

# AYURVEDIC DOSHIC QUESTIONNAIRE

Aspect of Constitution	VATA (ether + air)	PITTA (fire + water)	KAPHA (water + earth)
Height	very tall or very short	medium	usually short but can be tall & large
Frame	thin	moderate	thick
Weight	low	moderate	overweight
Skin Luster	dull, brown, black	ruddy, fair, red, yellow	pale, white
Skin Texture	dry, rough, thin, cool	oily, soft, warm	damp, thick, cool
Eyes	small, dull, dry, brown, black	penetrating, sharp, easily inflamed, green, gray, yellow	big, attractive, blue, thick lashes
Hair	black, dry, kinky	soft, oily, yellow, early gray, red	thick, oil, wavy, lustrous, dark, light
Teeth	crooked, poorly formed, emaciated gums	moderate, soft, bleeding gums	strong, white
Nails	rough, brittle	soft, pink	soft, white
Joints	stiff, crack	easily, loose	firm, large
Circulation	poor, variable	good	moderate
Appetite	variable, scanty	good, excessive, unbearable	slow and steady
Thirst	variable	excessive	scanty
Sweating	scanty	profuse, but not enduring	slow to start but profuse
Elimination	hard, dry, constipation	soft, loose, oily	thick, oily, heavy, slow
Urination	scanty	profuse, yellow	moderate, clear
Sensitivities	cold, dryness, wind	heat, sunlight, fire	cold, damp
Immune Function	low, variable	moderate	high
Disease Tendency	pain	inflammation, fever	edema, congestion



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Aspect of Constitution	VATA (ether + air)	PITTA (fire + water)	KAPHA (water + earth)
<b>Disease Type</b>	nervous system	blood, liver	mucous, lungs
<b>Activity</b>	quick, movement based	moderate, intense, competitive	slow, lethargic
<b>Endurance</b>	poor, easily exhausted	moderate but focused	high
<b>Sleep</b>	scanty, interrupted	little but sound	heavy, prolonged
<b>Dreams</b>	frequent, active: flying, jumping, running	moderate, fiery, anger, violence	infrequent, watery, romantic, ocean, lake
<b>Memory</b>	quick but absent-minded	sharp, clear	slow but steady
<b>Speech</b>	fast	sharp, cutting	slow, monotonous
<b>Emotional Temperament</b>	nervous, changeable	aggressive, irritable	calm, greedy
<b>Temperament</b>	adaptable	courageous	loving
<b>Emotions</b>	fear, worry	anger, frustration	attachment, depression
<b>Faith</b>	changeable, variable, erratic	fanatic, strong, determined	steady, slow to change
<b>Financial</b>	poor spend on trifles	moderate spend on luxuries	rich, money-saver, spend on food
<b>Pulse</b>	thready, feeble snake	moderate frog	broad, slow swan
 <b>TOTAL:</b>	<b>VATA</b> _____	<b>PITTA</b> _____	<b>KAPHA</b> _____

