check both. If none apply, then leave the question blank. Total the columns at the end. The higher scores indicate your body type.

<b>MENTAL PROFILE</b>	<b>V</b>	<b>P</b>	<b>K</b>
Activity	Quick mind, restless	Sharp intellect, aggressive	Calm, steady, stable
Memory	Short term is best	Good general memory	Long term is best
Thoughts	Constantly changing	Fairly steady	Steady
Concentration	Short term focus best	Better than average	Can focus for long time
Grasping power	Quick grasping power	Medium grasping power	Longer to grasp new info
Dreams	Fearful, flying, running	Anger, fiery, violent	Water, cloud, relationships
Sleep	Interrupted, light	Sound, medium length	Sound, heavy, long
Talk	Fast, sometimes missing words	Fast, sharp, clear cut	Slow, clear, sweet
Voice	High pitch	Medium pitch	Low pitch
<b>Total</b>			
<b>BEHAVIOUR PROFILE</b>	<b>V</b>	<b>P</b>	<b>K</b>
Eat	Quickly	Medium speed	Slowly
Hunger	Irregular	Sharp, needs food	Can easily miss meals
Food & Drink	Prefer warm	Prefer cold	Prefer dry & warm
Mood	Changes quickly	Slowly changing	Steady, non-changing
Sex drive	Variable-low	Moderate	Strong
Weather	Aversion to cold	Aversion to hot	Aversion to damp, cool
React to stress	Excites quickly	Medium	Slow to get excited
Financial	Doesn't save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
Friendships	Tends towards short term friendships	Tends to be a loner (friends related to occupation)	Lasting friendships
<b>Total</b>			
<b>PHYSICAL PROFILE</b>	<b>V</b>	<b>P</b>	<b>K</b>
Amount of hair	Average	Thinning	Thick
Type of hair	Dry	Medium	Oily
Color of hair	Light brown	Red/auburn	Dark/brown/black
Skin	Dry/rough	Soft	Medium
Skin temperature	Cold hands/feet	Warm	Cool
Complexion	Darker or yellowish	Pink-red	Pale-white-creamy

<b>PHYSICAL PROFILE (Continued)</b>	<b>V</b>	<b>P</b>	<b>K</b>
Eyes	Small	Medium	Large
Whites of eyes	Bluish/brownish	Yellowish or reddish	White and glossy
Size of teeth	Crooked and very large or very small	Small-medium	Medium-large and straight
Stool	Dry, hard, thin, constipation	Many, soft to normal	Heavy, slow, thick
<b>Resting Pulse Rate</b>			
Men	70-90	60-70	50-60
Women	80-100	70-80	60-70
Veins & Tendons	Very prominent	Fairly prominent	Well-covered
<b>Total</b>			
<b>ATHLETIC PROFILE</b>	<b>V</b>	<b>P</b>	<b>K</b>
Exercise Tolerance	Low	Medium	High
Endurance	Fair	Good	Excellent
Strength	Fair	Better than average	Excellent
Speed	Very good	Good	Not so fast
Competition	Doesn't like competition	Excellent (driven) competitor	Easily deals w/competition
Gait speed	Fast, quick	Average	Slow and steady
Muscle tone	Lean, low body fat	Medium with good definition	Bulk w/higher fat percentage
Runs like	Deer	Tiger	Bear
Body size	Small frame, lean or long	Medium frame	Large frame, fleshy
Reaction time	Quick	Average	Slow
<b>TOTALS</b>	<b>V</b>	<b>P</b>	<b>K</b>
<b>MENTAL</b>			
<b>BEHAVIORAL</b>			
<b>PHYSICAL</b>			
<b>ATHLETIC</b>			
<b>Total</b>			
<b>YOUR MIND/BODY TYPE</b>	<b>VATA</b>	<b>PITTA</b>	<b>KAPHA</b>