



Ayurveda - Tri-dosha test

Directions: Choose the answer that best fits you **based on your body and mind in the past month**. It is fine to check more than one answer if it honestly describes you. Go with your gut instinct answer.

Category	Vata (Air)	Pitta (Fire)	Kapha (Water)
Frame	<input type="checkbox"/> Tall or short, thin; less developed physique	<input type="checkbox"/> Medium; moderately developed physique	<input type="checkbox"/> Stout, stocky, short, big; well developed physique
Weight	<input type="checkbox"/> Low, hard to hold weight, prominent bones and veins	<input type="checkbox"/> Moderate, gains consistently with age	<input type="checkbox"/> Heavy, easy to gain weight, hard to lose it
Complexion	<input type="checkbox"/> Dull, dark, brownish	<input type="checkbox"/> Red, ruddy, flushed, glowing	<input type="checkbox"/> White, pale
Skin texture	<input type="checkbox"/> Thin, dry, rough, cracked, prominent veins	<input type="checkbox"/> Moist, pink, with moles, freckles, acne	<input type="checkbox"/> Thick, white, moist, soft, smooth
Temperature	<input type="checkbox"/> Tends to feel cold	<input type="checkbox"/> Tends to feel warm	<input type="checkbox"/> Tends to feel cool
Hair	<input type="checkbox"/> Scanty, coarse, dry, brown, slightly wavy	<input type="checkbox"/> Moderate, fine, soft, early gray or bald	<input type="checkbox"/> Abundant, oily, thick, very wavy, lustrous
Head	<input type="checkbox"/> Small, thin, long	<input type="checkbox"/> Moderate	<input type="checkbox"/> Large, stocky, steady
Forehead	<input type="checkbox"/> Small, wrinkled	<input type="checkbox"/> Moderate, with folds	<input type="checkbox"/> Large, broad
Face	<input type="checkbox"/> Thin, small, oval	<input type="checkbox"/> Moderate, angular	<input type="checkbox"/> Large, round, soft
Neck	<input type="checkbox"/> Thin, long	<input type="checkbox"/> Medium	<input type="checkbox"/> Large, thick
Eyebrows	<input type="checkbox"/> Small, with coarse hairs	<input type="checkbox"/> Moderate, fine	<input type="checkbox"/> Thick, bushy, dense
Eyelashes	<input type="checkbox"/> Small, dry, firm	<input type="checkbox"/> Small, thin, fine	<input type="checkbox"/> Large, thick, oily, firm
Eyes	<input type="checkbox"/> Small, dry, move quickly, gray sclera	<input type="checkbox"/> Medium, red sclera (inflamed easily), piercing (deep-set)	<input type="checkbox"/> Wide, prominent, white sclera
Nose	<input type="checkbox"/> Thin, small, long, dry, crooked or irregular	<input type="checkbox"/> Moderate, sharp	<input type="checkbox"/> Broad and round
Lips	<input type="checkbox"/> Thin, small, dark, dry	<input type="checkbox"/> Medium, soft, red	<input type="checkbox"/> Thick, large, oily, smooth, firm
Teeth and Gums	<input type="checkbox"/> Receding gums, crooked or gray teeth	<input type="checkbox"/> Gums bleed easily, sharp or yellow teeth	<input type="checkbox"/> Large, soft gums, big white teeth
Shoulders	<input type="checkbox"/> Thin, small, flat, hunched	<input type="checkbox"/> Medium, sharp	<input type="checkbox"/> Broad, thick, firm



