

Test for Your Unique Ayurvedic Mind Body Constitution

Vata - Wind		Applies Least	Applies Sometimes	Applies Most
1	I have a thin build and have trouble gaining weight.	1	2 3	4 5 6
2	My gait is light and quick.	1	2 3	4 5 6
3	I tend to have cold hands and cold feet.	1	2 3	4 5 6
4	My skin tends to be very dry, especially in the winter.	1	2 3	4 5 6
5	I am poor at memorizing and then remembering later.	1	2 3	4 5 6
6	I perform activities very quickly.	1	2 3	4 5 6
7	I tend to develop gas or become constipated easily.	1	2 3	4 5 6
8	I dislike cold weather more than other people.	1	2 3	4 5 6
9	I speak quickly and my friends think that I'm talkative.	1	2 3	4 5 6
10	I have difficulty falling asleep or a sound night's sleep.	1	2 3	4 5 6
11	My movements are quick; my energy comes in bursts.	1	2 3	4 5 6
12	My eating and sleeping habits tend to be irregular.	1	2 3	4 5 6
13	I am enthusiastic and vivacious by nature.	1	2 3	4 5 6
14	I have always learned new things very quickly.	1	2 3	4 5 6
15	I tend to have difficulty making decisions.	1	2 3	4 5 6
16	I become anxious or worried frequently.	1	2 3	4 5 6
17	My mind is very active, restless, and imaginative.	1	2 3	4 5 6
18	I am easily excitable.	1	2 3	4 5 6
19	I learn quickly, and I also forget quickly.	1	2 3	4 5 6
20	My moods change easily. I am somewhat emotional.	1	2 3	4 5 6

Vata score _____

Pitta - Fire		Applies Least	Applies Sometimes	Applies Most			
1	I consider myself to be very efficient.	1	2 3	4 5	6		
2	I tend to be extremely precise and orderly.	1	2 3	4 5	6		
3	I am strong-minded with somewhat forceful manner.	1	2 3	4 5	6		
4	I feel uncomfortable and easily fatigued in hot weather.	1	2 3	4 5	6		
5	I tend to perspire easily.	1	2 3	4 5	6		
6	I become irritable or angry easily.	1	2 3	4 5	6		
7	I become uncomfortable if I eat late.	1	2 3	4 5	6		
8	My hair: early greying, balding thin, or fine.	1	2 3	4 5	6		
9	I have a strong appetite; I can eat a large quantity.	1	2 3	4 5	6		
10	Many people consider me stubborn.	1	2 3	4 5	6		
11	Regular in my bowel habits. Tend to have loose stools.	1	2 3	4 5	6		
12	I become impatient easily.	1	2 3	4 5	6		
13	I tend to be a perfectionist about details.	1	2 3	4 5	6		
14	Angry quite easily, and then quickly forget about it.	1	2 3	4 5	6		
15	Fond of cold foods like ice cream ice-cold drinks.	1	2 3	4 5	6		
16	Very likely to feel that a room is too hot than too cold.	1	2 3	4 5	6		
17	I am disturbed by foods that are very hot and spicy.	1	2 3	4 5	6		
18	I am bothered by disagreements.	1	2 3	4 5	6		
19	I enjoy challenges, highly self-motivated.	1	2 3	4 5	6		
20	I tend to be quite critical of others and also of myself.	1	2 3	4 5	6		

Pitta score _____

Kapha – Water

		Applies Least		Applies Sometimes	Applies Most	
1	I do things slowly, deliberately, and calmly.	1	2	3	4 5	6
2	I gain weight easily and lose it more slowly.	1	2	3	4 5	6
3	I have a placid and calm disposition.	1	2	3	4 5	6
4	I can skip meals easily without significant discomfort.	1	2	3	4 5	6
5	Tendency: excess mucus, asthma, or sinus problems.	1	2	3	4 5	6
6	Need 8 hrs sleep in order to be comfortable next day.	1	2	3	4 5	6
7	I sleep very deeply.	1	2	3	4 5	6
8	I am calm by nature and not easily angered.	1	2	3	4 5	6
9	I learn slowly, have excellent retention and memory.	1	2	3	4 5	6
10	I store extra fat easily.	1	2	3	4 5	6
11	Weather that is cool and damp bothers me.	1	2	3	4 5	6
12	My hair is thick and wavy.	1	2	3	4 5	6
13	I have smooth, soft skin.	1	2	3	4 5	6
14	I have a large, solid body build.	1	2	3	4 5	6
15	Serene, sweet natured, affectionate, and forgiving.	1	2	3	4 5	6
16	I have slow digestion, feel heavy after eating.	1	2	3	4 5	6
17	I have very good stamina and a steady level of energy.	1	2	3	4 5	6
18	Slow, graceful, unhurried walk.	1	2	3	4 5	6
19	Tendency toward oversleeping, difficulty waking.	1	2	3	4 5	6
20	I am a slow eater, and slow and methodical in actions.	1	2	3	4 5	6

Kapha score _____

Final Scores/Ratios: Vata___ Pitta___ Kapha___