Ayurveda Body-type Questionnaire

Fill out the questionnaire that follows and determine your Ayurvedic body-type.

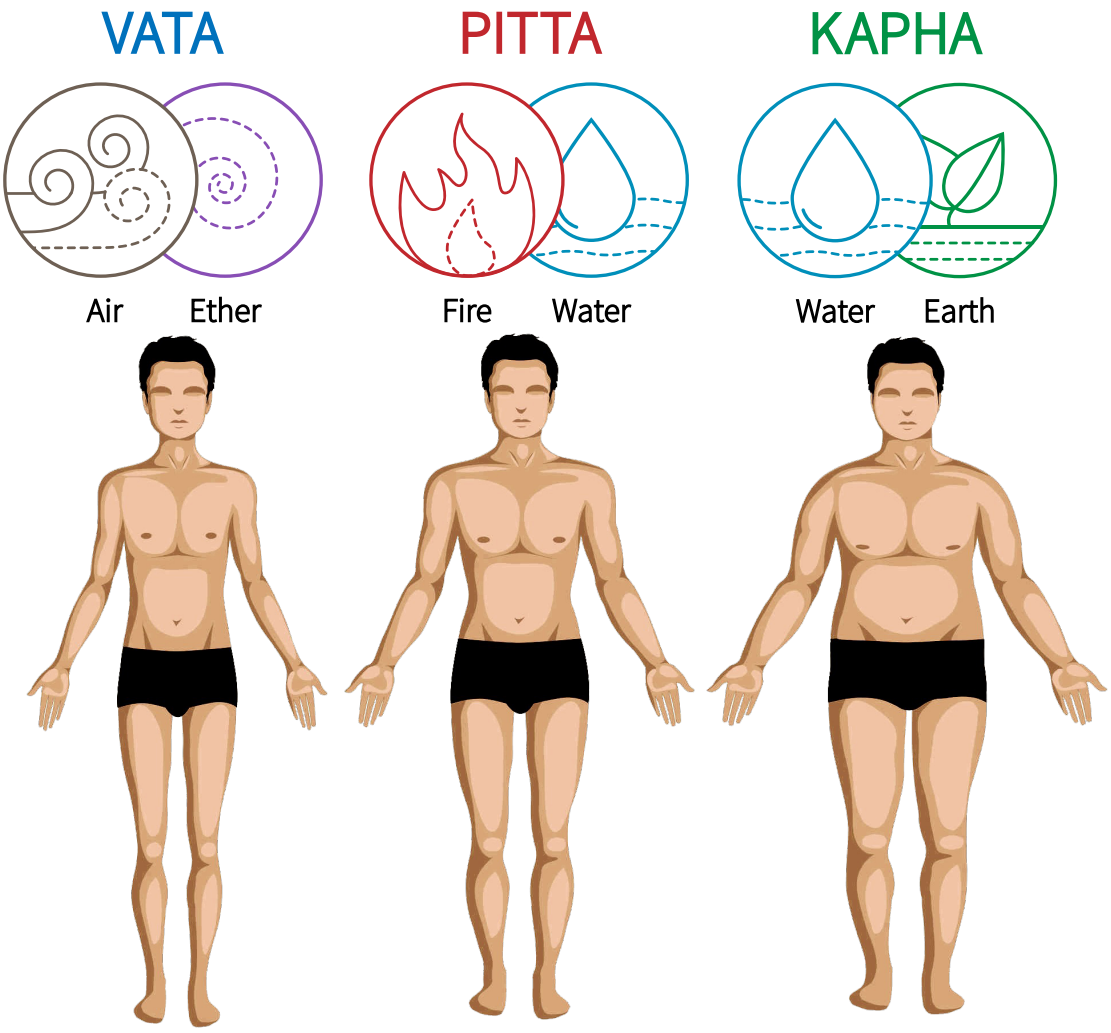
The quiz is divided into three sections. The first series of questions apply to Vata Dosha – read each statement and mark how much it applies to you, using the following scale.

0 = Does not apply to me
3 = Applies to me somewhat (or some of the time)
6 = Applies to me mostly (or nearly all of the time)

At the end of the section, write down your total Vata score. For example, if you mark 5 for the first question, 3 for the second, and 2 for the third, your total up to that point would be 5+3+2= 10.

Total the entire section in this way, and you arrive at your final Vata score. Proceed to the questions for Pitta and those for Kapha. When you are finished, you will have three separate scores. Comparing these will determine your body-type.

For more objective physical traits, your choice on the scale will usually be obvious. For mental traits, and behavioral patterns that are more subjective, you should answer according to how you have felt and acted most of your life, or at least for the past few years.



