



Ayurveda Body Type Test

Please circle the one that applies to you for each factor and then add the total for each Vata, Pitta and Kapha at the bottom.

Factor	Vata [cloud/air]	Pitta [sun]	Kapha [moon]
<u>Physical</u>			
Body Frame	Thin, bony, tall or short	Medium, balanced	Large, broad
Weight	Low	Moderate	Heavy
Skin	Dry, rough, cool, dull	Soft, oily, warm, ruddy	Thick, moist, cold, pale
Hair	Dark, dry, curly	Soft, oily, fair/red	Thick, oily, wavy
Teeth	Protruding, big, uneven	Moderate, yellowish	Strong, even, white
Nails	Rough, dry, brittle, bitten	Soft, pink, strong	Soft, large, white
Eyes	Small, dull, dry, nervous	Sharp, penetrating	Big, thick lashes
Appetite	Variable, small	Good, regular	Slow and steady
Thirst	Variable	Excessive	Minimal
Elimination	Dry, hard, constipated	Soft, oily, loose	Thick, heavy, slow
Urine	Frequent but sparse	Yellow, copious	Infrequent, average
Sweat	Minimal	Profuse, pungent in odor	Slow to begin, heavy
Pulse	Weak, erratic	Stable, strong	Slow, smooth
Circulation	Variable, poor, sluggish	Good	Moderate
Sleep	Light, disturbed, minimal	Sound, moderate	Heavy, excessive
Speech	Rapid, high or hoarse voice	Sharp, cutting, loud	Slow, harmonious
Libido	Varies, directed in fantasy	Passionate, excessive	Slow but strong, loyal
Immunity	Variable, poor	Moderate	High
Activity	High, restless, mobile	Moderate, directed	Minimal, slow
Endurance	Minimal	Moderate	Excellent
<u>Psychological</u>			
Mind	Restless, curious	Aggressive, clever	Calm, slow
Memory	Short term	Sharp, good	Long term
Routine	Dislikes	Enjoys planning	Adaptable, tolerates
Faith	Erratic, changeable	Fanatical	Steady, devoted
Opinions/Moods	Variable, fluctuate	Expresses forcefully	Changes slowly
Finances	Poor, spends rapidly	Moderate, buys luxuries	Rich, thrifty
Hobbies	Travel, art, philosophy	Sports, politics, luxuries	Serene, leisurely types



Food	Simple, sparse, snacks	Requires regular meals	Gourmet, luxury, fatty
Creativity	Original, fertile	Technical, scientific	Entrepreneurial
Sensitivities	Cold, wind, dryness	Heat, sun, fires	Cold, damp, humidity
Temperament	Nervous, insecure, shy	Determined, motivated	Conservative, resilient
Dreams	Frequent, fearful	Fiery, violent, vivid	Romantic, calm
TOTAL	VATA:	PITTA:	KAPHA:

Ayurveda Mind Type Test

Please circle the one that applies to you for each factor and then add the total for each Vata, Pitta and Kapha at the bottom.

<u>Factor</u>	<u>Sattvic</u>	<u>Rajasic</u>	<u>Tamasic</u>
Diet	Vegetarian, fresh, light	Some meat, spicy	A lot of meat, fast food.
Appetite	Regulated	Moderate	Excessive
Drugs/stimulants	Never	Regularly, on occasions	Often, frequently
Sleep	Minimal, refreshing	Moderate, disturbed	Excessive, lethargic
Sexual desire	Low	Moderate	High
Hygiene	Excellent	Reasonable	Poor
Health	Robust, strong immunity	Inconsistent	Poor, weak immunity
Environment	Peaceful, serene, fresh	Noisy, colorful, chaotic	Dirty, boring, unkempt
Speech	Calm, clear, serene	Excitable, excessive	Dull, dreary
Sensory control	Good, strong	Variable	Weak
Concentration	High, extended	Medium, distracted	Poor, unable to
Memory	Excellent, clear, realistic	Moderate, patchy	Poor, distorted
Intelligence	High	Medium, average	Low, ignorant
Money	Unattached	Likes to accumulate	Greedy, selfish
Work	Selfless, devoted	For personal gain/goals	Avoids when possible
Discipline	Strong	Moderate, lapsing	Weak
Activities	Creative, productive	Competitive, passionate	Minimal, passive
Pride	Modest	Some ego	Conceited and vain
Violence	Never	On occasion, or cruel	Frequently, excessive



Anger & Fear	Rarely, never	Occasionally	Regularly
Depression	Never	Sporadically	Often
Forgiveness	Easily, totally	With effort	Holds grudges
Generosity	High, unconditional	Medium, expects returns	Never, greedy, selfish
Creativity	High	Moderate	Low
Honesty	Always	Usually	Seldom
Spirituality	Strong, daily	Wavering, occasionally	None, disregards
Love	Unconditional, universal	Personal, selective	Unable to experience
TOTAL	SATTVIC:	RAJASIC:	TAMASIC: