

## Ayurveda - Tri-dosha test

Directions: Choose the answer that best fits you **based on your body and mind in the past month**. It is fine to check more than one answer if it honestly describes you. Go with your gut instinct answer.

| Category              | <i>Vata (Air)</i>  | <i>Pitta (Fire)</i>  | <i>Kapha (Water)</i>  |
|-----------------------|--|--|---|
| <b>Frame</b>          | <input type="checkbox"/> Tall or short, thin; less developed physique        | <input type="checkbox"/> Medium; moderately developed physique                     | <input type="checkbox"/> Stout, stocky, short, big; well developed physique |
| <b>Weight</b>         | <input type="checkbox"/> Low, hard to hold weight, prominent bones and veins | <input type="checkbox"/> Moderate, gains consistently with age                     | <input type="checkbox"/> Heavy, easy to gain weight, hard to lose it        |
| <b>Complexion</b>     | <input type="checkbox"/> Dull, dark, brownish                                | <input type="checkbox"/> Red, ruddy, flushed, glowing                              | <input type="checkbox"/> White, pale  |
| <b>Skin texture</b>   | <input type="checkbox"/> Thin, dry, rough, cracked, prominent veins          | <input type="checkbox"/> Moist, pink, with moles, freckles, acne                   | <input type="checkbox"/> Thick, white, moist, soft, smooth                  |
| <b>Temperature</b>    | <input type="checkbox"/> Tends to feel cold                                  | <input type="checkbox"/> Tends to feel warm  | <input type="checkbox"/> Tends to feel cool                                 |
| <b>Hair</b>           | <input type="checkbox"/> Scanty, coarse, dry, brown, slightly wavy           | <input type="checkbox"/> Moderate, fine, soft, early gray or bald                  | <input type="checkbox"/> Abundant, oily, thick, very wavy, lustrous         |
| <b>Head</b>           | <input type="checkbox"/> Small, thin, long                                   | <input type="checkbox"/> Moderate  | <input type="checkbox"/> Large, stocky, steady                              |
| <b>Forehead</b>       | <input type="checkbox"/> Small, wrinkled                                     | <input type="checkbox"/> Moderate, with folds                                      | <input type="checkbox"/> Large, broad                                       |
| <b>Face</b>           | <input type="checkbox"/> Thin, small, oval                                   | <input type="checkbox"/> Moderate, angular   | <input type="checkbox"/> Large, round, soft                                 |
| <b>Neck</b>           | <input type="checkbox"/> Thin, long  | <input type="checkbox"/> Medium  | <input type="checkbox"/> Large, thick                                       |
| <b>Eyebrows</b>       | <input type="checkbox"/> Small, with coarse hairs                            | <input type="checkbox"/> Moderate, fine  | <input type="checkbox"/> Thick, bushy, dense                                |
| <b>Eyelashes</b>      | <input type="checkbox"/> Small, dry, firm                                    | <input type="checkbox"/> Small, thin, fine   | <input type="checkbox"/> Large, thick, oily, firm                           |
| <b>Eyes</b>           | <input type="checkbox"/> Small, dry, move quickly, gray sclera               | <input type="checkbox"/> Medium, red sclera (inflamed easily), piercing (deep-set) | <input type="checkbox"/> Wide, prominent, white sclera                      |
| <b>Nose</b>           | <input type="checkbox"/> Thin, small, long, dry, crooked or irregular        | <input type="checkbox"/> Moderate, sharp   | <input type="checkbox"/> Broad and round                                    |
| <b>Lips</b>           | <input type="checkbox"/> Thin, small, dark, dry                              | <input type="checkbox"/> Medium, soft, red   | <input type="checkbox"/> Thick, large, oily, smooth, firm                   |
| <b>Teeth and Gums</b> | <input type="checkbox"/> Receding gums, crooked or gray teeth                | <input type="checkbox"/> Gums bleed easily, sharp or yellow teeth                  | <input type="checkbox"/> Large, soft gums, big white teeth                  |
| <b>Shoulders</b>      | <input type="checkbox"/> Thin, small, flat, hunched                          | <input type="checkbox"/> Medium, sharp   | <input type="checkbox"/> Broad, thick, firm                                 |

