

Life Medicine's Dosha Questionnaire

For the following categories please rate each description by value of strength of truth for your person from: 3 (strongly true), 2 (true), 1 (slightly true), 0 (not true) of your body. When finished total each column. Create a ratio of VPK based on the scores in each column as they relate to the other two doshas.

Category	Space & Air	Vata	Fire & Water	Pitta	Earth & Water	Kapha
Skeletal Frame	I am thin, prominent joints, lanky or petite appearance		I have a medium frame with well-developed build		I have a larger frame. I have broader shoulders and hips.	
Weight Tendency	Underweight, thin tendency, difficult to gain, sometimes I forget to eat		Moderate weight neither thin nor overweight. I can gain or loose fairly easily.		Easy to gain, I find it difficult to loose	
Muscles	Thin muscles		well-developed muscles		Can be muscular, but not defined in appearance	
Joints	Tend to crack and my joints are prominent		Flexible, well-lubricated		Broad, large, well padded joints	
Hair	Dry, frizzy, curly or thin		Fine, thin or greying early		Thick, abundant, luxurious or oily hair	
Skin- when lightly pinched	Thin		Medium thickness		Thick	
Skin Moisture	My skin is often dry, rough or often cracks		My skin is oily reddish or freckled, and is prone to irritation, heat sensitivity or rashes		My skin is smooth, moist and rarely wrinkles	
Sweat	Rarely		Easily		Clammy, especially when humid	
Eyes	Smaller active & mobile		Medium, sharp focus and penetrating gaze		Large, broad, round and pleasant eyes	
Hands and feet feel	Feel cold and are cold to touch		Feel warm most of the time		Usually comfortable in temperature, can feel cool and clammy to touch. I don't like cool, clammy climate.	
Digestion	Irregular, skips meals		Regular, strong, rarely skips meals		Slow, can easily skip meals	
Elimination	Tendency toward dry or constipated		Tendency toward loose, or hot feeling		Regular daily, no issues, steady, sometimes mucus	
Climate Preference & Sensation	Prefers warm and humid, sensitive to cold		Prefers cool temperatures, can overheat easily, doesn't like direct sun		Adapts well to many climates, cold and damp are least preferred	
Climate Preference	Prefers warm and moist		Prefers cool and dry		Prefers warm and dry	
Stamina	Easily exhausted or distracted from activity		Moderate and can push oneself		Good stamina but rather not use it, often lacking motivation for exertion	
Sleep	I am a light sleeper, easy to awaken, irregular, sleeps only a few hours		I am a moderately sound sleeper, prefers 8 or less hours		I like longer sleep. It's easy to deep sleep, and difficult to wake early, low energy in am	
Mental Emotional Characteristics	I am lively, active and love change		I am purposeful		I am easy going and helpful	
Balanced Emotion	Creative, intuitive, clairvoyant		Productive, achievement driven		Loving, compassionate, and patience	
Imbalanced Emotion	Unfocused, Anxious & Worry		Anger, impatience with sharp communication		Depressive tendency, withdrawn, greed or over attachment	
Mind	adaptable, creative, easily bore of repetition		focused, driven		calm, loyal, steady, no strong emotions	
Mental Focus	Likes Change		Loves Challenge		Likes steadiness	
Learning	Learns and forgets easily		Sharp, very studious, good recall		Long memory and retention but slow to grasp	
Classroom setting	I am talkative, easily distracted		I am attentive, quick to raise hand		I am slower to focus, steady attention, but can get sleepy during class	
Strengths	creative, imaginative, excitable		smart, wise, disciplines		gentle, warm, compassionate.	
Leisure	Adventure, travel, creative endeavors		competition and physical challenge		enjoys rest and relax	
Walking speed	Quickly		Medium paced with determination		Slow steady	
Total Score						
Dosha Ratio	Vata		Pitta		Kapha	