

Determining your Ayurvedic Type

Answer the following questions by circling the letter that best matches your **life-long signs and symptoms**. Things may have changed in recent years, so think back for a more long term view. For example in the category 'Body weight', I might put P as the answer for lifetime column and K as the answer for present column if I had suddenly begun to gain weight in the last 3 or 4 years.

You may circle more than one answer if you experience an equal mix of characteristics. You may also leave a question if it doesn't apply to you. If you find the questionnaire difficult or tiring, take a break and come back to it later. Sometimes it is hard to be objective. For this reason, it may be useful to ask a friend who knows you well to help you.

When you finish the questionnaire total the number of ticks you placed for Vata, Pitta and Kapha and write the total on the bottom row of the questionnaire. The highest score is your dominant type (Vata, Pitta or Kapha). It could be that you are a dual type. This means that two out of the three possibilities (Vata, Pitta, Kapha) are dominant and score very closely. A range of plus or minus four points indicates a dual type. There is also a very rare case of a triple type where Vata, Pitta and Kapha score very evenly. This is a Vata/Pitta/Kapha type.

Category		Lifetime	Present
1.Body Frame			
V	Tall or short; thin; poorly developed physique		
P	Medium height ; medium frame; moderately developed physique		
K	Stout, stocky; big frame; well developed physique		
2.Body Weight			
V	Light : difficult to put on weight		
P	Moderate weight		
K	Heavy ; gains weight easily		
3.Skin type			
V	Dry, rough, cracked, dull or dusky, thin , prominent veins		
P	Moist, pink, freckles, slightly oily		
K	Pale, white, moist, soft, oily, thick,		
4.Skin Temperature			
V	Cold		
P	Warm		
K	Cool		
5.Hair			
V	Dry, split ends, coarse, thin		
P	Fine, soft, thin , can go bald or gray early		
K	Abundant, oily, thick, lustrous		
6.Face Shape			
V	Small, thin, long		
P	Medium-sized, oval		
K	Large, round		
7. Eyes			
V	Small, sunken or bulging, dry, blink a lot, tremors		
P	Piercing, penetrating gaze, sensitive to light, easily inflamed		
K	Big, white, pearly, attractive eyes, big lashed/brows, cries easily		
8.Teeth			
V	Small, can be crooked or poorly formed		
P	Medium size		
K	Large, well formed, very even		

9.Gums		Lifetime	Present
V	Dark, receding gums		
P	Red, bleed easily		
K	Soft, pink		
10.Tongue Width			
V	Narrower than space surrounded by teeth, long and thin		
P	Same width as space surrounded by the teeth, oval or pointed tip		
K	Wider than space surrounded by teeth, thick round tip		
11.Hands			
V	Fine, thin, dry, cold, long fingers, unsteady		
P	Symmetrical, pink, warm		
K	Large, thick, smooth, white, short fingers, cool		
12.Fingernails			
V	Small, thin, dry, rough, cracked, fissured, darkish		
P	Strong, soft, pink		
K	Thick, large, smooth, white		
13.Digestive Strength			
V	Variable or weak, often has allergies, erratic		
P	Strong, able to digest almost anything		
K	Medium or slow but steady		
14.Digestive Disturbances			
V	Intestinal gas, constipation, colic		
P	Acidity, burning, diarrhea		
K	Bloating feeling, heaviness, nausea		
15.Food Attractions			
V	Dry, sweet, salty, crispy snack foods		
P	Spicy, salt, hot		
K	Sweet, creamy, cold		
16.Eating Habits			
V	Binges, snacks, forgets to eat		
P	Likes regular, plentiful meals on time		
K	Eats constantly, overeats regularly		
17.Food Sensitivities			
V	Beans, cabbage family		
P	Onions, tomatoes, fried foods		
K	Dairy, salt		
18.Urination			
V	Two to four times per day (infrequent)		
P	Four to six times per day (often)		
K	Three to five times per day (moderate)		
19.Feces			
V	Dry, hard stools, difficult or painful bowel movements, gas. Tends towards constipation		
P	Abundant, loose stools, sometimes yellowish .Tends towards diarrhea, with burning sensation		
K	Moderate, solid stools, sometimes pale in colour, mucus may be present in stool.		

