

DOSHA QUESTIONNAIRE
(FROM IYT TEACHER MANUAL)

NAME _____

	VATA	PITTA	KAPHA
<i>Physical Characteristics</i>			
	V	P	K
Skin	Thin, dry, darkish, cool	Fair, soft, lustrous, warm. Freckles. Many moles.	Thick, oily, pale, or white. Cold
Complexion	Dark or very light with a touch of gray. Tans easily without burning.	Freckles and burns easily. Pinkish	Smooth, white
Skin Problems	Dryness, cracking, leathery, possible psoriasis	Rashes, acne, redish, blotches	Few skin problems
Hair	Thin, dark, coarse, kinky or curly	Fine, soft, fair, or reddish	Plentiful, thick, wavy, lustrous, generally brown
Hair Quality	Tangles easily with split ends	Gets oily quickly, especially in hot weather	Lustrous
Body Hair	Little or overabundant, curly or fine	Light and fine	Moderate amounts of heavy hair
Shape of face	Long, angular. Chin often underdeveloped	Heart-shaped. Chin often pointed	Large, rounded, full
Neck	Thin. Very long or very short	Average. In proportion	Solid, tree trunk quality
Nose	May be crooked, small, or narrow	Neat, pointed, average in size	Large, rounded
Eyes - size	Small, narrow, or sunken	Average	Large, prominent
Eyes - color	Dark brown or gray	Light blue or gray, hazel	Blue or light brown
Eyes - luster	Dull	Intense	Attractive
Eye Movements	Dart around or twitch. Can be itchy	Sharp, alert, direct, penetrating	Steady and calm
Eyebrows	Thin	Average	Thick and bushy
Eyelashes	Short, dry or extra long	Average	Thick and strong
Tongue	Thin, grayish pink coating	Sometimes yellow to red film, mouth sores	Thick white coating
Ears	Thin, bony, irregular, small lobes	Even shape and thickness	Thick with large lobes
Teeth	Irregular, protruding. Receding gums.	Medium size, yellowish	White, big. Strong gums
Mouth	Small. Receding gums	Medium	Large
Lips	Thin, narrow, tight	Average	Big, full
Gait	Quick and light	Precise and quick	Slow, steady, graceful
Breasts	Small or very large	Medium	Large
Veins and tendons	Prominent, specially in hands	Moderately prominent	Not prominent
Physical Characteristics Total (23)			

VATA

PITTA

KAPHA

Physical Build			
	V	P	K
Size at birth	Small	Average	Large
Height	Exceptionally short or tall (beanpole)	Medium	Tall and sturdy, or short and stocky
Weight	Light. Difficulty putting on weight	Moderate. No problem gaining or losing weight	Heavy. Finds it hard to lose weight
Frame - bone structure	Light, delicate.	Medium	Large, big boned
Joints	Prominent, dry, knobby	Normal, well proportioned	Big, well formed and lubricated
Joint Pain	Prone to cracking and popping, strain easily	Normal joints, without problems	Smooth, strong and well lubricated
Musculature	Slight. Prominent tendons	Medium. Firm	Plentiful. Solid
Hips and Shoulders	Narrow hips and wide shoulders or the reverse	Medium, well proportioned	Broad
Finger nails	Hard, brittle, variable	Rubbery, strong, oval and pink	Strong, large, square, pale
Physical Build Total (8)			

Energetic Functions			
	V	P	K
Chakra Focus	Tends to live in upper chakras, mystical orientation	Tends to live in the solar plexus and heart chakras, focus on social rules and community	Tends to live the base chakras, focus on security, stability and comfort
Chakra Blockages	First and fifth chakras often blocked	Difficulty in accessing fifth, sixth and seventh chakras	Needs to cultivate third chakra willpower in order to move energy upward
Five Koshas	Craves Annamaya Kosha, avoids and represses emotions <i>PHYSICAL BODY</i>	Balances the physical, energetic and emotional well and tends to focus on these	Relates most easily to the physical body and the pleasant feelings in the emotional body
Five Prana Vayus	Often excess prana and deficient apana	Sometimes excess samana	Often excess apana and deficient prana
Three Gunas	When balanced, very sattvic, but balances is fragile, transitory	Tends toward rajas, which can be directed toward constructive activities or anger.	When out of balance, tamas results. When balanced, sattva is stable
Energetic Functions Total (4)			

CHAKRAS

GUNAS

- 1- SAFETY/SECURITY
- 2- CREATIVITY
- 3- POWER
- 4- LOVE
- 5- VOICE/SPEAKING TRUTH
- 6- WITNESS
- 7- SPIRITUALITY/CONNECTION TO HIGHER REALM.

