

# The Three Body Types

## Identifying Your Constitution

To learn your basic Ayurvedic constitution type (called a “dosha”), please rate the following traits as they have pertained to you in the last 2 to 3 years.

Answer each number and be sure to put a number in all 3 blanks per line, even if it is “0”.

- 0 = Doesn't describe me at all
- 1 = Describes me a little
- 2 = Describes me quite well
- 3 = Describes me almost perfectly

	VATA	PITTA	KAPHA
My hair texture tends to be:	Dry, curly, wavy, shiny	Straight or fine	Thick or full bodied
My hair color is:	Medium or light brown	Blond or reddish tone or early gray	Dark brown or black
My skin tends to be:	On the dry side	Delicate or sensitive	Oily or smooth
My complexion (when compared with others of my race) is:	Darker	More reddish or freckled	Lighter
Compared with others of my height, I have:	Smaller bones	Average-size bones	Larger bones
My weight is:	Thin, I don't gain weight easily	Average	Heavy, I gain weight easily
My energy level:	Tends to fluctuate, may be high or low	Is moderate to high; I can push myself too hard	Is steady

SUBTOTALS: VATA = \_\_\_\_\_ PITTA = \_\_\_\_\_ KAPHA = \_\_\_\_\_

	VATA	PITTA	KAPHA
8. Regarding temperature, I:	Dislike cold, comfortable in heat	Dislike heat, perspire easily, like cool temperatures	Dislike damp and cold, can tolerate extremes well
9. My typical hunger level:	Can vary from excessive to no interest in food	Is intense; I need regular meals	Is usually low but can be emotionally driven
10. I prefer my food/drinks:	Warm or moist or oily	Cold	Warm or dry
11. I generally eat:	Quickly	Moderately fast	Slowly
12. My sleep is most often:	Interrupted, light	Sound, moderate	Deep, long
13. My sexual interest is:	Strong when romantically involved; low to moderate otherwise	Moderate to strong	Slow to awaken but then is sustained
14. My emotional moods:	Change easily; I'm very responsive	Are intense; I'm quick-tempered	Are even; I'm slow to anger
15. My general reaction to stress is:	Anxious, fearful	Irritated	Mostly calm
16. With regard to money, I:	Am easy and impulsive	Am careful, but I spend	Tend to save, accumulate
17. My way of learning is:	To learn quickly, enjoy more than one thing at a time	To focus sharply, discriminate	To take my time

SUBTOTALS: VATA = \_\_\_\_\_ PITTA = \_\_\_\_\_ KAPHA = \_\_\_\_\_

ASSESSING YOUR SCORE

VATA

PITTA

KAPHA

18. With regard to tasks, I may:   
 \_\_\_ Start a task, but not finish   
 \_\_\_ Finish what I start   
 \_\_\_ Tend to be methodical

19. My memory is:   
 \_\_\_ Best in the short term   
 \_\_\_ Good overall   
 \_\_\_ Best in the long term

20. My way of speaking is:   
 \_\_\_ Quick, often imaginative or excessive   
 \_\_\_ Clear, precise detailed, well-organized   
 \_\_\_ Soothing, calm

21. If there was one trait to best describe me, it would be:   
 \_\_\_ Vivacious   
 \_\_\_ Determined   
 \_\_\_ Easygoing

22. Regarding my relationships, I:   
 \_\_\_ Easily adapt to different kinds of people   
 \_\_\_ Often choose friends on the basis of their values   
 \_\_\_ Am slow to make new friends, but then I am loyal

23. My family and friends might prefer me to be more:   
 \_\_\_ Settled   
 \_\_\_ Tolerant   
 \_\_\_ Enthusiastic

SUBTOTALS: VATA = \_\_\_ PITTA = \_\_\_ KAPHA = \_\_\_

Add each of the subtotals together for each dosha, then enter in the grand total for each one.

GRAND TOTALS: \_\_\_

If one column total is 15 or more points higher than the other two column totals, this is clearly your dominant constitutional type--vata, pitta or kapha. If two of the column totals are 0 to 15 points apart, you are a dual-dosha constitutional type--vata-pita (or pitta-vata), pitta-kapha (or kapha-pita) or vata-kapha (or kapha-vata). And if all three column totals are within 0 to 10 points of each other, you are a tri-dosha constitutional type.

**Birth Dosha:** To determine your original constitutional type, take this test again, only answer the questions as they would have pertained to you as a child. Compare your present (acquired dosha) with your birth dosha.