



Name \_\_\_\_\_

Date \_\_\_\_\_

# Doshic Balance Worksheet

Answering this questionnaire will help to identify your basic doshic constitution, (Prakruthi). Use this as a rough guide, a more precise Ayurvedic Consultation is necessary to fully understand your doshic constitution and imbalances, and how to re-establish balance. For each item below, choose the options which is most applicable to you. It is better to take the test without and prejudice as to what your balance may be. Answer honestly. It often helps to take the test with a person who knows you well. Please print out this worksheet and once completed, bring it with you to your initial consultation. To schedule your consultation call Utrecht Ayurveda at (0)6 15 23 06 16.

Describe Yourself	Option 1	Option 2	Option 3
Body Type	Thin, tall or short	Medium height and build	Heavy, broad, fleshy or plump
Body Frame	Fine with small bone structure, athletic	Medium bone structure, athletic	Large bone structure, but not with prominent bones
Childhood	Were thin as a child	Had a medium build as a child	Plump or chubby as a child
Body Temperature	Low, with cold extremities	High, feels warm most of the time	Low, body generally feels cool
Skin	Dark, dry coarse or cracked, suntans easily	Soft, delicate, sensitive, with freckles and moles	Soft, smooth, and oily or glowing
Joints	Thin, small joints, tends to crack or pop, pronounced bony frame	Moderately sized joints, smooth, flexible	Large, well-formed joints
Appetite, Eating Habits	Irregular appetite, (varies between weak and strong), gets weak upon fasting, eats often	Intense appetite, cannot stand fasting	Consistent appetite, can easily skip meals, needs less food and drinks
Thirst	Varies	Frequent	Very rarely thirsty
Food Preference	Warm, moist and oily foods	Sweet, bitter, astringent and cold foods	Warm, pungent and bitter, dry foods
Food Quantity	Varies	Likes large meals	Likes smaller meals
Consumption	Eats quickly	Eats moderately quickly	Eats slowly



Describe Yourself	Option 1	Option 2	Option 3
Elimination (Urine & Feces)	Tends to be gaseous, constipated with hard, dry stool	Bowel movement two or more times per day with soft stool	Mostly regular, with well-formed stools, can get sluggish
Perspiration	Slight	Profuse with strong odor	Moderate
Nails	Rough, thin dry, brittle & blackish	Soft, flexible, pink and lustrous	Thick, smooth, whitish, firm, hard and polished
Physical Activity	Quick, short, light or erratic	Medium paced	Slow and steady, sedentary
Mental Activity (and Emotions)	Gets emotional quickly, enthusiastic, easily anxious or nervous	Gets irritated and angry easily	Stays calm, slow to anger
Routine	Restless, or very active, dislikes routines or patterns	Competitive, likes planning and organization	Calm, likes leisure activity. Works well within a routine
Sleep	Light, easily interrupted sleep, usually only 5-6 hours/night. Takes a long time to get to sleep	Sleeps little but soundly, usually only 6-8 hours. takes a short time to get to sleep	Deep and prolonged, usually 8 hours or more. Gets to sleep quickly
Resistance	Gets sick often	Gets sick on occasion	Rarely gets sick
Speech Patterns	Fast talking and talkative, sometimes omitting words, talks loudly	Moderate speed in speech, precise and clear, convincing with moderate volume	Slow and deliberate speech, polite, with lower volume
Size of Forehead	Small	Medium	Large
Mental Properties	Quick, creative, imaginative. gets excited quickly, easily distracted with mood fluctuations. Learns quickly, forgets easily	Sharp, with a penetrating intellect. Has a good memory. Moods can change quickly and intensely	Stable, slowly motivated, good long-term memory
Stamina	Tires quickly	Moderate stamina, unable to withstand high strain	Strong, can withstand strain easily, usually a hard worker
Finances	Disorganized, spends carelessly	More disciplined with finances	Very organized, doesn't enjoy spending money

Now add the number of responses from each of the columns, (Options 1, 2 or 3). Option 1 is the column for Vata characteristics, option 2 represents the Pitta column, and option 3 is the Kapha characteristic column. Once you have totalled each of the columns you will see which is your dominant dosha, then your secondary and finally your tertiary. Please remember that we are all comprised of a combination of each of the three doshas, in different combinations, so all three of the doshas will be present in each of us.