

Dosha Questionnaire

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» Select the answer that most applies-- make sure to answer all the questions, and answer in order from top to bottom.

Characteristic	Air	Fire	Earth
Frame	I am thin, lanky and slender with prominent joints and thin muscles. <small>jñ</small>	I have a medium, symmetrical build with good muscle development. <small>jñ</small>	I have a large, round or stocky build. My frame is broad, stout or thick. <small>jñ</small>
Weight	Low; I may forget to eat or have a tendency to lose weight. <small>jñ</small>	Moderate; it is easy for me to gain or lose weight if I put my mind to it. <small>jñ</small>	Heavy; I gain weight easily and have difficulty losing it. <small>jñ</small>
Eyes	My eyes are small and active. <small>jñ</small>	I have a penetrating gaze. <small>jñ</small>	I have large pleasant eyes. <small>jñ</small>
Complexion	My skin is dry, rough or thin. <small>jñ</small>	My skin is often flushed, reddish in color and prone to irritation. <small>jñ</small>	My skin is thick, moist and smooth. <small>jñ</small>
Hair	My hair is dry, brittle or frizzy. <small>jñ</small>	My hair is fine with a tendency towards early thinning or graying. <small>jñ</small>	I have abundant, thick and oily hair. <small>jñ</small>
Joints	My joints are thin and prominent and have a tendency to crack. <small>jñ</small>	My joints are loose and flexible. <small>jñ</small>	My joints are large, well knit and padded. <small>jñ</small>
Sleep Pattern	I am a light sleeper with a tendency to awaken easily. <small>jñ</small>	I am a moderately sound sleeper, usually needing less than eight hours to feel rested. <small>jñ</small>	My sleep is deep and long. I tend to awaken slowly in the morning. <small>jñ</small>
Body Temperature	My hands and feet are usually cold and I prefer warm environments. <small>jñ</small>	I am usually warm, regardless of the season, and prefer cooler environments. <small>jñ</small>	I am adaptable to most temperatures but do not like cold, wet days. <small>jñ</small>
Temperament	I am lively and enthusiastic by nature. I like to change. <small>jñ</small>	I am purposeful and intense. I like to convince. <small>jñ</small>	I am easy going and accepting. I like to support. <small>jñ</small>
Under stress...	I become anxious and/or worried. <small>jñ</small>	I become irritable and/or aggressive. <small>jñ</small>	I become withdrawn and/or reclusive. <small>jñ</small>

Score:	Air: <input type="text"/>	Fire: <input type="text"/>	Earth: <input type="text"/>
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air: Type a number between 1 and 5 (5 meaning the strongest agreement) in each box, and the questions in order

1. I have been feeling worried or anxious.	1	2	3	4	5	<input type="text"/>
2. I've been having difficulty falling asleep or have been awakening easily.	1	2	3	4	5	<input type="text"/>
3. I feel restless if I'm not constantly on the move.	1	2	3	4	5	<input type="text"/>
4. My digestion is irregular with frequent gas or bloating.	1	2	3	4	5	<input type="text"/>
5. My bowel movements are hard, dry or occur less than once per day.	1	2	3	4	5	<input type="text"/>
6. My daily schedule of eating meals, going to sleep or awakening often varies from day to day.	1	2	3	4	5	<input type="text"/>
7. I tend to be impulsive.	1	2	3	4	5	<input type="text"/>
8. I often forget things after a short period of time.	1	2	3	4	5	<input type="text"/>
9. I have a lot of initiative but have trouble following through.	1	2	3	4	5	<input type="text"/>
10. I generally have a number of physical concerns.	1	2	3	4	5	<input type="text"/>

air score:

fire: Type a number between 1 and 5 (5 meaning the strongest agreement) in each box, and the questions in order

