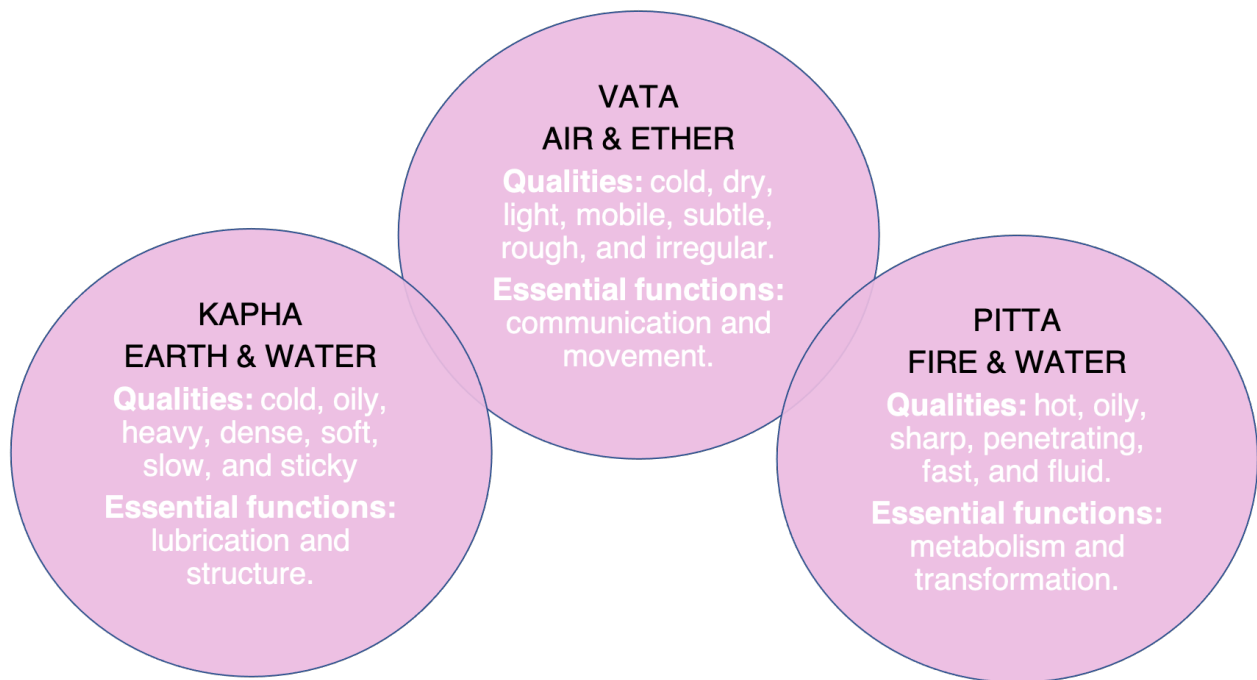




AYURVEDIC CONSTITUTIONAL ASSESSMENT

ABOUT THE DOSHAS

According to Ayurveda, the five elements — ether, air, fire, water, and earth—found in all living things are the building blocks of life. The five elements combine to create the three doshas. **The doshas are an organizing principle that help us to describe the action of the five elements within us.** The concepts of the five elements and the doshas provide a foundation to understand ourselves and the world around us.



DOSHA QUIZ

Select the descriptions that most apply to your long-term patterns, that is, how you've been most of your life.

It is often very good to have someone who knows you well, because sometimes our view of ourselves can be a little distorted due to imbalances.

Give one point for each category. If two descriptions apply, give half a point for each.

Body Frame	Slim		Medium, balanced		Large, broad	
Weight	Light		Moderate		Heavy	
Age	40 Years or Above		20-39 years		1-19 years	
Skin	Thin, dry, rough		Soft, oily, warm		Thick, moist	
Hair	Dry, frizzy, dark, brittle		Soft, oily, blond, red, grey, bald		Thick, oily, wavy	
Teeth	Protruding, uneven, big		Medium, soft, tender gums		Strong, even, white, healthy gums	
Nose	Uneven shape, deviated septum		Long pointed, red nose tip		Short rounded, button nose	
Eyes	Small, sunken, dull, dry, active, nervous		Sharp, penetrating, bright		Big, thick lashes	
Nails	Rough, dry brittle		Soft, pink, strong		Soft, large, white, smooth	
Appetite	Variable, small		Good, regular		Slow, steady	
Thirst	Variable		Excessive		Minimal	
Elimination	Dry, hard, constipated		Soft, oily, loose		Thick, heavy, slow	
Digestion	Iregular, forms gas		Quick, causes burning		Prolonged, forms mucus	
Urine	Frequent but sparse		Yellow, copious		Infrequent, average	
Sweat	Minimal		Profuse, pungent in odour		Slow to begin and then heavy	
Pulse	Weak, erratic		Stable, strong		Slow, smooth	
Sleep	Light, disturbed, minimal		Sound, moderate		Deep, prolonged	
Speech	Rapid, unclear, high or hoarse		Sharp, cutting, loud		Slow, harmonious, monotonous	

Immunity	Variable, poor		Moderate		High	
Physical Activity	High, restless, mobile		Moderate, directed		Minimal, slow	
Temperature Preferences	Dislikes cold		Likes coolness		Craves warmth	
Endurance	Minimal		Moderate		Excellent	
Mind	Restless, curious		Aggressive, clever		Calm, slow	
Memory	Short-term		Sharp, distinct		Long-term	
Routine	Dislikes		Enjoys planning		Adaptable, tolerates	
Faith	Erratic, changeable		Fanatical, extremist		Steady, devoted	
Opinions	Variable, fluctuate		Expresses forcefully		Changes slowly	
Hobbies	Travel, art, philosophy		Sports, politics, luxuries		Serene, leisurely types	
Nature of Work	Creative		Intellectual		Caring	
Food	Simple, sparse, snacks		Requires regular meals		Gourmet, luxury, fatty	
Creativity	Original, fertile		Technical, scientific		Entrepreneurial	
Sensitivities	Cold, wind, dryness		Heat, sun, fire		Cold, damp, humidity	
Temperament	Nervous, insecure, shy		Determined, motivated		Conservative, resilient	
Dreams	Frequent, fearful		Fiery, violent, vivid		Romantic, calm	
Intellect	Quick in learning but forgets easily		High, accurate response		Slow, exact	
Total		VATA		PITTA		KAPHA