

Dosha Evaluation¹

To determine your **prakruti** (your state of balance), review each characteristic in the left most column and place check marks next to each description in each of the three columns (column 1-vata, column 2-pitta, column 3-kapha) to the right that BEST describes you. When making your selection, consider how the characteristic has applied over the course of your life in general with emphasis on how that characteristic displayed itself as a child. It may be helpful to get unbiased input from people who have known you for a long time (family members or long-time friends) as you complete this survey. Compare their observations to yours and try to be completely honest. When you have completed each section, tally the check marks in each column to see which dosha predominates. To determine your **vikruti** (your current energetic state), you should review the characteristics in the evaluation form a second time; but this time make your choice based on how the characteristic applies to you today. Again, it is helpful to get someone who knows you well (i.e., a close friend or co-worker) to complete the survey with you (or on your behalf) to achieve the most unbiased results. Tally the columns. Compare your prakruti to your vikruti to determine which doshas are out of balance.

Characteristic	Column 1 Vata (Ether & Air Elements)	Column 2 Pitta (Fire & Water Elements)	Column 3 Kapha (Water & Earth Elements)
Frame Size/Body	<input type="checkbox"/> small, thin, small bones <input type="checkbox"/> delicate or lanky	<input type="checkbox"/> medium, average <input type="checkbox"/> athletic build, develops muscles easily	<input type="checkbox"/> large, heavy, large bones <input type="checkbox"/> well-developed chest, a curvaceous or round body
Skin	<input type="checkbox"/> thin (you can easily see your veins), dry, rough, chapped (tendency for cracked heels, finger tips, elbows) <input type="checkbox"/> rashes tend to be dry and itchy <input type="checkbox"/> sometimes blackheads	<input type="checkbox"/> hot, oily (tendency toward hives and eczema) <input type="checkbox"/> rashes tend to be red and burning <input type="checkbox"/> sometimes red pimples	<input type="checkbox"/> thick, smooth, cool, clammy <input type="checkbox"/> rashes tend to be wet and oozing <input type="checkbox"/> sometimes white pimples
Skin Tone*	<input type="checkbox"/> dark, brown	<input type="checkbox"/> red, yellow, freckles	<input type="checkbox"/> white, smooth, porcelain
Nails	<input type="checkbox"/> dry, brittle, cracked	<input type="checkbox"/> shiny, pink	<input type="checkbox"/> shiny, thick, white
Hair*	<input type="checkbox"/> wiry, dry <input type="checkbox"/> dark	<input type="checkbox"/> shiny, thin, oily <input type="checkbox"/> red, auburn highlights, premature grey, bald	<input type="checkbox"/> wavy, thick <input type="checkbox"/> lustrous

