

Body Type Test



To find your Ayurvedic body type, called dosha, circle the answer to each category according to your own personal, long term nature. Long term nature means how you have been over most of your life. If two answers apply for the same question, circle them both, then tally each column. Most people are dual body types and will score fairly evenly in two columns. Your body type determines which foods, medicine, and lifestyle are best suited for you to avoid disease.

	Wind (Vata)	Fire (Pitta)	Water & Earth (Kapha)
Body frame	lean, underweight	medium	heavy
Muscles	underdeveloped	medium or wiry	large
Skin	dry, rough	moist, numerous moles, freckles	thick, oily
Temperature (hands/feet)	usually cold	warm or hot	warm or cool
Complexion	dark	pinkish or red	pale or whitish
Veins	exposed	covered	well hidden
Hair	dry, frizzy	thin, fine or balding	thick, oily, wavy
Teeth	irregular sized, crooked, dark	medium sized yellowish	even, healthy, white
Gums	receding, thin	red, bleed easily	strong
Nails	thin, dry, brittle	medium, pink	thick
Eyes	dry	easily inflamed	moist
Tongue shape	long, thin	medium	thick
Face shape	long, narrow	triangular	round

	Wind (Vata)	Fire (Pitta)	Water & Earth (Kapha)
Lips	thin, dry	medium, red	large, thick, moist
Sensitivity to cold	very sensitive	not sensitive	slightly sensitive
Sensitivity to heat	not sensitive	very sensitive	not sensitive
Sun tolerance	good	sunburns easily	good
Appetite	varies	very strong	low but steady
Gains weight	with difficulty	only if overeating	easily
Loses weight	easily	if desired	with difficulty
Bowel movements	once or less daily	two or more daily	once or twice daily
Stool	dry, dark,	loose, yellow or green	large, well formed
Urination	dark or clear	burning, dark yellow	whitish
Gas/bloating	frequently	rarely	occasionally
Strength	fair	better	excellent
Sweat	very little	usually a lot	a lot when exercising
Total	<u>Vata</u>	<u>Pitta</u>	<u>Kapha</u>

Vata body types have a tendency to develop diseases of the nerves, bones and joints. They should eat well and regular, taking smaller, moist, and more frequent meals, avoid cold places, cold foods and cold drinks, consume plenty of warm liquids and have an easy lifestyle.

Pitta types have a tendency toward fevers and inflammations (skin and internal). They should have cooling foods and drink, avoid heat and sun, and drink plenty of slightly cool or room temperature water. The slightly cool water should be taken between meals.

Kapha types have a tendency towards weight gain, water retention and congestion. Their food should be light, dry, and small in amount. They should avoid cold food, cold drink and cold places, avoid overeating, and try to exercise regularly.

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