

# "Your Dosha" Assessment

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It is a good idea to take this twice. You were born with a constitution (also know as **Prakruti**), but this changes according to many factor, including diet, exercise, environment, relationships, job, the season, the temperature, etc. (know as **vikruti**). Have someone who knows you well help you answer the questions and notice if your answers differ!

Please write 0 to 7 in the boxes below. "0" means is does not apply and "7" means it applies most of the time.



My physique is thin, I don't gain weight easily	
I am quick and active	
My skin is dry, more so in the Winter	
My hands and feet are usually cold	
My energy fluctuates and comes in bursts	
I usually develop gas or constipation	
I usually have difficulty falling asleep or having a sound night's sleep	
I am uncomfortable in cold weather	
My nature is lively and enthusiastic	
I have difficulty memorizing things and remembering them later	
It is easy for me to learn new things quickly, but I also forget quickly	
I am not good at making decisions	
I am anxious or worrisome by nature	
People think I am talkative and that I talk too quickly	
I am usually emotional by nature and my moods fluctuate	
My mind is restless, but also imaginative	
I have irregular eating and sleeping habits	

**My Total Vata Score** \_\_\_\_\_



I don't tolerate hot weather	
I sweat easily	
I cannot tolerate delaying or skipping a meal	
My hair is fine, straight, light, blond, red, graying early or balding	
My appetite is good and I can eat big meals	
My bowel movements are regular. I might have occasional loose stools, but not constipation	
I like cold drinks and such foods as ice cream	
I often feel hot	
Spicy, hot foods upset my stomach	
I consider myself efficient	
I try to be organized and accurate	
I have a strong will and my friends think I am stubborn	
I am impatient by nature	
I tend to become irritable or angry quite easily	
I try to be meticulous and am a perfectionist by nature	
I get angry easily, but don't hold a grudge	
I am usually critical of myself and others	

**My Total Pitta Score** \_\_\_\_\_

# Kapha

It is easy for me to gain weight but difficult to lose it	
Skipping meals is easy for me and does not cause any problem	
I tend to have congestion, mucous, or sinus problems	
I am a sound sleeper	
I have thick, oily, dark, wavy hair	
My skin is smooth and soft with an almost pale complexion	
My body frame is large and solid with a heavy bone structure	
My digestion is slow, so I feel full after eating	
I have a steady energy level with good endurance and strong stamina	
I am sensitive to cool and damp weather	
I tend to be slow, methodical, and relaxed	
I need to sleep a minimum of eight hours to feel well the next morning	
By nature I am calm and composed. I don't get angry easily	
I am not a quick learner but I am good at memorizing things and remembering them later	
Many people consider me affectionate, forgiving, and peaceful	
I usually oversleep and have difficulty waking up the next morning	
I am very reluctant to take on new responsibilities	

**My Total Kapha Score** \_\_\_\_\_

If the difference between the scores of two doshas is less than 10 points, then you might be a two-dosha constitution. For example, Vata 68, Pitta 75, Kapha 44 is a Pitta-Vata body type. This person will have some Vata attributes and some Pitta attributes physically, mentally, and emotionally. If all three doshas are within 10 points you might be a tridoshic body type.

This is for a general overview. To be very specific, one of our service providers will do a pulse diagnosis and evaluate you in person.