

**Dosha Test**  
**Elements for Ayurveda, 2018**

©Alicia Randolph-Lucchesi  
www.pandorasproducts.net

\*Enter "1" for the answer that best describes you. If none describe you perfectly, pick the most appropriate.

*Answer according to childhood traits as much as possible. We've often been unbalanced for so long, we forgot "normal"*

\*If a question has more than one answer, enter "2" for usually and "1" for sometimes.

\*Tally the score at the end of each section, also entering that number in the bottom section.

\*Total the Physical and Mental/emotional scores in the bottom section.

**\*Note:** Current "C" conditions often differ from your normal "N" constitution.

\*Current conditions are often an imbalance that can be corrected for optimal health.

\*Normal characteristics are typically fixed characteristics but can be balanced through mindfulness.

Dosha Test Part I		Vata		Pitta		Kapha	
Physical		N	C	N	C	N	C
Bone structure/height	thin, taller			medium height/build		plump, large chest, shorter	
Body frame	lean			good muscle tone		stocky	
Weight (Normally)	hard to gain			gain/lose easily		hard to lose	
<i>Weight (Currently)</i>	<i>underweight/ weight loss</i>			<i>fluctuating</i>		<i>overweight/ weight gain</i>	
Skin complexion	lack luster			fair, freckles		pale	
Skin texture (Normally)	dry, rough, cool			fair, soft, warm		cold, clammy, oily	
<i>Skin texture (Currently)</i>	<i>dry with rough patches</i>			<i>heat rashes, eczema, acne</i>		<i>excessive oiliness, seborrhea</i>	
Hair texture (Normally)	dry, coarse, brittle, curly			oily		oily, coarse, lustrous, wavy	
<i>Hair texture (Currently)</i>	<i>brittle, split ends</i>			<i>thinning, graying, balding</i>		<i>excessive oiliness (seborrhea)</i>	
Hair thickness	fine to medium			fine		thick, full	
Hair colour	brown			light or reddish		darker	
Body temperature (Normally)	low, cold hands/feet			high, feeling warm to hot		lower, feels hot nor cold	
<i>Body temperature (Currently)</i>	<i>always cold lately</i>			<i>feels irritated when in heat</i>		<i>lethargic when cold</i>	
Heat tolerance	high, enjoys heat			poor, prefers moderate to cool		high, prefers dry, hot weather	
Sweat/odor	minimal, little odor			excessive (esp w/ exercise), strong body odor		clammy, sweats with exercise, sweet body odor	
Face structure	oblong, narrow			angular, sharp features		round, soft features	
Eye shape/type	small, active			deep set, medium, sharp		large eyes and lashes	
Eye colour	dark brown/black			green, gray		darker	
Nose bridge	narrow			medium		wide	
Lips	thin, dry			medium, soft		full, smooth	
Neck structure	long, thin			medium		short, thick	
Voice	low, weak			high, sharp		deep	
Speech pattern	fast speaker, often rambles			argumentative but convincing		slow to few words	
Hand structure	rectangle palm, thin fingers			square palm, medium fingers		square, short & fleshy fingers	
Fingernails	thin, small, fragile			medium, flexible, pink		thick, strongest	
Movement (Normally)	quick moving			moderately active		slow and steady	
<i>Movement (Currently)</i>	<i>clumsy, uncoordinated</i>			<i>strident, regimented</i>		<i>lethargic, lackluster</i>	
Exercise preference	likes to be active			competitive		leisure activities	
Menstruation	irregular, painful, light bleeding, 2-4 days			regular, heavy flow 3-5 days		regular, moderate flow 5-7 days	

**Dosha Test  
Elements for Ayurveda, 2018**

©Alicia Randolph-Lucchesi  
www.pandorasproducts.net

<b>Illness (when out of balance)</b>	<i>nervous disorders, arthritis</i>		<i>fever, rash, inflammation</i>		<i>mucous, swelling, congestion</i>	
<b>Appetite</b>	erratic, picky, easily lose appetite		sharp, can't skip meals		easily misses meals	
<b>Post-eating feeling</b>	bloating, gassy with little odor		heartburn, acidic, pungent gas		heavy, sluggish	
<b>Bowel frequency</b>	irregular, can skip days		regular, 1-3x daily		regular 1x daily	
<b>Bowel type</b>	constipated, hard		softer, oily, loose		solid, dense, excessive mucous	
<b>Thirst</b>	erratic		usually thirsty		rarely thirsty	
<b>Totals from above</b>						

