

# 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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Disease Type	nervous system	blood, liver	mucious, lungs
Activity	active	moderate	lethargic
Endurance	poor, easily exhausted	moderate but focused	high
Sleep	scanty, interrupted	little but sound	heavy, prolonged
Dreams	frequent, active ie: flying, jumping, running	moderate, fiery, anger, violence	infrequent, watery, romantic, ocean, lake
Memory	quick but absent-minded	sharp, clear	slow but steady
Speech	fast	sharp, cutting	slow, monotonous
Emotional Temperament	nervous, changeable	aggressive, irritable	calm, greedy
Temperament	adaptability	courage	love
Emotions	fear	anger	attachment, depression
Faith	changeable, variable, erratic	fanatic, strong, determined	steady, slow to change
Financial	poor spend – trifles	moderate spend – luxuries	rich, money-saver, spend–food
Pulse	thready, feeble snake	moderate frog	broad, slow swan
<b>TOTAL:</b>	<b>VATA</b> _____	<b>PITTA</b> _____	<b>KAPHA</b> _____

