



Dosha Form

To work out what your basic doshic constitution (Prakruthi), fill in the form. Choose an answer that is **most** applicable to you. If you are planning to book a Naturopathic Consultation, please print out the completed worksheet and bring it with you. If you will be booking a massage and would like to benefit from the use of herbalism oils to help balance your dosha, please email me your dominant dosha so that I can ensure the correct oil is warmed and ready for your arrival.

Characteristics	Option 1	Option 2	Option 3
Body Type	Thin, tall or short	Medium height and build	Heavy, broad, fleshy or plump
Body Frame	Fine with small bone structure, athletic	Medium bone structure, athletic	Large bone structure, but not with prominent bones
Childhood	Were thin as a child	Had a medium build as a child	Plump or chubby as a child
Body Temperature	Low, with cold extremities	High, feels warm most of the time	Low, body generally feels cool
Skin	Dark, dry coarse or cracked, suntans easily	Soft, delicate, sensitive, with freckles and moles	Soft, smooth, and oily or glowing
Joints	Thin, small joints, tends to crack or pop, pronounced bony frame	Moderately sized joints, smooth, flexible	Large, well-formed joints
Appetite, Eating Habits	Irregular appetite,(varies between weak and strong), get weak upon fasting, eat often	Intense appetite, cannot stand fasting	Consistent appetite, can easily skip meals, need less food and drinks
Thirst	Varies	Frequent	Very rarely thirsty
Food Preference	Warm, moist and oily foods	Sweet, bitter, astringent and cold foods	Warm, pungent and bitter, dry foods
Food Quantity	Varies	Prefer large meals	Prefer smaller meals



Consumption	Eat quickly	Eat moderately quickly	Eat slowly
Elimination (Urine & Feces)	Tends to be gaseous, constipated with hard, dry stool	Bowel movement two or more times per day with soft stool	Mostly regular, with well-formed stools, can get sluggish
Perspiration	Slight	Profuse with strong odor	Moderate
Nails	Rough, thin dry, brittle & blackish	Soft, flexible, pink and lustrous	Thick, smooth, whitish, firm, hard and polished
Physical Activity	Quick, short, light or erratic	Medium paced	Slow and steady, sedentary
Mental Activity (and Emotions)	Get emotional quickly, enthusiastic, easily anxious or nervous	Get irritated and angry easily	Calm and slow to anger
Routine	Restless, or very active, dislikes routines or patterns	Competitive, likes planning and organization	Calm, likes leisure activity. Works well within a routine
Sleep	Light, easily interrupted sleep, usually only 5-6 hours/night. Takes a long time to get to sleep	Sleeps little but soundly, usually only 6-8 hours. takes a short time to get to sleep	Deep and prolonged, usually 8 hours or more. Gets to sleep quickly
Resistance	Get sick often	Get sick on occasion	Rarely gets sick
Speech Patterns	Fast talking and talkative, sometimes omitting words, talks loudly	Moderate speed in speech, precise and clear, convincing with moderate volume	Slow and deliberate speech, polite, with lower volume
Size of Forehead	Small	Medium	Large
Mental Properties	Quick, creative, imaginative. gets excited quickly, easily distracted with mood fluctuations. Learn quickly, forgets easily	Sharp, with a penetrating intellect. Has a good memory. Moods can change quickly and intensely	Stable, slowly motivated, good long-term memory
Stamina	Tire quickly	Moderate stamina, unable to withstand high strain	Strong, can withstand strain easily, usually a hard worker
Finances	Disorganized, spend money carelessly	More disciplined with finances	Very organized, do not enjoy spending money



Now add the number of responses from each of the columns, (Options 1, 2 or 3).

Option 1 is the column for Vata characteristics. _____

Option 2 represents the Pitta column. _____

Option 3 is the Kapha characteristic column. _____

Once you have totalled each of the columns you will see which is your dominant dosha, then your secondary and finally your tertiary.

Please note that we are all a combination of each of the three doshas, in different combinations, so all three of the doshas will be present in each of us. The focus should be to 'quieten' the dominant dosha in order to restore balance. This can be achieved through diet, herbs and lifestyle. For example, someone with a dominant Pitta constitution may need to lower their consumption of spicy food for a while and herbs that have a cooling effect on the system will be used during massage.