<b>Dosha Test Part II</b>		<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>	
<b>Mental/Emotional</b>		<b>N</b>	<b>C</b>	<b>N</b>	<b>C</b>	<b>N</b>	<b>C</b>
<b>Weather preference</b>	hot, humid, sunny, tropical			moderate to cool		hot, dry, sunny, windy	
<i>Weather-least favorite</i>	<i>cold, windy, dry (fall)</i>			<i>heat, esp in direct sun (summer)</i>		<i>cold, damp (spring)</i>	
<b>Mental state (Normally)</b>	quick mind, restless imagination			intelligent, organized/efficient, perfectionist		steady, calm, focused	
<i>Mental state (Currently)</i>	<i>ungrounded, disconnected</i>			<i>impatient, irritable, angry</i>		<i>slow, dull, uninspired</i>	
<b>View of life (Normally)</b>	creative, expressive, adaptable			determined, goal-oriented, passionate		contented, calm, methodical	
<i>View of life (Currently)</i>	<i>anxious, indecisive, confused</i>			<i>critical, fanatical</i>		<i>lethargic, resists change</i>	
<b>Memory (Normally)</b>	quick to retain and forget			good memory, clear intellect		slow to retain and forget	
<i>Memory (Currently)</i>	<i>forgetful, hard to concentrate</i>			<i>focused on negativity</i>		<i>lack clarity, unable to retain info</i>	
<b>Stress response (Normally)</b>	anxious, fearful			confrontational, forceful		quiet, introverted	
<i>Stress response (Currently)</i>	<i>tearful, irrational fears</i>			<i>aggressive, hot-temper</i>		<i>withdraws, buries head in sand</i>	
<b>Belief system</b>	changeable, rebellious (20s)			strongly held, hard to change (30s)		constant, conservative (40s)	
<b>Attitude/moods (Normally)</b>	erratic, free spirit, unplanned, bubbly, friendly			ambitious, carefully planned, achiever, focused, friendly		safe, steady, resists change, kind, sweet	
<i>Attitude/moods (Currently)</i>	<i>chaotic, indecisive, mood swings</i>			<i>over-ambitious, discontent, forcing pace</i>		<i>procrastinates, stuck in rut</i>	
<b>Good days you feel</b>	secure, grounded, settled			confident, friendly, content		warm-hearted, loving, active	
<i>Bad days you feel</i>	<i>nervous, anxious, worry, depression, cold, distant</i>			<i>anger, intensity, resentment, jealousy, controlling</i>		<i>over-sentimental, lethargic, complacent, melancholy, possessive</i>	
<b>Sleep &amp; duration (normally)</b>	light, disturbed (5-6)			fairly sound (6-8)		heavy, deep (8+)	
<i>Sleep &amp; duration (currently)</i>	<i>wake b/w 2-6am, insomnia</i>			<i>trouble getting to sleep, then sound</i>		<i>sleeps 10+, hard to wake</i>	
<b>Dreams</b>	anxious, flying			colorful, fighting		romantic	

**Dosha Test**  
**Elements for Ayurveda, 2018**

©Alicia Randolph-Lucchesi  
www.pandorasproducts.net

Energy level (Normally)	short burst, low endurance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	moderate endurance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	good stamina, strong reserves	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>Energy level (Currently)</i>	<i>exhausted</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>tired but recovering quickly</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>steady, constant energy</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Relationship role	"the cheerleader"	<input type="checkbox"/>	<input checked="" type="checkbox"/>	"the leader"	<input type="checkbox"/>	<input checked="" type="checkbox"/>	"the follower"	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Decision making	indecisive	<input type="checkbox"/>	<input checked="" type="checkbox"/>	quick to make decisions, sticks with them	<input type="checkbox"/>	<input checked="" type="checkbox"/>	slow to make, slow to break, stubborn	<input type="checkbox"/>	<input checked="" type="checkbox"/>
View of projects	good to start, bad to finish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	good start, clear goals, enjoys completion & efficiency	<input type="checkbox"/>	<input checked="" type="checkbox"/>	hard to start, usually finishes, keeps a steady pace	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Sex drive (normally)	erratic, lower drive	<input checked="" type="checkbox"/>	<input type="checkbox"/>	moderate drive, domineering, passionate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	strong, constant, loyal, devoted	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>Sex drive (currently)</i>		<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>
Money habits	frivolous	<input type="checkbox"/>	<input checked="" type="checkbox"/>	spends on luxuries	<input type="checkbox"/>	<input checked="" type="checkbox"/>	saves	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Mental/Emotional Total (Normally)</b>		<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>
<i>Imbalance (Currently)</i>		<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Total scores from above</b>	<b>Vata</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Pitta</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Kapha</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>