Face	<input type="checkbox"/> angular, thin, sunken cheeks <input type="checkbox"/> non-symmetrical features, crowded teeth <input type="checkbox"/> thin lips	<input type="checkbox"/> heart-shaped <input type="checkbox"/> straight, pointy nose and chin <input type="checkbox"/> medium lips	<input type="checkbox"/> round shape or rectangle <input type="checkbox"/> broad nose, large white teeth <input type="checkbox"/> full lips
Eyes*	<input type="checkbox"/> small <input type="checkbox"/> dark <input type="checkbox"/> darting	<input type="checkbox"/> medium, almond-shaped, <input type="checkbox"/> hazel color <input type="checkbox"/> sensitive to light and bright light	<input type="checkbox"/> large, round <input type="checkbox"/> blue <input type="checkbox"/> thick eyelashes
Appetite	<input type="checkbox"/> varies (sometimes you feel very hungry, but when you sit to eat, your appetite is satiated after a few bites) <input type="checkbox"/> often forgets to eat <input type="checkbox"/> becomes light-headed or cranky when meals are missed	<input type="checkbox"/> voracious appetite <input type="checkbox"/> rarely skips meals <input type="checkbox"/> can become angry if food is not available when hunger strikes	<input type="checkbox"/> emotional eating <input type="checkbox"/> tends to eat large amounts even when not hungry <input type="checkbox"/> if skips a meal does not experience discomfort
Digestion	<input type="checkbox"/> flatulence, bloating, abdominal distention after eating	<input type="checkbox"/> heartburn, acid reflux, sour stomach after eating	<input type="checkbox"/> heavy, sleepy feeling after eating
Elimination	<input type="checkbox"/> irregular <input type="checkbox"/> tends toward constipation (not having a motion every morning), dry stools, small “rabbit pellet” shaped, at times may have to strain and “push” to eliminate	<input type="checkbox"/> hot, oily stools, may be loosely shaped like a “cow patty” <input type="checkbox"/> tends toward diarrhea; at times stools may burn	<input type="checkbox"/> well-formed banana shaped stool that are slow and easy <input type="checkbox"/> sometimes constipation
Weight	<input type="checkbox"/> difficult to gain weight	<input type="checkbox"/> weight is moderate	<input type="checkbox"/> difficult to lose weight and tendency to carry a few extra pounds
Circulation	<input type="checkbox"/> cold hands and feet	<input type="checkbox"/> hot body temperature	<input type="checkbox"/> cold hands and feet but warm at the core
Perspiration	<input type="checkbox"/> scanty	<input type="checkbox"/> fleshy smell	<input type="checkbox"/> profuse
Mind	<input type="checkbox"/> learn quickly but forget quickly	<input type="checkbox"/> intelligent, brilliant	<input type="checkbox"/> slow to learn, but never forget
Disposition – in Balance	<input type="checkbox"/> joyful, happy, friendly <input type="checkbox"/> flexible views <input type="checkbox"/> free-spirit	<input type="checkbox"/> brave, courageous, leader <input type="checkbox"/> passionate <input type="checkbox"/> structured	<input type="checkbox"/> team player <input type="checkbox"/> loving, compassionate <input type="checkbox"/> stable, dependable

Disposition – Out of Balance	<input type="checkbox"/> forgetfulness, scattered thoughts <input type="checkbox"/> anxiety, fear <input type="checkbox"/> afraid of the dark <input type="checkbox"/> loneliness	<input type="checkbox"/> anger <input type="checkbox"/> cut-throat competitiveness <input type="checkbox"/> judgmental, critical, sarcastic, egotistical <input type="checkbox"/> suicidal thoughts	<input type="checkbox"/> moody, feeling sorry for oneself <input type="checkbox"/> slow to change (mind and habits), stubborn <input type="checkbox"/> greedy, attached (tendency to stay in relationships even if they are ill serving) <input type="checkbox"/> depression
Perception	<input type="checkbox"/> subtle, almost clairvoyant, perceives feelings of others; may absorb the energy of people/situations	<input type="checkbox"/> can understand feelings of others using logical analysis	<input type="checkbox"/> subtleties are elusive, may be unaware of feelings of others
Relationships	<input type="checkbox"/> loner <input type="checkbox"/> short-term relationships	<input type="checkbox"/> likes prestigious friends and status symbols <input type="checkbox"/> may abruptly terminate a relationship that is not serving him/her	<input type="checkbox"/> desire to be liked by everyone; keeps friends for a long time; prefers doing things with a partner/friend (i.e., exercise, travel, etc.) <input type="checkbox"/> has difficulty terminating relationships (even if they are ill serving)
Energy Levels	<input type="checkbox"/> tires easily <input type="checkbox"/> suited for artistic, creative job	<input type="checkbox"/> tends to work beyond physical capacity <input type="checkbox"/> best suited for intellectual job	<input type="checkbox"/> strong as an ox <input type="checkbox"/> good laborer
Attire	<input type="checkbox"/> eclectic, trendy fashion	<input type="checkbox"/> designer, polished fashion	<input type="checkbox"/> not worried about fashion, loose fitting and relaxed clothing that they never discard
Monetary Attitudes	<input type="checkbox"/> money comes and goes <input type="checkbox"/> inconsistent savings	<input type="checkbox"/> tends to save <input type="checkbox"/> spends on luxury items	<input type="checkbox"/> consistent saver <input type="checkbox"/> frugal spending habits; thrifty
Speech	<input type="checkbox"/> high pitch, fast, clipped, stuttering <input type="checkbox"/> off topic, run-on sentences <input type="checkbox"/> chatty	<input type="checkbox"/> quick-witted <input type="checkbox"/> clear, precise speech <input type="checkbox"/> sarcastic	<input type="checkbox"/> deep, slow, dull speech <input type="checkbox"/> mono-syllabic answers to questions <input type="checkbox"/> melodious singing voice
Organization	<input type="checkbox"/> non-linear, creative	<input type="checkbox"/> organized, logical and methodical	<input type="checkbox"/> untidy, “packrat” saves everything, but can find everything
Reaction To High Stress	<input type="checkbox"/> anxiety, worries, fear	<input type="checkbox"/> ulcer, acid stomach	<input type="checkbox"/> calm and cool, plodder, no worries