1. I have been feeling irritable or impatient.	1	2	3	4	5	<input type="text"/>
2. I tend to be critical and am intolerant of errors.	1	2	3	4	5	<input type="text"/>
3. My skin feels hot and irritated, or breaks out easily.	1	2	3	4	5	<input type="text"/>
4. I have been having acid indigestion or heartburn.	1	2	3	4	5	<input type="text"/>
5. I tend to be compulsive and have difficulty stopping once I've started a project.	1	2	3	4	5	<input type="text"/>
6. I am easily frustrated by other people's incompetence.	1	2	3	4	5	<input type="text"/>
7. Spicy foods, while I might enjoy them, usually do not agree with me.	1	2	3	4	5	<input type="text"/>
8. I am strongly opinionated and tend to share my point of view without being asked.	1	2	3	4	5	<input type="text"/>

9. I often feel as if I am overheated or have a low grade fever.	1	2	3	4	5	<input type="text"/>
10. When provoked I can be sarcastic or biting.	1	2	3	4	5	<input type="text"/>

fire score:

earth: Type a number between 1 and 5 (5 meaning the strongest agreement) in each box, and the questions in order

1. I am currently overweight and have difficulty losing extra pounds.	1	2	3	4	5	<input type="text"/>
2. I have a slow digestion and feel heavy after eating.	1	2	3	4	5	<input type="text"/>
3. I commonly experience sinus congestion or excessive phlegm in my respiratory tract.	1	2	3	4	5	<input type="text"/>
4. I have difficulty leaving a relationship, even after it is no longer nourishing.	1	2	3	4	5	<input type="text"/>
5. I often deal with conflict by withdrawing.	1	2	3	4	5	<input type="text"/>
6. I easily accumulate clutter in my life.	1	2	3	4	5	<input type="text"/>
7. I have difficulty getting going in the morning.	1	2	3	4	5	<input type="text"/>
8. I like to maintain a routine and resist changing my pace.	1	2	3	4	5	<input type="text"/>
9. Given a choice, I prefer to watch rather than participate in an athletic activity.	1	2	3	4	5	<input type="text"/>
10. I regularly feel drowsy or sluggish after a meal.	1	2	3	4	5	<input type="text"/>

earth score:

Totals for section one:	Air: <input type="text"/> Vata	Fire: <input type="text"/> Pitta	Earth: <input type="text"/> Kapha
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Totals for section two:	Air: <input type="text"/> Vata	Fire: <input type="text"/> Pitta	Earth: <input type="text"/> Kapha
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Understanding your results...

So now you have two sets of scores. One set in category one and one set in category two for each of the doshas: Vata, Pitta, and Kapha

Your section one score is a general classification of your physical dosha

Your section two score takes into account the mind/body connection and the doshic qualities that define your personality.

The dosha Vata is actually a combination of the elements space & air. The dosha Pitta is a combination of the elements fire & water. And the dosha Kapha is a combination of water & earth.

Look at your scores in both category one and category two. You have probably arrived at a score that is higher in one of the three doshas. Everyone is endowed at birth with some of each dosha. What makes it possible to describe pure Vatas, Pittas, and Kaphas is that they have so much of one dosha – they are extremes. This is not true of most people, however. Most people are two dosha types, with one dosha predominant but not extreme.

If one dosha is much higher than the others, then you are a single-dosha type. Most indicative is a score where the primary dosha is twice as high as the second (for example, Vata-15, Pitta-30, Kapha-15), but smaller margins also count. A true single-dosha type displays the traits of Vata, Pitta, or Kapha very prominently. Your next highest dosha will still show some influence in your natural tendencies but to a much lesser degree.

If no dosha is extremely dominant, you are a two-dosha type. This means that you display qualities of your two leading doshas, either side by side or in alternation. The higher one comes first in your body type, but both count. Most people are two-dosha types. In some, the first dosha is very strong-they have scores like Vata-20, Pitta-40, Kapha-30, which would qualify as pure Pitta except for the prominence of another dosha, Vata.

Examples are:

Vata-Pitta or Pitta-Vata

Pitta-Kapha or Kapha-Pitta

Kapha-Vata or Vata-Kapha

Once you know your dosha, you can work on balancing your five senses using oils, teas, music, Ayurvedic herbs, and other sensory complements. [Learn more about doshas](#) or [visit the Chopra Center store to bring your dosha into balance](#).