



DOSHA SURVEY

The three doshas color and determine our conditions of growth and aging, health and disease. Dosha means fault or blemish. They produce the physical body and are responsible for form and function. Tissues are mainly kapha or watery in nature. Digestive system is mainly pitta or fire. Nervous system is mainly vata or wind. The predominant dosha transitions throughout our life as it relates to our habits, body structure, emotions and intelligence.

Original Metabolic Type - Characteristics that don't change

Vata	Pitta	Kapha
<input type="checkbox"/> thin and unusually tall or short	<input type="checkbox"/> medium body	<input type="checkbox"/> large body
<input type="checkbox"/> light, small bones and/or predominant joints	<input type="checkbox"/> medium bone structure	<input type="checkbox"/> heavy bone structure
<input type="checkbox"/> long tapering fingers and toes	<input type="checkbox"/> fingers and toes medium in length	<input type="checkbox"/> fingers and toes short & square
<input type="checkbox"/> think as a child	<input type="checkbox"/> medium build as a child	<input type="checkbox"/> large or chunky as a child
<input type="checkbox"/> if gains weight, around middle	<input type="checkbox"/> if gains weight, deposits fat evenly	<input type="checkbox"/> tends to gain weight, rear & thigh
<input type="checkbox"/> dark complexion (relative to family), tans easily	<input type="checkbox"/> fair skin, sunburns easily, freckles & moles	<input type="checkbox"/> tans evenly
<input type="checkbox"/> body hair scanty or overabundant	<input type="checkbox"/> light body hair	<input type="checkbox"/> moderate amount of body hair
<input type="checkbox"/> dark, coarse, and curly body hair	<input type="checkbox"/> fine texture body hair	
<input type="checkbox"/> small forehead	<input type="checkbox"/> medium forehead with folds and lines	<input type="checkbox"/> large forehead
<input type="checkbox"/> small, dark, active eyes	<input type="checkbox"/> medium light green, gray, amber or blue	<input type="checkbox"/> large, liquid, blue or brown eyes
<input type="checkbox"/> crooked, uneven or buck teeth sensitive	<input type="checkbox"/> even teeth or medium size	<input type="checkbox"/> large, even, gleaming teeth
<input type="checkbox"/> neck small, unsteady	<input type="checkbox"/> moderate neck	<input type="checkbox"/> large, steady neck
<input type="checkbox"/> delicate chin	<input type="checkbox"/> moderate chin	<input type="checkbox"/> large jaw
<input type="checkbox"/> kinky and curly hair as a child	<input type="checkbox"/> fine, light hair as child	<input type="checkbox"/> thick wavy hair as child
<input type="checkbox"/> inner belly button	<input type="checkbox"/> medium inner belly button	<input type="checkbox"/> outer belly button
<input type="checkbox"/> talkative as child		<input type="checkbox"/> slightly withdrawn as child
<input type="checkbox"/> total vata	<input type="checkbox"/> total pitta	<input type="checkbox"/> total kapha

