

Personal Characteristics Questionnaire

The following questionnaire will help you solidify your understanding of which dosha is strongest in you. Please answer the following questions in terms of your pattern or tendency over the past 2-3 years.

For Questions 1-7, score 2 points. You can give both points to one answer (a, b, or c) or divide them between two answers.

1. How would you describe your body frame? [Score 2 points for this question]

- a) Small boned, more delicate
- b) Medium boned
- c) Large boned, sturdy

2. How would you rate your body weight? [Score 2 points for this question]

- a) Underweight, generally difficult to gain weight
- b) Medium weight
- c) Overweight, difficult to lose weight

3. Which of the following best describes your digestion? [Score 2 points for this question]

- a) Quite easily upset, tendency for gas or bloating
- b) Virtually never a problem, can eat nearly anything without discomfort
- c) Slow, sluggish digestion; stomach feels heavy after meals

4. Which of the following best describes your appetite? [Score 2 points for this question]

- a) Irregular, varies from day-to-day, even from meal-to-meal
- b) Strong; difficult for me to skip a meal
- c) I generally do not feel strong hunger; can easily skip a meal

5. How would you characterize your capacity for food intake (compared to most people)? [Score 2 points for this question]

- a) Varies a lot
- b) Can usually eat a lot at one time without undue discomfort
- c) Low

6. Which of the following best describes your bowel habits? [Score 2 points for this question]

- a) Irregular; different times each day, or can skip days
- b) More than twice a day
- c) Regular, once or twice a day

7. Towards which of the following do you have a tendency? [Score 2 points for this question]

- a) Hard, dry stools
- b) Soft or loose stools
- c) Normal formed stools

For Questions 8-19, score 1 point per question. You can give the full point to one answer (a, b, or c) or divide it between two answers by giving ½ point to each.

8. Which of the following styles most accurately describes how you perform your activities? [Score 1 point for this question]

- a) Quickly, with a lot of enthusiasm
- b) With medium speed, though intensely
- c) More slowly and methodically

9. How easily do you become anxious or frightened? [Score 1 point for this question]

- a) Very easily
- b) Moderately easily
- c) Not easily

10. How quickly do you pick up new information? [Score 1 point for this question]

- a) Very quickly, usually the first time
- b) Moderately quickly
- c) More slowly, prefer to review the material several times

11. Which of the following best describes your memory? [Score 1 point for this question]

- a) Good short-term, but tend to forget rather quickly
- b) Medium memory
- c) Good long-term memory

12. In which of the following types of weather, if any, do you tend to feel especially uncomfortable? [Score 1 point for this question]

- a) Cold (whether dry or damp)
- b) Hot weather
- c) Cold and damp weather
- d) None of the above

13. Which of the following best describes your sleep pattern? [Score 1 point for this question]

- a) Light sleeper, frequently awaken
- b) Sound sleeper, usually need 6-7 hours
- c) Deep sleeper, usually need 8 hours or more

14. How easily do you perspire? [Score 1 point for this question]

- a) Not easily, only when very hot
- b) Easily, more than is comfortable
- c) Very little

15. How do you feel inside when you run into some problem or difficulty? [Score 1 point for this question]

- a) Worried, mind moving back and forth, anxious; tend to blame myself
- b) Tendency to feel irritated or angry; tend to blame others
- c) Stable and clear; solve the problem calmly and methodically

16. How would you describe your complexion (relative to others in your ethnic group)? [Score 1 point for this question]

- a) Pale
- b) Ruddy, reddish
- c) Lighter complexion but not pale

17. How would you describe your skin texture? [Score 1 point for this question]

- a) Dry
- b) Medium in terms of dryness and oiliness
- c) Oily

18. How would you describe your hair texture? [Score 1 point for this question]

- a) Dry, kinky
- b) Fine, tendency to early graying or balding
- c) Thick

19. How would you describe your hair color (relative to others in your ethnic group)? [Score 1 point for this question]

- a) Medium brown
- b) Reddish or blonde, or brown with reddish undertones
- c) Dark brunette, black

You probably realized as you took the test that the "a" scores were for Vata, the "b" scores for Pitta, and the "c" scores for Kapha. Add up your scores for each letter and if one letter has significantly more points than the others then the corresponding dosha is probably most active in you. The most active dosha is the one most likely to go out of balance.

Total scores a-Vata _____ b-Pitta _____ c-Kapha _____