

Ayurveda
DOSHA EVALUATION

Please look at the Characteristics column and circle anything that describes you in the corresponding row. Circle all that apply.

<i>Characteristics</i>						
PHYSICAL						
Body Type	Slim, wiry, very tall or very short, thin muscled	Dry skin, too thin, can't put on weight, arthritis, cracking joints, pain	Moderate, soft muscled, slight belly, freckles, moles, weight stays same	Skin Problems, inflammation, red or yellow complexion, bloated belly, heart problems, high blood pressure	Sturdy, solid, muscular (often without exercising)	Excess weight, lipoma, fatty deposits, mucus congestion
Energy	May vary	Feel spacey. Low energy	High, Passionate	May push self and burn out; high energy times followed by low energy times	Steady, level, usually don't push self	Sluggish, hard to get started
Digestion	Prefers light foods, erratic mealtimes	Food allergies, gas	Strong Hunger	Irritable or weak if delay eating; acid indigestion, belching	Slow, eats less	Loss of appetite, weight gain
Sleep	Less sleep, 6 hours or less	Insomnia, light sleeper, waking	Moderate 7-8 hours, sound	Acidity at night	Long, usually over 8 hours	Sleep apnea, snoring
Activity	Likes to move and exercise a lot	Fidgets, uncomfortable when still, nervous, tics, pain	Short spurts, stops when hot perspires easily	perspires quickly Overheats	Prefers very little	Can't motivate self to exercise; couch potato, weight gain, problems with congestion
Evacuation	1 – 2 times a day, floats	Constipation, hard, sinking	2 – 3 times per day, floats	Loose, yellowish, diarrhea, sinks	Once a day floats	Sluggish, may miss a day sinks
MENTAL						
Mind	Quick mind; fast comprehension	Spacey illogical, talkative and skips subjects	Sharp, analytical, strong "gut feelings"	Critical, judgmental of self opinionated, fault-finding of others	Slow and Steady, not talkative, thoughtful	Sluggish, lack of analytical ability
Work habits	Creative, likes variety and change, lots of ideas	May not complete projects, likes to initiate, not good at follow-through	Good organizer, entrepreneur, teacher, likes to be in control, managerial, ambitious, likes learning	Control freak, Does not delegate when it would be appropriate, abrupt, perfectionist	Likes regularity, slow and deliberate, completes projects, continuity	Procrastination, less initiative
Memory	Good short-term	Forgetful, spacey	Quickly gets overall picture, likes to learn	Selective memory	Good long-term memory, takes time to memorize	Sluggish
EMOTIONAL						
Emotions	Spirited, volatile	Fearful, anxious, variable	Passionate, strong willpower	Anger, irritability, jealousy	Compassionate	Attached, depressed
DISEASE						
Medication For or Imbalance Of	Dizziness, ADD, ADHD, Tremors, Clear watery sinus drainage	Pain in general; Alzheimer's, arthritis, anorexia, osteoporosis, neurological disorders	Fever, Rage, Acne, Workaholic, Nose bleeds, Migraines, Yellowish discharge	Inflammation in general; high blood pressure, ulcers, gall bladder problems, gastritis, acid indigestion, skin, liver, heart, eye problems	Nausea, Depression, Chronic Fatigue Syndrome, White mucus	Congestion in general; diabetes, obesity, congestion, asthma, tumors, cysts, growths
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