Radiant Living Yoga and Ayurveda

WHAT IS YOUR DOSHA?
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Instructions: Mark the boxes that best describe your tendencies in both the short-term column and the long-term column. For example, if you say "I used to have a large appetite, but in the past month I haven't wanted to eat very much," you would mark strong appetite in the long-term column and small appetite in the short-term column. If more than one description applies to you, mark two or three boxes.

1. Describe your build/bone structure:

	SHORT-TERM	LONG-TERM
Small (V)		
Medium (P)		
Large (K)		
Notes:		

2. My weight pattern is:

	SHORT-TERM	LONG-TERM
Thin, yo-yo, easy to lose (V)		
Moderate, steady gain with age (P)		
Stocky, heavy, hard to lose (K)		
Notes:		

3. My appetite is:

	SHORT-TERM	LONG-TERM
Low/irregular (V)		
Strong/ravenous (P)		
Slow but steady (K)		
Notes:		

4. When I miss meals I feel:

	SHORT-TERM	LONG-TERM
Anxious, light-headed (V)		
Irritable, angry or "I never miss meals" (P)		
No significant problems (K)		
Notes:		

5. When I have a negative reaction to meals I have:

	SHORT-TERM	LONG-TERM
Gas, pain (V)		
Burning indigestion (P)		
Sluggishness, bloating (K)		
Notes:		

6. The timing of the response is:

	SHORT-TERM	LONG-TERM
Immediate (V)		
One hour after eating (P)		
Two or more hours after eating (K)		
Notes:		

7. My elimination patterns:

	SHORT-TERM	LONG-TERM
Constipation/Alternating constipation and diarrhea (V)		
Big, wet pile of loose stool, sometimes burns (P)		
Thick, large quantities, mucousy, sluggish (K)		
Notes:		

8. I eliminate:

	SHORT-TERM	LONG-TERM
One time a day or less or have periods of backed up stools followed by a day of frequent emptying (V)		
More than once a day (P)		
One time a day or have periods when backed up and when eliminate it is large quantities and possibly muscousy (K)		
Notes:		

9. My body temperature is:

	SHORT-TERM	LONG-TERM
Cold (V)		
Warm/hot (P)		
Cool/moist (K)		
Notes:		

10. I sweat:

	SHORT-TERM	LONG-TERM
Hardly at all (V)		
A medium amount (P)		
Profusely (K)		
Notes:		

11. My skin is:

	SHORT-TERM	LONG-TERM
Dry/flaky (V)		
Sensitive/prone to irritations (P)		
Damp, smooth, soft, oily (K)		
Notes:		

12. My periods are/were:

	SHORT-TERM	LONG-TERM
Light, variable or painful (V)		
Heavy, moderately painful (P)		
Heavy, painless (K)		
Notes:		

13. I sleep:

	SHORT-TERM	LONG-TERM
Lightly, extra easy to wake in morning (V)		
Well, easy to wake (P)		
Heavily, hard to wake (K)		
Notes:		

14. My dreams are:

	SHORT-TERM	LONG-TERM
Flighty (flying, falling, being chased, fearful) (V)		
Intense (colorful, action-packed, violent) (P)		
Flowing (romantic, slow-moving, calm) (K)		
Notes:		

15. When I am content I would describe myself as:

	SHORT-TERM	LONG-TERM
Enthusiastic, creative, outgoing (V)		
Courageous, philosophical, disciplined, logical (P)		
Calm, stable, forgiving, nurturing, patient, faithful (K)		
Notes:		

16. The negative emotions I feel the most frequently are:

	SHORT-TERM	LONG-TERM
Anxiety, fear, worry, overwhelm, uncertainty (V)		
Anger, hatred, jealousy, hyper-critical (P)		
Greed, attachment to past hurts, grudges, grief (K)		
Notes:		

17. I learn:

	SHORT-TERM	LONG-TERM
Quickly, but with little retention (V)		
Very well, easy synthesis of information (P)		
Slowly, but with good retention (K)		
Notes:		

18. When I am in a group setting:

	SHORT-TERM	LONG-TERM
I like to work on my own (V)I		
I am a leader (P)		
I am a support person (K)		
Notes:		

19. I make decisions:

	SHORT-TERM	LONG-TERM
In a compulsive or indecisive way (V)		
Methodically, with research (P)		
Slowly (K)		
Notes:		

20. My approach to projects is:

	SHORT-TERM	LONG-TERM
I have a lot of "balls in the air" and forget to finish some of them (V)		
I have a few projects and I finish them in a methodical progression and on time (P)		
I procrastinate getting them done (K)		
Notes:		

21. My manner of speaking is:

	SHORT-TERM	LONG-TERM
Rapid and non-linear (V)		
Focused and to the point (P)		
Slow and brief (K)		
Notes:		

22. When I am under pressure I:

	SHORT-TERM	LONG-TERM
Buckle, get scatter brained (V)		
Dig in my heels and rise to the challenge (P)		
Go into denial/withdrawal or stay calm (K)		
Notes:		

23. My face shape is:

	SHORT-TERM	LONG-TERM
Oval, narrow (V)		
Square, angular (P)		
Round (K)		
Notes:		

24. My facial energy is:

	SHORT-TERM	LONG-TERM
Delicate, subtle (V)		
Passionate, intense (P)		
Soft, kind (K)		
Notes:		

25. My eyes are:

	SHORT-TERM	LONG-TERM
Small and dry (V)		
Deep set, penetrating (P)		
Large, moist (K)		
Notes:		

26. Finances:

	SHORT-TERM	LONG-TERM
I spend money on trifles and have little or no savings (V)		
I spend money on luxuries (P)		
I am wealthy, preserve money well and am philanthropic (K)		
Notes:		

27. Libido:

	SHORT-TERM	LONG-TERM
Appetite varies, can be satisfied with fantasy, bouts of frequent sex followed by depletion/low libido, quick climax, lower fertility (V)		
Passionate lover, becomes irritable when thwarted, average fertility (P)		
Steady desire, slow to excite, but then passionate when excited, sustained arousal, high fertility (K)		
Notes:		

Scoring:
- Add up all the V's, P's and K's
- If you marked more than one box for a question, split that point in half
- If you marked all three boxes, give each dosha .33 points for that question
- Take the total number of V's and divide by 27
- Take the total P's and divide by 27
- Take the total K's and divide by 27 (this will give you your dosha percentages)
- Do the above calculation in both short-term and long-term columns (see below)

The long-term set is your ideal state of the doshas (your prakruti) and the short-term set represents your current state of health (your vikruti). In the course of living your life in an Ayurvedic way, you will either maintain or bring your doshas back to their ideal state (your prakruti). **Important note: *Never seek to raise a dosha, rather, lower the ones that are elevated.***

Short-Term	Long-Term
V Total _____ ÷ 27 = _____	V Total _____ ÷ 27 = _____
P Total _____ ÷ 27 = _____	P Total _____ ÷ 27 = _____
K Total _____ ÷ 27 = _____	K Total _____ ÷ 27 = _____

V_____% P_____% K_____%	**V_____% P_____% K_____%**