Section 1 – Vata

		Does not apply		Applies sometime		Applies mostly	
1.	I have a thin build and frame.	0	1	2	3	4	5
2.	I am underweight.	0	1	2	3	4	5
3.	I don't put on weight easily / Tend to lose weight easily.	0	1	2	3	4	5
4.	My skin is generally dry, rough, and thin / Olive skinned.	0	1	2	3	4	5
5.	My hair is dry, thin, brittle / Frizzy.	0	1	2	3	4	5
6.	My eyes are small, dry, dull.	0	1	2	3	4	5
7.	My teeth are wonky, big, roomy and with gaps	0	1	2	3	4	5
8.	I have dry, rough, slender fingers.	0	1	2	3	4	5
9.	My nails are dry, brittle and chip easily.	0	1	2	3	4	5
10.	My chest and shoulders are small and flat.	0	1	2	3	4	5
11.	My joints are prominent with a tendency to make cracking noise.	0	1	2	3	4	5
12.	My veins and tendons are prominent and visible.	0	1	2	3	4	5
13.	I barely sweat, even after a good deal of activity.	0	1	2	3	4	5
14.	My thirst is variable – sometimes I feel thirsty and sometimes not.	0	1	2	3	4	5
15.	My appetite is irregular, and I can feel anxious when hungry.	0	1	2	3	4	5
16.	My digestion is irregular.	0	1	2	3	4	5
17.	When I have indigestion, I experience constipated, gas and bloating.	0	1	2	3	4	5
18.	I have dry, hard stools and often suffer from constipation.	0	1	2	3	4	5
19.	I enjoy sweet, sour, salty foods.	0	1	2	3	4	5
20.	I like warm and humid weather.	0	1	2	3	4	5
21.	My voice can be weak, I'm talkative and I often jump from topic to topic.	0	1	2	3	4	5
22.	My sleep can be disturbed, scanty, broken. Sleepless, tossing & turning nights.	0	1	2	3	4	5
23.	I often experience worry, anxiety, fear and uncertainty	0	1	2	3	4	5
24.	I am hyperactive, multi-tasking and spontaneous.	0	1	2	3	4	5
25.	I am restless, timid, with constant thoughts. Jack of all trades, master of none.	0	1	2	3	4	5
26.	My responses are quick, I have a short memory and I'm forgetful.	0	1	2	3	4	5
27.	I am an impulsive buyer.	0	1	2	3	4	5
28.	I am quite flexible, have lots of friends, am social in nature and extrovert.	0	1	2	3	4	5
29.	I am a nomad, love travelling, love movement, dancing, art and exploring.	0	1	2	3	4	5
	TOTALS						

Vata Score:……

Section 2 – Pitta

		Does not apply		Applies sometime		Applies mostly	
1.	I have a medium symmetrical build and frame.	0	1	2	3	4	5
2.	I have a moderate/healthy weight.	0	1	2	3	4	5
3.	Generally steady weight but can gain or lose it as necessary.	0	1	2	3	4	5
4.	My skin is often flushed, warm, acne prone / Reddish tinged.	0	1	2	3	4	5
5.	My hair is fine, with a tendency to thinning and/or greying.	0	1	2	3	4	5
6.	My eyes have a sharp, intense, penetrating gaze.	0	1	2	3	4	5
7.	My teeth are medium and yellow tinged.	0	1	2	3	4	5
8.	I have moist, warm, medium fingers.	0	1	2	3	4	5
9.	My nails are soft and have a slightly uneven surface.	0	1	2	3	4	5
10.	My chest and shoulders are moderate and medium.	0	1	2	3	4	5
11.	My joints are loose and flexible.	0	1	2	3	4	5
12.	My veins and tendons are flaccid.	0	1	2	3	4	5
13.	I sweat a lot when active.	0	1	2	3	4	5
14.	I often feel thirsty.	0	1	2	3	4	5
15.	My appetite is strong and can get irritated when a meal is late.	0	1	2	3	4	5
16.	I digest food quickly.	0	1	2	3	4	5
17.	When I have indigestion, I experience heartburn and acid reflux	0	1	2	3	4	5
18.	I have loose bowels and need to go to the toilet 2 or 3 times a day.	0	1	2	3	4	5
19.	I enjoy sweet, bitter, astringent foods.	0	1	2	3	4	5
20.	I like cool and dry weather.	0	1	2	3	4	5
21.	My voice is strong, clear and precise and I can be very articulate.	0	1	2	3	4	5
22.	My sleep is moderate – little but sound.	0	1	2	3	4	5
23.	I experience irritability, jealousy, anger and can be quite determined.	0	1	2	3	4	5
24.	I am moderate, precise and organised, and enjoy planning things.	0	1	2	3	4	5
25.	I am courageous and can be impatient – my way or the highway.	0	1	2	3	4	5
26.	I value accuracy and have a good memory.	0	1	2	3	4	5
27.	I analyse purchases, invest in value and like to spend on luxury items.	0	1	2	3	4	5
28.	I am very passionate, favour small social gatherings and am quite selective.	0	1	2	3	4	5
29.	I enjoy leadership roles and like to be competent in sports, politics, games.	0	1	2	3	4	5
	TOTALS						

