

DOSHA TEST  
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OBSERVATIONS	✓ 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, 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
Bellybutton	Small, irregular	Oval, superficial	Big, deep, round
Hips	Small or thin	Moderate	Big
Joints	Cracking noise	Moderate	Large, lubricated
Appetite	Irregular in freq. and magnitude	Strong, cannot skip meals	Steady, regular, skips meals
Taste preference	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
Thirst	Variable	Need water regularly	Sparse need for water
Digestion	Irregular	Quick	Slow

<b>When there is indigestion</b>		Tendency to constipation, gas		Causes burning, heart burn, reflux		Forms mucous
<b>Elimination</b>		Dry		Loose		Thick, sluggish
<b>Physical activity</b>		Always active		Moderate		Slow, measured
<b>Mental activity</b>		Always active		Moderate		Calm
<b>Personality</b>		Vivacious, talkative, social, outgoing		Likes to be in control, intense, ambitious		Reserved, laid back, concerned
<b>Emotional response when stressed</b>		Anxiety, fear		Anger, jealousy		Greedy, possessive, withdrawn
<b>Faith or beliefs</b>		Variable		Dedicated/strong		Consistent
<b>Intellectual response</b>		Quick, not detailed		Accurate, timely		Paced but exact
<b>Memory</b>		Good short term, quick to forget		Medium but accurate		Slow to remember but then sustained
<b>Career, life preference</b>		Creative arts, designing		Science or engineering		Management, human relations, care giving
<b>Environment</b>		Easily feels cold		Intolerant of heat		Uncomfortable in humidity
<b>Sleep</b>		Short, broken up		moderate and sound		Deep and long
<b>Dreams</b>		Multiple and quick, fearful		Fiery, often about conflicts		Slow, romantic
<b>Speech</b>		Rapid, hither thither		precise, articulate		Slow, monotonous
<b>Financial</b>		Buy on impulse		Spends money on luxuries		Good at Saving money
<b>TOTAL</b>	<input type="checkbox"/>	<b>VATA</b>	<input type="checkbox"/>	<b>PITTA</b>	<input type="checkbox"/>	<b>KAPHA</b>

Result: \_\_\_\_\_