characteristics that Change - Where your balance is now

<input type="checkbox"/> difficulty gaining weight	<input type="checkbox"/> can gain or lose weight if mind is set	<input type="checkbox"/> gains weight easily, hard to lose
<input type="checkbox"/> cold hands and feet	<input type="checkbox"/> skin warm to touch	<input type="checkbox"/> skin cool but not cold
<input type="checkbox"/> dry skin, chaps easily, prone to callouses	<input type="checkbox"/> oily skin prone to pimples and rashes	<input type="checkbox"/> well lubricated skin
<input type="checkbox"/> 1/4 thick at forearm	<input type="checkbox"/> 1/4 - 1/2 thick at forearm	<input type="checkbox"/> 3/4+ thick at forearm
<input type="checkbox"/> often suffers cracked or chapped lips	<input type="checkbox"/> deep, red lips, tends to cold sores	<input type="checkbox"/> full moist lips
<input type="checkbox"/> dry hair, lusterless, spilt ends, dark, rough, wiry	<input type="checkbox"/> fine, light, oily, early thinning	<input type="checkbox"/> thick, slightly wavy, oily, lustrous
<input type="checkbox"/> dislikes dryness and cold (likes warmth)	<input type="checkbox"/> prefers cool, well ventilated (dislikes heat)	<input type="checkbox"/> tolerates climates (except humidity)
<input type="checkbox"/> tongue dry and thin, grayish coating	<input type="checkbox"/> tongue coating red, orange or yellow	<input type="checkbox"/> swollen with white thick coat
<input type="checkbox"/> eyes dry and scratchy, sclera gray or blue	<input type="checkbox"/> sclera (white of eye) red or yellow tinge	<input type="checkbox"/> tendency toward eye puffiness
<input type="checkbox"/> bowel movement irregular, hard, dry, or seldom	<input type="checkbox"/> bowels loose, more than 2x/day/diarrhea	<input type="checkbox"/> large full bowel, 1x/day mucous
<input type="checkbox"/> if ill, nervous disorder, sharp pain likely	<input type="checkbox"/> if ill, fevers, rashes or inflammation	<input type="checkbox"/> if ill, swelling, fluid, retention
<input type="checkbox"/> sexual interest variable, fantasy life active	<input type="checkbox"/> highly sexed, arouses easily	<input type="checkbox"/> steady sex, slow to arouse
<input type="checkbox"/> menses irregular, scanty flow, severe cramps	<input type="checkbox"/> may bleed heavily, loose stool w/period	<input type="checkbox"/> prone to water weight during
<input type="checkbox"/> either indulges in rich food or strict diet	<input type="checkbox"/> loves proteins, caffeine, hot, spicy, salty	<input type="checkbox"/> loves sweets, dairy, breads
<input type="checkbox"/> receding gums	<input type="checkbox"/> inflamed, bleeding gums	<input type="checkbox"/> thick gums
<input type="checkbox"/> joints unsteady, cracking or stiff and/or painful	<input type="checkbox"/> joints hot, swollen, burning	<input type="checkbox"/> joints loose, aching, swollen
<input type="checkbox"/> total vata	<input type="checkbox"/> total pitta	<input type="checkbox"/> total kapha

Dosha Mind

Vata

- ___ short concentration, good s/term memory
- ___ dislikes routine
- ___ diffiucly deciding, changes mind easily
- ___ restless, active, likes movement
- ___ creative thinking
- ___ does many projects all at once
- ___ knows a lot of people, few close friends
- ___ spends impulsively, money is to be used

___ total vata

Pitta

- ___ good short and long term memory
- ___ enjoys planning, especially self created
- ___ rapid decisionmaking, sees things clearly
- ___ aggressive, likes competitive activities
- ___ organized thinker
- ___ constantly organizing
- ___ selective, creates warm friendships & enemies
- ___ plans spending, money achieves purpose

___ total pitta

Kapha

- ___ takes time to learn, never forgets
- ___ works well with routine
- ___ takes time making decisions
- ___ calm, likes to relax, leisure
- ___ prefers to follow a plan
- ___ resists change, new projects
- ___ loyal with many friends
- ___ spends reluctantly, likes to save

___ total kapha

Emotions

- ___ experience fear
- ___ practices secretiveness
- ___ can be self-destructive
- ___ anxious
- ___ sneaky
- ___ nervous
- ___ dynamic
- ___ communicative
- ___ flexible
- ___ feelings and emotions change easily
- ___ dreams about flying, restless, nightmares

___ total vata

- ___ experience hate
- ___ can be vindictive
- ___ can be destructive
- ___ irritable
- ___ manipulative
- ___ angry
- ___ perceptive
- ___ caring
- ___ tolerant
- ___ aggressive about opinions & feelings
- ___ gives opinions even if not asked
- ___ dreams in color, fast, passion, conflicts

___ total pitta

- ___ experiences apathy
- ___ can be uncaring
- ___ feels victimized
- ___ attacked
- ___ greedy
- ___ desirous
- ___ harmonious
- ___ devoted
- ___ patient
- ___ avoids giving opinions in difficult situations
- ___ romantic, short dreams, water

___ total kapha