



Dosha Analysis Questionnaire. Select one answer for each row: the option which you have observed to be the most consistent over a long period of time or growing up. Input from a parent or spouse can be very helpful in accurate analysis. Add the number of answers in each column.

	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
<b>Body Frame</b>	Slim	Medium	Large
<b>Body Weight</b>	Low	Medium	Overweight
<b>Eyes</b>	Small, active	Sharp, sensitive	Large, beautiful
<b>Nose</b>	Crooked, sharp	Long, pointed	Short, round
<b>Lips</b>	Dry, cracked	Red, inflamed	Smooth, oily
<b>Cheeks</b>	Wrinkled, sunken	Smooth, flat	Plump, rounded
<b>Teeth</b>	Large, thin gums	Tender gums	White, strong gums
<b>Skin</b>	Dry, cold, rough	Warm, rosy, oily,	Cool, oily, thick
<b>Hair</b>	Dry, brittle, scarce	Straight, oily, bald	Thick, curly, oily
<b>Nails</b>	Rough, dry, brittle	Sharp, flexible, pink	Thick, oily, smooth
<b>Neck</b>	Long, thin	Medium	Large, folded
<b>Chest</b>	Flat, sunken	Medium	Expanded
<b>Belly</b>	Flat, sunken	Medium	Pot belly
<b>Hips</b>	Slender	Medium	Heavy
<b>Joints</b>	Cold, cracking	Medium	Large, lubricated
<b>Appetite</b>	Irregular, scant	Strong, unbearable	Slow, steady
<b>Thirst</b>	Irregular	Surplus	Little
<b>Digestion</b>	Irregular, bloating	Quick, burning	Prolonged
<b>Elimination</b>	Constipation	Loose stools	Thick, sluggish
<b>Physical Activity</b>	Hyperactive	Moderate	Slow
<b>Mental Activity</b>	Hyperactive	Moderate	Slow
<b>Emotions</b>	Anxiety, fear	Anger, jealousy	Calm, possessive
<b>Faith</b>	Variable	Extremist	Consistent
<b>Intellect</b>	Quick, incorrect	Accurate, sharp	Slow and steady
<b>Memory</b>	Poor remote	Distinct	Slow and sustained
<b>Dreams</b>	Fearful	Violent	Romantic
<b>Sleep</b>	Scanty, broken	Little, sound	Prolonged, deep
<b>Speech</b>	Rapid, unclear	Sharp, penetrating	Slow, monotonous
<b>Finances</b>	Spends on trifles	Spends on luxuries	Saves money
<b>Total</b>			