



# BODY MIND CONSTITUTION QUIZZ

*Instructions : circle the answer which resembles the most to you. If two answers fit, circle them both. If none fit, leave the line blank. To discover your body-mind constitution tendency, add +1 for each circled answer for each category, then total each column on the last page.*

## General Appearance

Dosha	Vata	Pitta	Kapha
Face	Thin/tall/petite/Bony	Medium build	Large/round
Chest	Flat	Medium	Rounded/large
Eyes	Thin/long/sleepy	Penetrating/sharp	Round/large
Nose	Long/uneven	Rounded	Large/round
Tongue	Long/pointed	Medium/shiny	Large/thick
Ears	Tiny/large	Medium	Large/thick
Eyebrows	Hairy/grey	Rainbow shape/ medium	Thick/bushy
Colour of eyes	Muddy/dry	Clear	Clear/watery
Chin	Pointed/sharp	Symmetrical	Rounded
Teeth	Brittle/crooked/uneven	Small	Large/white
Facial hair	None	Shiny/scant	Thick/dark
Facial skin	Dry/wrinkles	Oily/shiny/red/warm	Moist/oily/smooth/cool
Lips	Thin/dry	Medium/red	Thick/fleshy
Shape of Face	Pointy	Medium	Round

Total

Vata =

Pitta =

Kapha =



## Physiological Makeup

Dosha	Vata	Pitta	Kapha
Appetite	Irregular/erratic	Regular/sharp	Frequent/dissatisfied
Digestion	Quick/flatulent	Quick/acid producing	Slow/ama producing
Metabolism	Quick/absorbs little	Fast/absorbs well	Slow/absorbs well
Elimination	Infrequent/dry/constipated	Frequent/loose	Regular/slow/bulky/moist
Menses	Irregular	Regular	Regular/long cycle
Blood Flow	Light/short periods	Heavy/5 days	Heavy/5-7 days
P.M.T.	Weepy/emotional	Angry/aggressive	Lethargic/sleepy
Fertility	Low	Average	High
Sex/Libido	Frequent/quick	Premeditated/ organised	Prolonged/caring

Total          Vata =                                  Pitta =                                  Kapha =

## Mental Aspect

Dosha	Vata	Pitta	Kapha
Mind	Quick imaginative	Focused/productive	Slow/steady
Thinking	Quick	Efficient	Slow
Memory	Short term/photographic	Sharp	Slow
Stress level	Short term	Long term	Hardly ever
Mental immunity	Impatient	Intolerant	Patient/tolerant
Intelligence	Moderate	Very good	Slow/steady

Total          Vata =                                  Pitta =                                  Kapha =



## Emotional State

Vata	Pitta	Kapha
Anxiety	Anger	Lazy
Creative	Focused	Long term planning
Forgetful	Alert	Strong memory
Disorganised	Organised	Organised
Insecure	Jealous	Relaxed
Panicky	Agitated	Calm
Intolerance to pain	Tolerant to pain	Good pain threshold
Open/Social	Private	Fairly private
Lacks will power	Good will power	Strong will power

Total      Vata =                                      Pitta =                                      Kapha =

**TOTAL      VATA =                                      PITTA =                                      KAPHA =**