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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. If 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 |
| 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.