



This questionnaire will help you find out your dominant Ayurvedic type. For each question, choose the answer that best describes you. If more than one answer seems to fit, you can select both, or all three.

1. My body frame is

- Thin and underweight
- Medium built and muscular
- Large and solid

2. My skin tends to be

- Dry, cool, and rough
- Warm and moist, sometimes reddish
- Cold and soft, often pale, or oily

3. My hair is

- Dry, curly, and thin
- Fine, straight with tendency toward early graying and/or balding
- Abundant, thick, and lustrous

4. I have the most trouble tolerating weather that is

- Cold and windy
- Hot and humid
- Cool and damp

5. My appetite tends to be

- Variable and irregular
- Strong, occasionally excessive
- Steady, and I gain weight easily

6. Skipping meals

- Happens often because of my erratic schedule and appetite
- Is hard for me, it makes me crabby or irritable
- Is easy for me

7. My bowel movements are

- Irregular, sometimes constipated
- Regular, frequent, often loose stools
- Slow and regular

8. My physical activity level tends to be

- High, often restless
- Medium, often driven
- Low, often lethargic

9. My movements are usually

- Quick and random
- Strong, purposeful
- Slow, methodical

10. My memory is usually

- Good for short term, poor for long term
- Fairly strong and detail-oriented
- Good for long term, I remember facts well

11. My sleep tends to be

- Light and easily disturbed, with occasional insomnia
- Sound, with occasional action dreams
- Deep, I need more than others and tend to oversleep

12. My mind is best described as

- Quick, active, restless
- Sharp, intelligent, critical
- Calm, slow, thoughtful

13. When emotionally balanced, I tend to be

- Lively, creative, and enthusiastic
- Determined, friendly, and competent
- Calm, tolerant, and easygoing

14. When stressed, I easily become

- Anxious, insecure, or moody
- Irritable, impatient, or critical
- Sluggish, complacent, or overly attached

To determine your Ayurvedic type, count the number of answers that were the first choice (for vata, or Air type), second choice (for pitta, or Fire type), and third choice (for kapha, or Earth type). If you scored significantly higher in one category, that is your Ayurvedic type. If you have high scores in two categories, you are a combination type. If you have relatively equal scores in all three categories, you are a three-part combination type.