Pitta Score:……..

Section 1 – Kapha

		Does not apply		Applies sometime		Applies mostly	
1.	I have a large stocky build and broad frame.	0	1	2	3	4	5
2.	I am overweight.	0	1	2	3	4	5
3.	I can gain weight very easily and have difficulty losing it.	0	1	2	3	4	5
4.	My skin is fair, supple, moist, smooth, or thick / Wrinkle free.	0	1	2	3	4	5
5.	My hair is abundant, thick, lustrous, oily.	0	1	2	3	4	5
6.	My eyes are bright and shiny.	0	1	2	3	4	5
7.	My teeth are white and strong.	0	1	2	3	4	5
8.	I have firm, supple, thick fingers.	0	1	2	3	4	5
9.	My nails are strong and smooth.	0	1	2	3	4	5
10.	My chest and shoulders are broad and large.	0	1	2	3	4	5
11.	My joints are large, sturdy and well-lubricated.	0	1	2	3	4	5
12.	My hair is thick, dark and wavy.	0	1	2	3	4	5
13.	My veins and tendons are not visible.	0	1	2	3	4	5
14.	I sweat a little when performing moderate to strong activities.	0	1	2	3	4	5
15.	My appetite is steady. I eat regularly but can easily skip a meal.	0	1	2	3	4	5
16.	I digest food slowly and can feel heavy after eating.	0	1	2	3	4	5
17.	When I have indigestion, I notice mucous in my stools.	0	1	2	3	4	5
18.	I have well-formed stools and mostly go to the toilet once a day.	0	1	2	3	4	5
19.	I enjoy bitter, pungent, astringent foods.	0	1	2	3	4	5
20.	I like warm and dry weather.	0	1	2	3	4	5
21.	My speech and voice is steady, deep, melodious and clear.	0	1	2	3	4	5
22.	My sleep is prolonged and deep.	0	1	2	3	4	5
23.	I am relaxed, calm, nurturing, caring and have a laid-back attitude.	0	1	2	3	4	5
24.	I am slow-paced, steady, sedentary and can't multitask.	0	1	2	3	4	5
25.	I am moderate, calm, peaceful, and like to analyse. I avoid conflict.	0	1	2	3	4	5
26.	I have good long-term memory. I take time to understand but never forget.	0	1	2	3	4	5
27.	I am a good money saver and think a lot before spending.	0	1	2	3	4	5
28.	I am extremely loyal, don't make friends easily and don't like change.	0	1	2	3	4	5
29.	I am easy-going, and like sedentary activities, such as board games.	0	1	2	3	4	5
	TOTALS						

Kapha Score:……..

Final Score: **Vata…… Pitta…… Kapha……**

How to determine your body type

Now that you have added up your scores, you can determine your body type. Although there are only three doshas, remember that Ayurveda combines them in ten ways to arrive at ten different body types.

Single Dosha Type

If one score is much higher than the others, you are probably a single-dosha type:

Vata, Pitta or Kapha

You are a single-dosha type if your highest score is twice as high as the next highest dosha score (for instance, Vata: 90, Pitta: 45, Kapha: 35). In single-dosha types, the characteristics of Vata, Pitta or Kapha are very evident. Your next highest dosha will still show up in your natural tendencies, but it will be much less distinct.

Two-Dosha Type

If no dosha dominates, you are a two-dosha type:

Vata-Pitta

Pitta-Vata

Pitta-Kapha

Kapha-Pitta

Vata-Kapha

Kapha-Vata

If you are a two-dosha type, the traits of your two leading doshas will pre-dominate. The higher one comes first in your body type, but both count. Most people are two-dosha types. A two-dosha type might have a score like this: Vata: 80, Pitta: 90, Kapha: 20. If this were your score, you would consider yourself to be a Pitta-Vata type.

Three-Dosha Type

If your three scores are nearly equal, you may be a three-dosha type:

Vata-Pitta-Kapha

This type is considered less common.