

Yoga & Ayurveda

Self Evaluation with Constitution

The following simple test will give you a fairly good idea of the levels of your doshas. We have to remember that everyone has all three doshas, but in varying degrees. After reading each description, mark 0 to 7 in the box provided. Note the values 2 and 5 are not assigned at all (don't use them) 7 is the highest: meaning it does apply to you, 0 being the lowest, does not apply to you.

Evaluating My: **(Vata)**

Physical Attributes

1. My physique is thin-I don't gain weight easily.
....._____
2. I am quick and active.
....._____
3. My skin is usually dry, more so in winter.
....._____
4. My hands and feet are usually cold.
....._____
5. My energy fluctuates and comes in bursts.
....._____
6. I usually develop gas or constipation.
....._____
7. I usually have difficulty falling asleep or having a sound night's sleep.
....._____
8. I am uncomfortable in cold weather.
....._____

Mental, Emotional and Behavioral Attributes

9. My nature is lively and enthusiastic.
....._____
10. I have difficulty memorizing things and remembering them later.
....._____
11. It is easy for me to learn new things quickly, but I also forget quickly.
....._____
12. I am not good at making decisions.
....._____
13. I am anxious or worrisome by nature.
....._____
14. People think that I am talkative and that I talk quickly.
....._____
15. I am usually emotional by nature and moods fluctuate.
....._____
16. My mind is restless but also imaginative.
....._____
17. I have irregular eating habits and sleeping habits.
....._____

Evaluating My **(Pitta)**
Physical Attributes

1. I don't tolerate hot weather.
....._____
2. I sweat easily.
....._____
3. I can't tolerate delaying or skipping a meal....._____
4. My hair is fine, straight, light, blonde, red, graying early or balding.
....._____
5. My appetite is very good and I can eat big meals.
....._____
6. My bowel movements are regular. I might have occasional loose stool but not much constipation.
....._____
7. I like cold drinks and such foods as ice cream.
....._____
8. I often feel hot.
....._____
9. Spicy hot foods upset my stomach.
....._____

Mental, Emotional and Behavioral Attributes

10. I consider myself efficient.
....._____
11. I try to be organized and accurate.
....._____
12. I have a strong will and my friends think I am stubborn.
....._____
13. I am impatient by nature.
....._____
14. I tend to become irritable or angry by nature.
....._____
15. I try to meticulous and am a perfectionist by nature.
....._____
16. I get angry easily, but I don't hold a grudge.
....._____
17. I am usually critical of myself and others.
....._____

Evaluating My **(Kapha)**
Physical Attributes

1. It is easy for me to gain weight but difficult to lose.
....._____