Private Physical Therapy



Personal Training



Yoga Therapy



Wellness

Chest	<input type="checkbox"/> Thin, small, narrow	<input type="checkbox"/> Medium	<input type="checkbox"/> Broad, large
Arms	<input type="checkbox"/> Thin, small or long	<input type="checkbox"/> Medium	<input type="checkbox"/> Large, thick, round
Hands	<input type="checkbox"/> Long, thin, dry, cold, rough, unsteady	<input type="checkbox"/> Medium, warm, pink	<input type="checkbox"/> Fleshy, cool, firm, moist
Thighs	<input type="checkbox"/> Thin, narrow	<input type="checkbox"/> Medium	<input type="checkbox"/> Well-developed, round
Legs	<input type="checkbox"/> Thin, long or short, prominent knees	<input type="checkbox"/> Medium	<input type="checkbox"/> Large, stocky
Calves	<input type="checkbox"/> Small, hard, tight	<input type="checkbox"/> Loose, soft	<input type="checkbox"/> Shapely, firm
Feet	<input type="checkbox"/> Small, thin, long, dry, rough, fissured, unsteady	<input type="checkbox"/> Medium, soft, pink	<input type="checkbox"/> Large, thick, hard, firm
Joints	<input type="checkbox"/> Small, thin, dry, unsteady, cracking	<input type="checkbox"/> Medium, soft, loose	<input type="checkbox"/> Large, thick, well built
Nails	<input type="checkbox"/> Small, thin, dry, rough, fissured, cracked, darkish	<input type="checkbox"/> Medium, soft, pink	<input type="checkbox"/> Large, thick, smooth, white, firm, oily
Urine	<input type="checkbox"/> Scanty, difficult, colorless	<input type="checkbox"/> Profuse, yellow, tendency for burning	<input type="checkbox"/> Moderate, cloudy
Feces	<input type="checkbox"/> Scanty, dry, hard, tendency towards gas and constipation	<input type="checkbox"/> Abundant, loose, yellowish, tendency towards diarrhea or burning sensation	<input type="checkbox"/> Moderate, solid, sometimes pale in color, tendency towards mucous in stool
Sweat / Body odor	<input type="checkbox"/> Scanty or nervous sweating, no smell	<input type="checkbox"/> Profuse, hot, strong smell	<input type="checkbox"/> Moderate, cool, pleasant smell
Appetite	<input type="checkbox"/> Variable, erratic	<input type="checkbox"/> Strong, sharp	<input type="checkbox"/> Constant, low
Taste preferences	<input type="checkbox"/> Prefers sweet, sour, or salty food, cooked with oil and spiced	<input type="checkbox"/> Prefers sweet, bitter, or astringent food, raw, lightly cooked without spices	<input type="checkbox"/> Prefers pungent, bitter or astringent food, cooked with spices but not oil
Circulation	<input type="checkbox"/> Poor, variable, erratic	<input type="checkbox"/> Good, warm	<input type="checkbox"/> Good, slow, steady
Activity	<input type="checkbox"/> Quick, fast, unsteady, erratic, hyperactive	<input type="checkbox"/> Medium, motivated, purposeful, intense, goal-seeking	<input type="checkbox"/> Slow, steady, stately, strong
Strength / Endurance	<input type="checkbox"/> Low, poor endurance, but fast	<input type="checkbox"/> Medium, intolerant of heat	<input type="checkbox"/> Good endurance and strength



Private Physical Therapy ◆ Personal Training ◆ Yoga Therapy ◆ Wellness

Sexual Nature	<input type="checkbox"/> Variable, erratic, deviant, strong desire but low energy, few children	<input type="checkbox"/> Passionate, competitive	<input type="checkbox"/> Romantic, cuddly
Sensitivity	<input type="checkbox"/> To cold, wind, dryness	<input type="checkbox"/> To heat, sun, fire	<input type="checkbox"/> To cold, damp
Resistance to disease	<input type="checkbox"/> Poor, variable, weak immune system	<input type="checkbox"/> Medium, prone to infection	<input type="checkbox"/> Good, prone to congestive disorders
Reaction to medications	<input type="checkbox"/> Quick, low dosage needed, unexpected side effects or nervous reactions	<input type="checkbox"/> Medium, average dosage	<input type="checkbox"/> Slow, high dosage required, effects slow to manifest
Disease tendency	<input type="checkbox"/> Nervous system diseases, pain, arthritis	<input type="checkbox"/> Fevers, infections, inflammatory diseases	<input type="checkbox"/> Respiratory system diseases, congestion, edema
Voice	<input type="checkbox"/> Low, weak, rough	<input type="checkbox"/> High pitch, sharp, moderate	<input type="checkbox"/> Pleasant, deep, good tone
Speech	<input type="checkbox"/> Quick, inconsistent, talkative	<input type="checkbox"/> Moderate, argumentative, convincing	<input type="checkbox"/> Slow, definite, not talkative
Mental Nature	<input type="checkbox"/> Quick, adaptable, indecisive	<input type="checkbox"/> Intelligent, penetrating, critical	<input type="checkbox"/> Slow, steady, calm
Memory	<input type="checkbox"/> Notices things easily but easily forgets	<input type="checkbox"/> Sharp, clear	<input type="checkbox"/> Slow to take notice, but will not forget
Finances	<input type="checkbox"/> Earns and spends quickly, erratically	<input type="checkbox"/> Spends on specific goals, causes or projects	<input type="checkbox"/> Holds on to what one earns, particularly property
Emotional Tendencies	<input type="checkbox"/> Fearful, anxious, nervous	<input type="checkbox"/> Angry, irritable, contentious	<input type="checkbox"/> Calm, content, attached, sentimental
Neurotic Tendencies	<input type="checkbox"/> Hysteria, trembling, anxiety attacks	<input type="checkbox"/> Temper, rage, tantrums	<input type="checkbox"/> Depression, unresponsiveness, sorrow
Faith	<input type="checkbox"/> Abstract, changeable, rebel	<input type="checkbox"/> Determined, leader	<input type="checkbox"/> Constant, loyal, conservative
Sleep	<input type="checkbox"/> Light, tends toward insomnia	<input type="checkbox"/> Moderate, may wake up but will fall asleep again	<input type="checkbox"/> Heavy, difficulty in waking up
Dreams	<input type="checkbox"/> Flying, moving, restless, nightmares	<input type="checkbox"/> Colorful, passionate, conflict	<input type="checkbox"/> Romantic, sentimental, few dreams
Habits	<input type="checkbox"/> Likes speed, traveling, parks, plays, jokes, stories, trivia, artistic activities, dancing	<input type="checkbox"/> Likes competitive sports, debates, politics, hunting, research	<input type="checkbox"/> Likes water, sailing, flowers, cosmetics, business ventures, cooking
Total your Scores:	<input type="text"/>	<input type="text"/>	<input type="text"/>