

## THE AYURVEDIC NUTRITION THERAPY DOSHA TEST

**DATE**

**NAME**

**AGE**

**SEX**

**STATUS**

**OCCUPATION**

**MEDICAL HISTORY** (past and present problems)

Any particular problems or issues you want to address or discuss through Ayurvedic Nutrition Therapy?

**Instructions:**

Fill in the boxes with either V (vata), P (pitta) or K (Kapha). You may choose only 1 answer under Lifetime and 1 answer under Present. Do not choose 2 answers for each category. When you are not sure, choose the answer that is the most consistent for each category and/or choose the answer that instinctively came to your mind first.

The Lifetime column allows answers for what has been typical for you until the recent past 2 – 3 years. The Present column allows for answers pertaining to the recent 2 – 3 years. The answers may be the same or may be different. For example, under Body Weight, Clara may have been chubby all her life until last year when she started yoga and lost some weight. Her Lifetime answer would be K and her Present answer would be P.

When you are done, please return the completed form to me so that we can determine your Ayurvedic Constitution. Through your answers, I will be able to recommend constitutional foods, a daily routine, menu planning or suggest food/spice treatments for any ailments you may have through Ayurvedic Nutrition Therapy.

<b>CATEGORY</b>	<b>LIFETIME</b>	<b>PRESENT</b>
<b>Body Frame</b>		
V – tall/short, thin, poorly developed physique P – medium stature, moderately developed physique K – stout, stocky, big, well developed physique		
<b>Body Weight</b>		

V – light, hard to hold weight P – moderate weight K – heavy, gains weight easily		
<b>Skin Texture</b>		
V – dry, rough or cracked, prominent veins P – moist, pink, freckles K – white, moist, soft		
<b>Skin Temperature</b>		
V – cold P – warm K – cool		
<b>Hair Quality</b>		
V – coarse, dry, split ends P – fine, soft, can gray or bald early K – abundant, oily, thick, lustrous		
<b>Face Shape</b>		
V – small, thin, long P – medium sized, oval K – large, round, fat		
<b>Teeth</b>		
V – often crooked P – medium sized K – large, even		
<b>Gums</b>		
V – dark, receding P – red, gums bleed easily K – soft, pink		
<b>Tongue Width</b> (point it out)		
V – narrower than teeth, long and thin P – same width as teeth, oval shaped front K – wider than teeth, thick, round front		
<b>Quality of Hands</b>		
V – find, dry, cold, long fingers P – symmetrical, pink, warm K – large, thick and short fingers		
<b>Finger Nails</b>		
V – thin, rough, fissured, cracked, darkish P – strong, pinkish K – thick, smooth, white		
<b>Digestive Strength</b>		
V – variable, weak, often has allergies P – strong, able to digest most anything K – medium or slow but steady		
<b>Digestive Disturbances</b>		

V – intestinal gas P – acidity or burning K – bloated feeling or heaviness, nausea		
<b>Food Attractions</b>		
V – dry, sweet or salty, crispy snack foods P – spicy, salty, hot foods K – sweet, creamy, cold		
<b>Food Habits</b>		
V – binges, snacks, forgets to eat P – likes regular, plentiful meals K – eats constantly, overeats regularly		
<b>Food Sensitivities</b>		
V – beans, cabbage family P – onions (particularly fresh), tomatoes, fried foods K – dairy, salt		
<b>Urination</b>		
V – 2 to 4 times a day P – 4 to 6 times a day K – 3 to 5 times a day		
<b>Feces</b>		
V – dry, hard, difficult or painful, gas, tends towards constipation P – abundant, loose, sometimes yellowish, tends towards diarrhea K – moderate, solid, sometimes pale in color or comes with mucus		
<b>Sweat and Body Odor</b>		
V – little with no smell P – profuse, hot, strong smell K – moderate, neutral smell		
<b>Blood Circulation</b>		
V – poor, variable, cold hands and feet P – good, warms hands and feet K – slow but steady, cool hands and feet		
<b>Appetite</b>		
V – variable, erratic P – strong K – constant		
<b>Activities</b>		
V – quick, fast, erratic, hyperactive P – motivated, purposeful, goal seeking K – slow, steady, methodical		
<b>Strength and Endurance</b>		
V – poor endurance, starts and stops P – moderate level of endurance K – slow in starting but strong, good endurance		
<b>Sensitivity to Environment</b>		

V – dislike of cold, wind, sensitive to dryness, likes warmth P – dislike of heat or direct sun, likes coolness K – dislike of cold, damp, likes wind and sun		
<b>Resistance to Disease</b>		
V – poor, variable, weak immune system P – medium, prone to infections K – good, consistent, strong immune system		
<b>Disease Tendency</b>		
V – nervous system disease, pain, mental disorders, insomnia, eating disorders, arthritis P – febrile diseases, ulcers, infections, inflammatory diseases, heart attacks K – respiratory system diseases, mucus, edema, obesity, benign tumors		
<b>Speech Habits</b>		
V – quick, talkative, inconsistent, erratic P – moderate, argumentative, convincing K – slow, concise, not talkative		
<b>Mental Nature</b>		
V – quick, adaptable, indecisive, impulsive P – factual, penetrating, critical K – slow, steady		
<b>Emotional Response</b>		
V – quick, but soon over P – hot, irritated or defensive, grudge K – slow, but bothers for a long time		
<b>Emotional Tendencies</b>		
V – anxious, fearful, nervous, worries P – frustrated, irritable, angry, dominating K – calm, attached, greedy, sentimental		
<b>Social Relations</b>		
V – relates easy, can be superficial P – relates well, can be dominating K – relates with difficulty		
<b>Mental Relations to Objects</b>		
V – not very important, erratic P – important to know about, purposeful K – important to have or own, practical		
<b>Relationship to Money</b>		
V – not very important P – useful to gain control or respect K – very important		
<b>Relationship to Spending Money</b>		
V – spends easily P – spends for a purpose K – spends with difficulty		

<b>Friends</b>		
V – has many, but not deep P – has close relationships K – has few, but very deep		
<b>Love Relationships</b>		
V – tends to have many, erratic P – tends to marry for position or looks K – single partner, very faithful		
<b>Neurotic Tendencies</b>		
V – hysteria, anxiety attacks, depression P – extreme temper, rage, tantrums K – sorrow, unresponsiveness, depressive, grief		
<b>Life Goals</b>		
V – changing frequently, not so important P – determined, very important K – fixed for life early		
<b>Sleep</b>		
V – light, tends towards insomnia, restless P – moderate, may wake up but will fall asleep again K – heavy, difficult in waking up in the morning		

DISCLAIMER: Every effort will be made to ensure that the information given in analysis is complete and accurate. However, the author is not engaged in rendering professional advice or services to individuals. The ideas, procedures and suggestions contained in analysis are not intended as a substitute for consulting with your physician. All matters regarding health require medical supervision. The author shall neither be liable nor responsible for any loss, injury, nor damage allegedly arising from any information in analysis.