



TEST TO KNOW YOUR DOSHA

Assign 1 point to the answer that better suits you

Then, add up the total for each column (VATA - PITTA - KAPHA) and divide that total number by 30 (that will be your %)

	CATEGORY	VATA	PITTA	KAPHA
1	Apetite	Variable with extremes	Strong	Constant. They like sweet.
2	Digestion	Variable, with gases and constipation	Regular evacuations, may suffer stomach acidity, diarrhea	Slow digestion
3	Evacuation	Dry, hard feces	Soft light evacuations, from 1 to 3 times a day	Regular, once a day
4	Sweating	Minimum	Profuse, strong smell	Profuse, sweet smell
5	Weather	Prefer hot weather	Can't stand the heat	Don't like hot and wet weathers
6	Sleeping	Light, restless	Light, wakes up easily, back to sleep easy	Heavy sleep. hard to wake up. Sleep many hours
7	Character	Creative people, spiritual people	Often leaders, good speakers, good negotiators	Stable, trustworthy, good administrators
8	Body temperature	Cold	Hot	Cool
9	Skin texture	Dry, flaky	Oily, with rashes, reddish. Visible veins and tendons	steaky, wet
10	Skin thickness	Thin	Medium	Thick
11	Nose	Angled	Long tip, reddish	Short, rounded, flat
12	Face	Long, narrow	Angled	Rounded
13	Eyes	Small	Medium, sharp	Big, thick lashes
14	Eye color	Blue, brown	Green, slightly blue	Grey/ deep blue/black
15	Lips	Thin	Medium	Thick
16	Hair	Dry, with frizz. Opaco. Dark, black.	Thin or medium, Tends to be blond or red, early white hair, bold.	Thick, oily, wavy. Brown or medium blond.
17	Bones	Long, thin.	Medium	Big bones
18	Joints	Rigids, very visible	Flexible, not so visible	Firms, flexible, hard to be seen
19	Neck	Long, thin	Medium	Wide
20	Palm of the hand	Rectangular	Square shaped	Squared, wide
21	Fingers	Long	Medium	Short
22	Nails	Thin, irregular	Medium, strong, pink	Thick
23	Weight	Light, variable	Moderated	Heavy, gains weight easily
24	Height	Very tall or short	Medium size	Can be big or small

25	Body structure	Ectomorph: Skinny long arms Narrow shoulders, lack of strength, lean with poor muscle, wide forehead narrow chest/abdomen, fat metabolism	Mesomorph: Wide chest, strong people. Fast metabolism, restless. Narrow hips, lots of muscle, low fat.	Endomorph: Big bones, short legs and arms, wide waist and hips, Slow metabolism, weak. Easy to get fat.
26	Disease tendency	Body ache, weak joints. Muscular ache, problems related to the nervous system.	Inflamations, skin problems	Flu and colds, related to excess of mucus and respiratory system.
27	Understanding	Learn fast, forget fast	Learn fast, smart.	Slow to learn, good memory.
28	Emotions	Nervous, suffer anxiety	Efficient, precise, well organized. Sometimes impulsive.	Introspective, tendency to depression.
29	Relacions	Easy going, short term relations.	Fiery, celous	Long term stable relations
30	Humor	Witty, jokers	Sarcastic, biting	Serious, calmed

TOTAL VATA: TOTAL PITTA: TOTAL KAPHA:
 Divide by 30 to get % % Divide by 30 to get % % Divide by 30 to get % %

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Answers

If any Vata, Pitta or Kapha is = or > than 60 %

you are Mono-dosha ----->

you are Vata, Pitta o Kapha

If the values % are different and no one is over 60%

you are Bi-dosha ----->

you are Vata-Pitta / Pitta - Vata
 Vata - Kapha / Kapha-Vata
 Pitta Kapha / Kapha- Pitta

If Vata = Pitta = Kapha (between 30 - 40 % each dosha)

Your are Tri-dosha

Example:

Vata:	12	(12/30)=	40%
Pitta	11	(11/30)=	37%
Kapha:	7	(7/30)=	23%

You are Vata - Pitta