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The Wellness Coach
Know Your Dosha Questionnaire

This questionnaire address ten different body-type attributes. There are three statements for each area. Read the three statements and then place a check mark that corresponds to the statement that best describes you. For example if the second statement under “Frame” is most descriptive of your frame then you would put a check mark in column 2. When you finish then add up the number of check marks in each column and write the numbers in the total line at the bottom of the questionnaire. There are no correct, or “best” statements so don’t worry about picking the “right” one, just select the one that is most descriptive of you.

Attributes	1	2	3
I. Frame			
1. I am thin, lanky, and slender with prominent joints and thin muscles.			
2. I have a medium, symmetrical build with good muscle development.			
3. I have a large, round or stocky build. My frame is broad, stout or thick			
II. Weight			
1. My weight is low for my height. I would describe myself as being lean and lanky. Sometimes I forget to eat or have a tendency to lose weight.			
2. My weight is average for my height and it is easy for me to gain or lose weight if I put my mind to it.			
3. My weight is high for my height, and gain weight easily and find it hard lose weight			
III. Eyes			
1. My eyes are small and active.			
2. I have a penetrating gaze and my eyes are of medium size.			
3. My eyes are large and luxurious.			
IV. Complexion			
1. My skin is dry and rough even if I don’t live in a dry climate.			
2. My skin is warm, pale or reddish in color and I tend to sunburn easily.			
3. My skin is thick, moist and smooth.			
V. Hair			
1. My hair is kinky or curly and tends to be dry, brittle or frizzy.			
2. My hair is fine and tends towards early thinning or graying.			
3. I have lots of thick, oily, abundant hair.			
VI. Joints			
1. My joints are prominent and have a tendency to crack.			
2. My joints are loose and flexible.			
3. My joints are large and padded.			

VII. Sleep Pattern			
1. I am a light sleeper, awaken easily, and usually get by with less than 8 hours of sleep.			
2. I am a moderate sleeper and need at least 8 hours of sleep to feel well rested.			
3. I sleep deep and long and feel I wake up slowly in the morning.			
VIII. Body Temperature			
1. My hands and feet are usually cold and I prefer warm environments.			
2. I am usually warm to hot and prefer cooler environments all year around.			
3. I can adapt to any temperature but don't like cold, moist days.			
IX. Intellect			
1. My mind is flighty; I learn things easily but also forget quickly.			
2. I have a sharp, intelligent, aggressive mind.			
3. I feel like it takes a long time to learn things, but then I remember them forever, I have a great long-term memory.			
X. Personality			
1. I have an excitable, lively, fun personality and am full of joy. However, when under stress I become anxious and/or worried.			
1. I am competitive and enjoy challenges. However, when under stress I become irritable and/or aggressive.			
2. I am easy going, relaxed, and slow-paced. However, when under stress I become withdrawn and/or reclusive.			
Totals			

Write the totals, according to column number, on the numbered lines below.

1. Vata ___0%
2. Pitta ___0%
3. Kapha ___0%

If one dosha predominates then that is your dosha. If you have two doshas with scores that are about the same then you have a dual dosha, for example, vata-pitta. Obviously if your three scores are about the same then you are a tri-dosha: vata-pitta-kapha.