

Ayurveda Dosha Evaluation Chart

Go through the form twice.

First time thinking about yourself between the ages of 0-18yrs old. Tick the column that applies best to you. This will give you your prakruti (dosha/constitution). You will have one dosha that is more dominant and then another that is close. So you may be a pitta/vata or if you have the most ticks in the pitta column then less in the vata and the least in the kapha. You will have some ticks in each column as we are made up of all of the five elements.

Second time go through the chart thinking about your body, mind and behaviours now this will give you your vikruti (your imbalance). This is what we want to try and bring back into balance without disturbing the prakruti. So for example you are a pitta/vata prakruti with a vata imbalance we will want to warm the vata but we need to be careful of disturbing the pitta by warming it up too much.

	Vata	Pitta	Kapha
FRAME	Thin and unusually short or tall Thin as a child Light bones and obvious joints Have a hard time putting on weight	Moderate, medium, athletic, well proportioned frame often thinner at the weight Can gain and loses weight easily	Thick Plump or chunky as a child, heavy bone structure Gains weight easily and find it challenging to loose weight
WEIGHT	Low	Moderate	Overweight
EYES	Small, dark, dull, dry, brown, sunken, nervous Eyes that move a lot	Sharp, Penetrating, Green, Grey, amber yellow, sensitive to light	Big, attractive, blue, calm, loving
LIPS	Dry, cracked, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale, whitish
NAILS	Dry, brittle, rough, brittle, break easily	Pink, soft, tender, flexible,	Thick, strong, oily, polished
HAIR	Black, brown, knotted, thin, dry, kinky, brittle, wiry hair	Soft, oily, yellow, blonde, early grey, red, fine, light Can often go grey or bald earlier than other men	Thick, oily, wavy, dark or light
TONGUE	Cracked, tremors	Pink, yellow	white
NOSE	Slight crooked, uneven	Sharp pointed, red nose tip	Wide, button nose
TEETH	Protruded, Big and crooked, gums emaciated	Moderate in size Soft gums Yellowish	Strong White
NECK	Thin, tall	Medium	Big, folded
CHEST	Flat, sunken	Moderate	Expanded, round
BELLY	Flat, thin, sunken	Moderate	Big, potbellied
HIPS	Slender, thin	Moderate	Heavy, big
SPEECH	Fast	Sharp and cutting	Slow, monotonous
JOINTS	Cold, cracking	Moderate	Large, lubricated
SKIN	Dry, rough, cool, brown, black, chaps easily Dark complexion, tans easily	Soft, oily, yellow, fair, red, yellowish, hot Sunburns easily	Thick, oily, cool, pale, white Tans slowly but evenly

	Vata	Pitta	Kapha
SLEEP	Scanty, interrupted	Little but sound	Heavy, likes sleep
APPETITE	Variable, scanty Can be really hungry but then find that their eyes are too big for the bellies and they cant eat all of the food on their plate	Good, excessive, gets angry when hungry or they miss a meal	Slow but steady
EATING PATTERNS	Likes to snack and nibble, can forget to eat	Attracted to high protein foods like chicken, fish, meat, eggs, beans	Love white foods - milk, pasta, dairy, bread Attracted to fatty foods
DIGESTION	Sometimes good but when out of routine it suffers, becomes irregular, forms gas, bloating	Quick, when disturbed causes burning, can experience indigestion or reflux	Good but a slower than other doshas Prolonged, forms mucous
BOWEL MOVEMENT	Dry, hard, small pebbles, constipated, irregular	Soft, oily, loose can tend to diarrhoea if eats too much spicy or oily food	Thick, oily, heavy, slow, sluggish
WHEN ILL	Suffer nervous disorders, gut problems, sharp irregular pains	Get fevers, inflammation, skin conditions, rashes, hives	Excess fluid mucus, water retention
BODY TEMP	Cool hands and feet, little perspiration	Good circulation, sweats when they exercise	Cool body temperature, moderate perspiration
CLIMATE	Prefer warm climate, sunshine, humidity	Prefers cooler climates, like well ventilated spaces	Happy with most climate though don't do well in damp and humidity
PHYSICAL ACTIVITY	Very active, hyperactive, find it hard to sit still, often tapping a foot or moving some part of their body Exercise calms the mind	Moderate, likes to exercise to maintain physical strength and fitness Exercise helps control emotions	Lethargic, sedentary Very good stamina once they get started, enjoy lazing around Exercise keeps their weight down
MENTAL ACTIVITY	Always active, creative thinkers, change their minds and moods easily	Moderate Like to analyse things, very intense thinkers, love to learn	Dull, slow to learn but then slow to forget after that

	Vata	Pitta	Kapha
ROUTINE	Dislike routine, always chopping and changing, doing lots of different things, find it hard to focus on one task	Enjoys organising and thrives on a routine they have created	Work well with routine but can get in a rut Reliable and steady workers
TEMPERAMENT/EMOTIONS	Fearful, insecure, Unpredictable, anxious, flexible, become anxious when stressed	Aggressive, Intelligent, anger, hate, jealousy, determine, irritability, impatient	Calm, slow, greedy, attached
SEXUAL INTEREST	Variable, can live in a fantasy, believes in happy ever after	Strong sexual interest and drive	Steady sexual interest and drive Said to be the most fertile of the doshas
THIRST	Variable	Excessive, usually thirsty	Scanty, sparse Rarely thirsty
SPEECH	Rapid, unclear	Sharp, penetrating	Slow, monotonous
MEMORY	Quick to learn, quick to forget	Learn quickly	Slow to learn, never forget
SPENDING	Spends money quickly, doesn't remember what on Believes money is there to be spent	Spends on luxury items Considers money should be spent on special things that will impress others and advance you	Spends on food Prefers to save money than spend it
OPINION	Changes moods and ideas sensitive to others opinion	Strongly opinionated, likes others to know how they feel about things	Changes opinion slowly, may take some convincing can be stubborn Avoid difficult situations
CONCENTRATION	Difficult to concentrate	Intense	Methodical
PULSE	Thready, feeble, moves like a snake	Moderate, jumps like a frog	Broad, slow, moves like a swan