



## DISCOVER YOURSELF

The following questionnaire will give you a quick guide to estimating your dosha balance. For more accuracy, pulse or facial diagnosis is required.

- > Give yourself a score from 1 to 3 where 1 = not at all and 3 = definitely.
- > Each page represents a different dosha type.
- > Add up your scores on each page. This will give you a score out of 60 for that dosha.
- > If your score is around 30, the dosha is average strength, above 40 it is strong and below 25 weak.

A black and white photograph showing the lower legs and feet of several people sitting on a sandy beach. The people are wearing shorts and are barefoot. The image is partially obscured by a green circular graphic in the center.

**Rate yourself  
on a scale  
of 1 → 3**

1 = not at all -----> 3 = definitely

- |                          |   |                          |  |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | I have a quick mind and grasp new ideas easily.                                     | <input type="checkbox"/> | I dislike routine, and enjoy being spontaneous.                          |
| <input type="checkbox"/> | I forget things very quickly, my short-term memory is best.                         | <input type="checkbox"/> | I can skip meals or forget to eat.                                       |
| <input type="checkbox"/> | My hair tends to be coarse, dry, dark or curly.                                     | <input type="checkbox"/> | My digestion is irregular, with gas or bloating.                         |
| <input type="checkbox"/> | I get restless, and like to be on the move doing new exciting things.               | <input type="checkbox"/> | My feet and hands tend to feel cold.                                     |
| <input type="checkbox"/> | I am often in a hurry, rushing from one thing to another.                           | <input type="checkbox"/> | My skin tends to be thin and dry with prominent veins.                   |
| <input type="checkbox"/> | I tend to be thin and find it difficult to put on weight.                           | <input type="checkbox"/> | I am very creative, with a good imagination.                             |
| <input type="checkbox"/> | I speak quickly in an enthusiastic and excitable way.                               | <input type="checkbox"/> | I like travelling, art, music, dancing and going out.                    |
| <input type="checkbox"/> | I can be overly sensitive and emotional, and easily feel hurt.                      | <input type="checkbox"/> | I spend money quickly and impulsively.                                   |
| <input type="checkbox"/> | Under stress I tend to become fearful, nervous or worried, sometimes all three.     | <input type="checkbox"/> | My joints are thin, protruding, with a tendency to dryness and cracking. |
| <input type="checkbox"/> | I am a light sleeper, often waking up early, or have difficulty sleeping generally. |                          |  |
| <input type="checkbox"/> | I prefer warm weather and easily feel the cold.                                     |                          |  |

*Vata Score*

1 = not at all -----> 3 = definitely

- I am intelligent with a discriminating and precise mind.
- I have a good memory and can recall things clearly and accurately.
- My hair is fine and straight, with a tendency to early thinning or greying.
- I am purposeful and take pride in my work.
- I like to finish a task, and do not like to stop once I have started.
- I have a medium build and moderately good physique.
- I am concise and clear in my communication.
- I am dynamic, strong-willed and can be forceful in nature.
- Under stress I can become impatient or angry.
- I sleep well and feel rested with 6-7 hours of sleep.
- My joints are moderately strong, loose and flexible.
- I usually feel warm, but sometimes hot and bothered. I prefer cooler weather.

- I am task-orientated and tend to be competitive.
- I have a good appetite and can eat a large meal if I want to.
- I have a tendency to get acid indigestion or heartburn.
- During activity I get hot, thirsty and perspire easily.
- My skin is warm and reddish and prone to sunburn.
- I am technically-minded and can find solutions to problems.
- I like sports, keeping fit, debates or politics.
- I like to look good and spend money on luxuries.

*Pitta Score*

1 = not at all -----> 3 = definitely

- |                          |  |                          |  |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | I tend to learn things slowly but surely.  | <input type="checkbox"/> | I have a tendency to overeat and may feel heavy or tired after a meal. |
| <input type="checkbox"/> | Once I have learnt something, I tend to remember it for a long time.                 | <input type="checkbox"/> | I am prone to get nasal congestion and blocked up with excess mucus.   |
| <input type="checkbox"/> | My hair tends to be abundant, thick and wavy.  | <input type="checkbox"/> | My hands are cool and normally moist.                                  |
| <input type="checkbox"/> | I am easy-going and happy to support others.   | <input type="checkbox"/> | My skin is cool but thick and smooth.                                  |
| <input type="checkbox"/> | I prefer to work at a steady and comfortable pace.                                   | <input type="checkbox"/> | I am methodical, steady and business minded.                           |
| <input type="checkbox"/> | I have a heavy build and can easily put on weight, which is difficult to lose again. | <input type="checkbox"/> | I like gardening, staying at home or cooking.                          |
| <input type="checkbox"/> | I am a good listener, and sensitive to others.                                       | <input type="checkbox"/> | I like to save money and make things last.                             |
| <input type="checkbox"/> | I tend to be forgiving and kind-natured.   | <input type="checkbox"/> | My joints are strong, large and well formed.                           |
| <input type="checkbox"/> | I deal with stress by withdrawing or walking away.                                   |                          |  |
| <input type="checkbox"/> | I sleep deeply and need at least 8 hours a night.                                    |                          |  |
| <input type="checkbox"/> | I like warm weather or to wrap up by the fire.                                       |                          |  |
| <input type="checkbox"/> | I like routine and I don't like change.  |                          |  |

*Kapha Score*