Environmental Influences	<input type="checkbox"/> does not tolerate cold weather; prefers sun	<input type="checkbox"/> prefers cool weather and shade	<input type="checkbox"/> likes moderate weather
Sleep	<input type="checkbox"/> light sleeper, easily awoken easily; has difficulty getting back to sleep	<input type="checkbox"/> moderate sleeper, likes to read before bed	<input type="checkbox"/> sound sleeper; can sleep anywhere
	<input type="checkbox"/> irregular sleeps makes it difficult to rise in the morning	<input type="checkbox"/> easy to rise in the morning	<input type="checkbox"/> slow to rise in the morning
	<input type="checkbox"/> tendency for nightmares	<input type="checkbox"/> tendency for dreams about being in control or leading people	<input type="checkbox"/> tendency for dreams about/with water
Disease Proneness	<input type="checkbox"/> dehydration <input type="checkbox"/> constipation <input type="checkbox"/> anxiety, breathlessness, heart palpitations <input type="checkbox"/> wheezing, asthma <input type="checkbox"/> fatigue <input type="checkbox"/> insomnia <input type="checkbox"/> sciatic pain, low back pain <input type="checkbox"/> dry, itchy external hemorrhoids	<input type="checkbox"/> heart-burn, indigestion, inflammation (“itis” diseases), ulcers <input type="checkbox"/> rashes, hives, acne <input type="checkbox"/> depression <input type="checkbox"/> dizziness, nausea, migraines <input type="checkbox"/> fever <input type="checkbox"/> diarrhea <input type="checkbox"/> sour taste in mouth <input type="checkbox"/> bleeding disorders (i.e., in rectum, gums, blood-shot eyes, internal hemorrhoids)	<input type="checkbox"/> sinus/lung congestion <input type="checkbox"/> phlegm, mucus <input type="checkbox"/> swelling/water retention <input type="checkbox"/> excess salivation, drooling <input type="checkbox"/> lethargy <input type="checkbox"/> diabetes, high cholesterol, obesity <input type="checkbox"/> lipomas, cysts <input type="checkbox"/> tumors
TOTAL PRAKRUTI	–		
TOTAL - VIKRUTI			

*The questions on skin tone, hair color and eyes need to be considered relative to others within your ethnic background. For instance, if you are Asian where most everyone has dark skin, dark hair and dark eyes, then you would compare your skin tone with other Asians (i.e., are you considered more fair colored or more dark?) and in terms of your skin texture (i.e., if your skin is smooth and marble-like without flaws, that would be a kapha complexion; if your skin is thin and darker than others in your ethnic background, then it is vata; if your skin has a reddish hue or freckles, then it is pitta.) If you are still unsure, simply leave that box unchecked. You should still be able to get a good approximation of your prakruti and vikruti by answering the remaining questions in this evaluation. Of course, the best results are obtained from a consultation with someone who has been trained in ayurveda.

¹ Excerpted with permission from Ayurvedic Cooking for Self Healing, 2nd ed. The Ayurvedic Press, Albuquerque, NM