

DOSHA QUIZ: PRAKRUTI



This quiz gathers information about your nature—the way you were as a child and the basic patterns that have been true for most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness. For objective physical traits, your choice will usually be obvious. Since mental traits and behavior tend to be more subjective, you should answer according to how you have felt and acted most of your life, or at least in the past few years.

INSTRUCTIONS: *Please read carefully*

Rank each characteristic with either 5, 3, or 1. For each row, use each number one time. Each row should add up to 9.

5 = Most accurately represents me 3 = Somewhat represents me 1 = Rarely represents me			
EXAMPLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Vata 5 Pitta 1 Kapha			
CHARACTERISTICS	VATA	PITTA	KAPHA
FRAME	I am thin, lanky, and slender with prominent joints. <input type="checkbox"/>	I have a medium build with good muscle development. <input type="checkbox"/>	I have a large, round, or stocky build. My frame is broad, stout, or thick. <input type="checkbox"/>
WEIGHT	Low; I may forget to eat or have a tendency to lose weight. <input type="checkbox"/>	Moderate; it is easy for me to gain or lose weight if I put my mind to it. <input type="checkbox"/>	Heavy; I gain weight easily and have difficulty losing it. <input type="checkbox"/>
PACE	I like to do things quickly. <input type="checkbox"/>	I am very efficient. <input type="checkbox"/>	I like to do things in a slow, relaxed fashion. <input type="checkbox"/>
COMPLEXION	My skin is dry, rough, and thin. <input type="checkbox"/>	My skin is warm, has reddish undertones, and is prone to irritation. <input type="checkbox"/>	My skin is thick, moist, and smooth. <input type="checkbox"/>
HAIR	My hair is dry, brittle, or frizzy. <input type="checkbox"/>	My hair is fine with a tendency towards early thinning or graying. <input type="checkbox"/>	I have abundant, thick, and oily hair. <input type="checkbox"/>
DAILY HABITS	My daily habits tend to be inconsistent and spontaneous. <input type="checkbox"/>	My daily habits tend to be precise and orderly. <input type="checkbox"/>	My daily habits tend to be consistent and methodical. <input type="checkbox"/>
SLEEP PATTERN	I am a light sleeper with a tendency to awaken easily. <input type="checkbox"/>	I am a moderately sound sleeper, usually needing fewer than eight hours to feel rested. <input type="checkbox"/>	My sleep is deep and long. I tend to awaken slowly in the morning. <input type="checkbox"/>
BODY TEMPERATURE	My hands and feet are usually cold, and I prefer warm environments. <input type="checkbox"/>	I am usually warm, regardless of the season, and I prefer cooler environments. <input type="checkbox"/>	I am adaptable to most temperatures but do not like cold, wet days. <input type="checkbox"/>
TEMPERAMENT	I am lively and enthusiastic by nature. I like to change. <input type="checkbox"/>	I am purposeful and intense. I like to convince. <input type="checkbox"/>	I am easygoing and accepting. I like to support. <input type="checkbox"/>
REACTION TO STRESS	I become anxious and/or worried. <input type="checkbox"/>	I become irritable and/or aggressive. <input type="checkbox"/>	I become withdrawn and/or reclusive. <input type="checkbox"/>
TOTAL	VATA TOTAL: ____	PITTA TOTAL: ____	KAPHA TOTAL: ____

Note: Each row should add up to 9. VATA TOTAL, PITTA TOTAL, and KAPHA TOTAL should add up to 90.

VIKRUTI QUIZ

These questions are intended to assess your current life situation, including any recent stresses, illnesses, or life changes. It is most helpful if you answer these questions according to what has been true for you in the past few weeks.

When answering questions about medical conditions, if you have never been diagnosed with a medical condition, choose the answer "Not at all." If you have been diagnosed with a medical condition, choose "Very often."