|                             |   |  |   |
|-----------------------------|---|--|---|
| <b>Chest</b>                | <input type="checkbox"/> Thin, small, narrow  | <input type="checkbox"/> Medium  | <input type="checkbox"/> Broad, large   |
| <b>Arms</b>                 | <input type="checkbox"/> Thin, small or long  | <input type="checkbox"/> Medium  | <input type="checkbox"/> Large, thick, round  |
| <b>Hands</b>                | <input type="checkbox"/> Long, thin, dry, cold, rough, unsteady                                 | <input type="checkbox"/> Medium, warm, pink  | <input type="checkbox"/> Fleshy, cool, firm, moist  |
| <b>Thighs</b>               | <input type="checkbox"/> Thin, narrow   | <input type="checkbox"/> Medium  | <input type="checkbox"/> Well-developed, round  |
| <b>Legs</b>                 | <input type="checkbox"/> Thin, long or short, prominent knees                                   | <input type="checkbox"/> Medium  | <input type="checkbox"/> Large, stocky  |
| <b>Calves</b>               | <input type="checkbox"/> Small, hard, tight   | <input type="checkbox"/> Loose, soft   | <input type="checkbox"/> Shapely, firm  |
| <b>Feet</b>                 | <input type="checkbox"/> Small, thin, long, dry, rough, fissured, unsteady                      | <input type="checkbox"/> Medium, soft, pink  | <input type="checkbox"/> Large, thick, hard, firm   |
| <b>Joints</b>               | <input type="checkbox"/> Small, thin, dry, unsteady, cracking                                   | <input type="checkbox"/> Medium, soft, loose   | <input type="checkbox"/> Large, thick, well built   |
| <b>Nails</b>                | <input type="checkbox"/> Small, thin, dry, rough, fissured, cracked, darkish                    | <input type="checkbox"/> Medium, soft, pink  | <input type="checkbox"/> Large, thick, smooth, white, firm, oily                                    |
| <b>Urine</b>                | <input type="checkbox"/> Scanty, difficult, colorless   | <input type="checkbox"/> Profuse, yellow, tendency for burning   | <input type="checkbox"/> Moderate, cloudy   |
| <b>Feces</b>                | <input type="checkbox"/> Scanty, dry, hard, tendency towards gas and constipation               | <input type="checkbox"/> Abundant, loose, yellowish, tendency towards diarrhea or burning sensation    | <input type="checkbox"/> Moderate, solid, sometimes pale in color, tendency towards mucous in stool |
| <b>Sweat / Body odor</b>    | <input type="checkbox"/> Scanty or nervous sweating, no smell                                   | <input type="checkbox"/> Profuse, hot, strong smell  | <input type="checkbox"/> Moderate, cool, pleasant smell   |
| <b>Appetite</b>             | <input type="checkbox"/> Variable, erratic  | <input type="checkbox"/> Strong, sharp   | <input type="checkbox"/> Constant, low  |
| <b>Taste preferences</b>    | <input type="checkbox"/> Prefers sweet, sour, or salty food, cooked with oil and spiced         | <input type="checkbox"/> Prefers sweet, bitter, or astringent food, raw, lightly cooked without spices | <input type="checkbox"/> Prefers pungent, bitter or astringent food, cooked with spices but not oil |
| <b>Circulation</b>          | <input type="checkbox"/> Poor, variable, erratic  | <input type="checkbox"/> Good, warm  | <input type="checkbox"/> Good, slow, steady   |
| <b>Activity</b>             | <input type="checkbox"/> Quick, fast, unsteady, erratic, hyperactive                            | <input type="checkbox"/> Medium, motivated, purposeful, intense, goal-seeking                          | <input type="checkbox"/> Slow, steady, stately, strong  |
| <b>Strength / Endurance</b> | <input type="checkbox"/> Low, poor endurance, but fast  | <input type="checkbox"/> Medium, intolerant of heat  | <input type="checkbox"/> Good endurance and strength  |
| <b>Sexual Nature</b>        | <input type="checkbox"/> Variable, erratic, deviant, strong desire but low energy, few children | <input type="checkbox"/> Passionate, competitive   | <input type="checkbox"/> Romantic, cuddly   |

