

# Ayurvedic Constitution Questionnaire

Knowing your constitution (or *prakruti*) can help guide you to make healthy choices specifically suited to you. While a questionnaire cannot take the place of an assessment by a qualified Ayurveda practitioner, this questionnaire can start to give you a sense of your primary *dosha*. Please answer the questions below based on your overall, lifelong tendencies, not according to temporary or recent conditions.

	True	Sometimes	False	Scores
1. My lifelong tendency has been to be thin and lanky.....	T	S	F	
2. I find having a routine in life to be challenging.....	T	S	F	
3. My skin tends to be dry and rough.....	T	S	F	
4. My joints are fairly prominent.....	T	S	F	
5. My teeth are protruded and/or crooked (or were, before braces).....	T	S	F	
6. My hair is coarse, curly, or tends to be dry, frizzy, or unruly.....	T	S	F	
7. It is usually easy for me to lose weight, and difficult to gain weight.....	T	S	F	
8. Usually in my life I enjoy hot weather.....	T	S	F	
9. I tend to dislike wind.....	T	S	F	
10. I tend to dislike dry conditions.....	T	S	F	
11. I have a medium build with medium bone structure.....	T	S	F	
12. I enjoy competitive activities and physical or intellectual challenges....	T	S	F	
13. My teeth are medium-sized and/or naturally a little yellow.....	T	S	F	
14. I have fair skin which easily sunburns .....	T	S	F	
15. I have a lot of moles or freckles .....	T	S	F	
16. I am/becoming bald, I have grayed early, or I have thin or fine hair.....	T	S	F	
17. Chili peppers, tomatoes and spicy food in general tends to cause me digestive distress including heart burn or stomachache or loose stools (even if I really enjoy the taste and am attracted to these foods) .....	T	S	F	
18. I prefer a cool climate to a warm one .....	T	S	F	
19. I dislike heat, especially humid heat and feel easily fatigued by it .....	T	S	F	
20. I have a sharp, intelligent, aggressive mind .....	T	S	F	
21. I have a sturdy constitution with a large bone structure .....	T	S	F	
22. I've had a lifelong tendency to always be at least a little overweight....	T	S	F	
23. My teeth are naturally large, straight and white.....	T	S	F	
24. My hair is thick and lustrous.....	T	S	F	
25. My eyes are large and attractive.....	T	S	F	
26. If given a chance, I can easily sleep deeply for 8-10 hours per night.....	T	S	F	
27. I gain weight easily and have difficulty losing weight,,,,,.....	T	S	F	
28. I tend to have excess mucous.....	T	S	F	
29. I tolerate most climates well but usually I prefer hot, dry weather .....	T	S	F	
30. My energy and stamina are usually consistent. When I have a lot to do, I do it at a pace that I can maintain for a long time.....	T	S	F	

**Scoring Your Questionnaire:** Questions 1-10 describe *Vata* qualities, questions 11-20 describe *Pitta*, and questions 21-30 describe *Kapha*. Count 2 points for every "True" response, 1 point for every "Sometimes," and 0 points for every "False." Add up the points for each of the three sections. The section with the highest score is your primary *dosha*. If two sections are very close in their point total, then you have a dual-*dosha* constitution. (*Questionnaire courtesy of Dr. Claudia Welch.*)