VATA

	NOT AT ALL	SOMEWHAT/OCCASIONALLY	VERY OFTEN
MIND			
1. I've been having difficulty with mental clarity or the ability to focus my attention.	1	3	5
2. I've been feeling overwhelmed, worried, or anxious.	1	3	5
3. My life has been turbulent and chaotic.	1	3	5
4. I've been starting new projects, but have difficulty completing them.	1	3	5
5. I've been having difficulty falling asleep or have been awakening easily.	1	3	5
6. I've been having a hard time making decisions.	1	3	5
7. I've been having trouble following through on commitments I've made.	1	3	5
8. I've been feeling restless.	1	3	5
9. I've been acting impulsively or inconsistently.	1	3	5
10. I've been more forgetful than usual.	1	3	5

	NOT AT ALL	SOMEWHAT/OCCASIONALLY	VERY OFTEN
BODY			
11. I've had a dry throat, have frequently felt the need to clear my throat, or have had a dry cough.	1	3	5
12. I've been experiencing gas, cramping, or bloating after meals.	1	3	5
13. My appetite has been inconsistent.	1	3	5
14. I've been suffering from chronic pain.	1	3	5
15. My skin has been dry or flaking.	1	3	5
16. My bowel movements have been hard and dry or are irregular.	1	3	5
17. Men: I've been having trouble getting sexually aroused, maintaining erections, or experiencing orgasms. Women: My menstrual cycle has been uncomfortable or irregular or I am experiencing vaginal dryness.	1	3	5
18. I've been getting light-headed when I get up quickly.	1	3	5
19. My hands and feet have been uncomfortably cold.	1	3	5
20. I've been having muscle twitches, cramps, or heart palpitations.	1	3	5

Vata Mind Score #1-10: _____

Vata Body Score #11-20: _____

PITTA

NOT AT ALL

SOMEWHAT/
OCCASIONALLY

VERY OFTEN

MIND

1. I've been feeling discontented with my life.	1	3	5
2. I've been judgmental and critical of others and/or myself.	1	3	5
3. I've been feeling jealous of others.	1	3	5
4. I've been quick to express anger towards others.	1	3	5
5. I've been feeling irritable or impatient.	1	3	5
6. I've been compulsive, with difficulty stopping once I've started a project.	1	3	5
7. I've been strongly opinionated, freely sharing my point of view without being asked.	1	3	5
8. I've been feeling frustrated by other people.	1	3	5
9. I've been feeling the need to out-compete others.	1	3	5
10. I've been ruminating over situations from the past.	1	3	5

BODY

11. I've been feeling overheated or have been experiencing hot flashes.	1	3	5
12. I've been having headaches accompanied by light sensitivity or distorted vision.	1	3	5
13. My eyes have been itchy, irritated, red, or watery.	1	3	5
14. I've been having more than two bowel movements per day.	1	3	5
15. My appetite has been excessively strong.	1	3	5
16. I've been getting reflux/heartburn or have an ulcer.	1	3	5
17. I've noticed that I have strong body odor or bad breath.	1	3	5
18. I've been diagnosed with some form of liver malady.	1	3	5
19. I've been diagnosed with coronary heart disease.	1	3	5
20. My skin has been itchy, irritated, or prone to breakouts, or I've been diagnosed with an inflammatory skin condition.	1	3	5

Pitta Mind Score #1-10: _____

Pitta Body Score #11-20: _____

KAPHA

NOT AT ALL

SOMEWHAT/
OCCASIONALLY

VERY OFTEN

MIND

1. I've been dealing with conflict by withdrawing.	1	3	5
2. I've been accumulating clutter in my life.	1	3	5
3. I've been resistant to changing my routine.	1	3	5
4. I've been having difficulty leaving a relationship, job, or situation even though it is no longer nourishing me.	1	3	5
5. My short-term memory has been of concern to me.	1	3	5
6. I've been intending to be more physically active, but have difficulty exercising regularly.	1	3	5
7. I've been eating more out of my emotional needs rather than nutritional needs.	1	3	5
8. I've been having difficulty getting going in the morning.	1	3	5
9. I have not been confident in my ability to cope with challenges.	1	3	5
10. I've been having a hard time moving beyond the past.	1	3	5
	1	3	5

BODY

11. My ankles have been tending to swell.	1	3	5
12. I've been feeling sluggish or lethargic in the morning.	1	3	5
13. I've been experiencing a lot of phlegm or mucous production.	1	3	5
14. I've been feeling nauseated or full for an extended time after eating.	1	3	5
15. I am more than 10 pounds over my ideal weight.	1	3	5
16. I have high cholesterol or atherosclerotic heart disease.	1	3	5
17. I've been having episodes of asthma or wheezing.	1	3	5
18. I've been falling asleep easily after meals.	1	3	5
19. I've been experiencing a tendency to have elevated blood sugars.	1	3	5
20. I've been having frequent sinus congestion or respiratory infections.	1	3	5

Kapha Mind Score #1-10: _____

Kapha Body Score #11-20: _____