|                                |   |   |   |
|--------------------------------|---|---|---|
| <b>Sensitivity</b>             | <input type="checkbox"/> To cold, wind, dryness   | <input type="checkbox"/> To heat, sun, fire   | <input type="checkbox"/> To cold, damp  |
| <b>Resistance to disease</b>   | <input type="checkbox"/> Poor, variable, weak immune system   | <input type="checkbox"/> Medium, prone to infection                                     | <input type="checkbox"/> Good, prone to congestive disorders                                  |
| <b>Reaction to medications</b> | <input type="checkbox"/> Quick, low dosage needed, unexpected side effects or nervous reactions                     | <input type="checkbox"/> Medium, average dosage   | <input type="checkbox"/> Slow, high dosage required, effects slow to manifest                 |
| <b>Disease tendency</b>        | <input type="checkbox"/> Nervous system diseases, pain, arthritis   | <input type="checkbox"/> Fevers, infections, inflammatory diseases                      | <input type="checkbox"/> Respiratory system diseases, congestion, edema                       |
| <b>Voice</b>                   | <input type="checkbox"/> Low, weak, rough   | <input type="checkbox"/> High pitch, sharp, moderate                                    | <input type="checkbox"/> Pleasant, deep, good tone  |
| <b>Speech</b>                  | <input type="checkbox"/> Quick, inconsistent, talkative   | <input type="checkbox"/> Moderate, argumentative, convincing                            | <input type="checkbox"/> Slow, definite, not talkative  |
| <b>Mental Nature</b>           | <input type="checkbox"/> Quick, adaptable, indecisive   | <input type="checkbox"/> Intelligent, penetrating, critical                             | <input type="checkbox"/> Slow, steady, calm   |
| <b>Memory</b>                  | <input type="checkbox"/> Notices things easily but easily forgets   | <input type="checkbox"/> Sharp, clear   | <input type="checkbox"/> Slow to take notice, but will not forget                             |
| <b>Finances</b>                | <input type="checkbox"/> Earns and spends quickly, erratically  | <input type="checkbox"/> Spends on specific goals, causes or projects                   | <input type="checkbox"/> Holds on to what one earns, particularly property                    |
| <b>Emotional Tendencies</b>    | <input type="checkbox"/> Fearful, anxious, nervous  | <input type="checkbox"/> Angry, irritable, contentious                                  | <input type="checkbox"/> Calm, content, attached, sentimental                                 |
| <b>Neurotic Tendencies</b>     | <input type="checkbox"/> Hysteria, trembling, anxiety attacks   | <input type="checkbox"/> Temper, rage, tantrums   | <input type="checkbox"/> Depression, unresponsiveness, sorrow                                 |
| <b>Faith</b>                   | <input type="checkbox"/> Abstract, changeable, rebel  | <input type="checkbox"/> Determined, leader   | <input type="checkbox"/> Constant, loyal, conservative  |
| <b>Sleep</b>                   | <input type="checkbox"/> Light, tends toward insomnia   | <input type="checkbox"/> Moderate, may wake up but will fall asleep again               | <input type="checkbox"/> Heavy, difficulty in waking up                                       |
| <b>Dreams</b>                  | <input type="checkbox"/> Flying, moving, restless, nightmares   | <input type="checkbox"/> Colorful, passionate, conflict                                 | <input type="checkbox"/> Romantic, sentimental, few dreams                                    |
| <b>Habits</b>                  | <input type="checkbox"/> Likes speed, traveling, parks, plays, jokes, stories, trivia, artistic activities, dancing | <input type="checkbox"/> Likes competitive sports, debates, politics, hunting, research | <input type="checkbox"/> Likes water, sailing, flowers, cosmetics, business ventures, cooking |
| <b>Total your Scores:</b>      | <input type="text"/>  | <input type="text"/>  | <input type="text"/>  |

## Guna Constitution Chart

|                                   |                   |                    |                  |
|-----------------------------------|-------------------|--------------------|------------------|
| DIET                              | Vegetarian        | Some meat          | heavy meat diet  |
| DRUGS, ALCOHOL,<br>AND STIMULANTS | Never             | Occasionally       | Frequently       |
| SENSORY<br>IMPRESSIONS            | Calm, pure        | Mixed              | disturbed        |
| CONTROL OF SENSES                 | Good              | Moderate           | Weak             |
| SPEECH                            | Calm and peaceful | Agitated           | Dull             |
| CLEANLINESS                       | High              | Moderate           | Low              |
| WORK                              | Selfless          | For personal goals | Lazy             |
| ANGER                             | Rarely            | Sometimes          | Frequently       |
| FEAR                              | Rarely            | Sometimes          | Frequently       |
| DESIRE                            | Little            | Some               | Much             |
| PRIDE                             | Modest            | Some ego           | Vain             |
| DEPRESSION                        | Never             | Sometimes          | Frequently       |
| LOVE                              | Universal         | Personal           | Lacking in love  |
| CONTENTMENT                       | Usually           | Partly             | Never            |
| FORGIVENESS                       | Forgives easily   | With effort        | Never            |
| MEMORY                            | Good              | Moderate           | Poor             |
| WILL POWER                        | Strong            | Variable           | Weak             |
| TRUTHFULNESS                      | Always            | Most of the time   | Rarely           |
| PEACE OF MIND                     | Generally         | Partly             | Rarely           |
| CREATIVITY                        | High              | Moderate           | Low              |
| SPIRITUAL STUDY                   | Daily             | Occasionally       | Never            |
| MANTRA, PRAYER                    | Daily             | Occasionally       | Never            |
| MEDITATION                        | Daily             | Occasionally       | Never            |
| SERVICE                           | Much              | Some               | None             |
| <b>TOTAL</b>                      | <b>Sattva</b> ___ | <b>Rajas</b> ___   | <b>Tamas</b> ___ |