RAJAS = ACTIVITY/CHANGE
 TAMAS = INERTIA/LACK OF MOVEMENT
 SATTVA = BALANCE/PEACE

VATA

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KAPHA

<i>Physiological Functions</i>			
	V	P	K
Sweat	Minimal	Profuse, especially when hot. Strong fleshy or sour smell	Moderate, but present even when not exercising
Temperature preferences	Craves warmth	Loves coolness	Dislikes cold
Sleep	Light, fitful	Sound but short	Deep, likes plenty
Dreams	Many but often forgotten, active, vivid	Passionate, well remembered, competitive	Cool, uneventful, mundane
Stools and elimination	Irregular, constipated. Hard, dry, stools	Regular. Loose stools	Slow elimination, plentiful and heavy
Activity level	Always doing many things, fidgets	Moderate	Steady and plodding
Immunity Function	Low, variable	Strong to excessive	Strong and even
Disease Tendency	Pain, inflammation, nervous disorders, arthritis, insomnia	High blood pressure, heart disease, stroke, digestive problems	Obesity, congestion, constipation, depression
Disease Areas	Nervous System	Circulatory and digestive	Respiratory system
Circulation	Poor, variable	Strong to excessive	Moderate and steady
Appetite	Variable, eats frequently, eyes bigger than stomach. Loves snacking	Strong, social eaters, enjoys food, likes spices	Stable, loves sweets, starchy foods
Thirsty	Low and variable	High	Moderate
Cravings	Dry, crunchy snacks. Salt and sour foods.	Greasy foods, iced drinks	Deserts, creamy textures
Endurance	Expend energy quickly, and sinks until recovered	Manages energy well	Good stamina at a slow even pace
Sexual arousal	Intense, quickly expended; fantasizes	Strong; desires and actions matched	Slow; then passion maintained
Fertility	Low	Average	Good
Menses (WOMEN ONLY)	Irregular, scanty, clotted flow, strong, variable cramps	Regular, intense, bright red, mild cramping	Regular, effortless, mild water retention
Weight gain	Puts on weight at waist, hard to gain easy to lose	Gains weight evenly, willful dieters	Gains weight easily, difficult to diet
Climate	Loves warmth, quiet, open space. Hates cold and dry.	Irritated by heat. Benefited by lakes, etc	Loves warmth and comfort, not affected by weather changes
Voice	Hoarse and crackley	Intense and clear	Slow, melodious
Speech	Fast talking	Sharp, clear, precise	Slow, maybe labored
Physiological Functions Total (20)		(05-01) 83009	

(05-01) 83009

JATE

VATA

PITTA

KAPHA

<i>Psychological Aspects</i>			
	V	P	K
Thinking	Superficial with many ideas. More thoughts than deeds	Precise, logical. Good planner and gets plans carried out	Calm, slow, cannot be rushed. Good organizer
Memory	Poor long term	Good, quick	Good long term, takes time to learn
Deep beliefs	Changes these frequently, according to latest mood	Extremely strong convictions that govern behavior	Deep steady beliefs that are not easily changed
Positive Emotions	Creative, expressive, spiritual, imaginative	Intelligent, forceful, confident, enterprising, perfectionist	Tolerant, calm, generous, understanding, patient
Negative Emotions	Changeable, restless, weak willed	Stubborn, critical, vain, jealous, angry	Dull, depression, heaviness, lethargic, narrow minded
Sensitivities	Noise, pain, cold, drafts	Heat, sunlight, fire	Cold and damp
Emotional tendencies	Fearful, anxious, insecure	Angry, judgmental	Greedy, possessive
Response to stress	Fear, paranoia	Becomes competitive or angry	Generally stable
Work	Creative	Intellectual	Caring
Finances	Spends freely, whimsical	Efficient, high quality	Cautious, saves well
Lifestyle	Erratic, full, untidy	Busy, achieves much	Steady and regular. May be stuck in a rut
Asana Practice	Variable, creative	Precise, demanding	Slow, stable, steady
Spiritual Tendencies	Mystical	Leader and organizer	Loyal believer
Psychological Aspects Total (13)			
Total			