20.Sweat & Body Odor		Lifetime	Present
V	Little sweat, no odour		
P	Profuse sweating, strong odour		
K	Moderate sweating, moderate odour		
21.Blood Circulation			
V	Poor, variable, cold hands and feet		
P	Good, warm hands and feet		
K	Slow but steady, cool hands and feet		
22.Appetite			
V	Variable, erratic		
P	Strong		
K	Medium to low, tend to eat for comfort		
23. Menstruation			
V	2-3 days. Flow quite light but varies. Dark. Cycle 26-28 days		
P	3-5 days; flow quite heavy, bright red with clots. Cycle 28 days		
K	6+ days; flow quite light and predictable. Cycle 30+ days		
24.Activities			
V	Quick, fast, erratic, hyperactive		
P	Motivated, purposeful, goal seeking		
K	Slow, steady, methodical		
25.Strength and endurance			
V	Poor endurance, starts and stops		
P	Moderate level of endurance		
K	Strong, good endurance, slow in starting		
26.Sensitivity to Environment			
V	Dislikes cold, wind, sensitive to dryness, seeks warmth		
P	Dislikes heat or strong, direct sun, likes cool temperatures		
K	Dislikes cold, dampness, likes wind and sun		
27.Resistance to Disease			
V	Poor, variable, weak immune system		
P	Average, catches occasional infections		
K	Good, consistent, strong immune system		
28.Disorders			
V	Nervous system disorders, pain, mental disorders, insomnia, eating disorders, arthritis		
P	Fevers, ulcers, infections, inflammatory diseases, heart attacks		
K	Respiratory system diseases, mucus accumulation, edema (swelling of tissues), obesity, benign tumors		
29.Speech Habits			
V	Quick, talkative, inconsistent, erratic,		
P	Moderate, argumentative, convincing		
K	Slow, concise, not talkative		
28.Mental Nature			
V	Quick, adaptable, indecisive, impulsive		
P	Factual, penetrating, critical		
K	Slow, steady		
30.Emotional Response to Conflict			

V	Quick but soon over		
P	Hot, irritated or defensive, holds grudges		
K	Slow but lingers for a long time		
31.Emotional Tendencies			
V	Fearful, anxious, nervous, creative, intuitive		
P	Frustrated, irritable, angry, dominating, helpful, independent		
K	Calm, attached, greedy, sentimental, caring, kind, family person		
32.Social Relations		Lifetime	Present
V	Relates easily, can be superficial		
P	Relates well, can be dominating		
K	Relates with difficulty		
33.Attachment to Material Objects			
V	Not very important, erratic		
P	Useful for a purpose, ego		
K	Important to have or own, practical		
34.Relationship with Money			
V	Not very important		
P	Useful to gain control and respect		
K	Very important		
35.Spending Habits			
V	Spends easily		
P	Spends for a purpose		
K	Spends with difficulty		
36.Friendships			
V	Many but not deep		
P	Several or many close relationships		
K	Few but very deep		
37.Love Relationships			
V	Tends to have many, erratic		
P	Tends to marry for position or looks, may or may not be faithful		
K	Has single partner, very faithful		
38.Negative Neurotic Tendencies			
V	Hysteria, depression		
P	Rage, tantrums		
K	Unresponsiveness, years of grief and sorrow		
39.Life Goals			
V	Not so important like to change frequently		
P	Very important, determined		
K	Fixed early in life		
40.Sleep Patterns			
V	Light, tends towards insomnia, restless		
P	Moderate, may wake up but will fall asleep again		
K	Heavy, difficult to wake up, not a morning person		
Total		Vata =	
		Pitta =	
		Kapha =	

Questionnaire by Atreya Smith, European Institute of Vedic Studies