

## Additional Resources

### The Dosha Quiz to determine: Mind Body Constitution *Prakriti* Vijay Jain MD

There are two parts to this questionnaire. The first part determines your unique constitution or *Prakriti*. Answer the questions in Part I as to how you have been all your life both on a physical as well as a psychological basis. If one answer alone does not feel like a description of you, then you can use two answers for that particular question. Add up all of the columns. The column that has the highest sum denotes your constitution.

The Second Part of the questionnaire helps to determine your current state of balance or *Vikriti*.

#### Part I

<b>Frame</b>	<input type="checkbox"/>	I have small bones and am thin and slender with a slight build and fairly narrow hips and shoulders. Some would call me unusually tall or short.	<input type="checkbox"/>	I have medium bones, am of average height, and a symmetrical and well-proportioned build.	<input type="checkbox"/>	I have a sturdy heavier build and am of average height.
<b>Weight</b>	<input type="checkbox"/>	I have a tendency to lose weight.	<input type="checkbox"/>	I find it easy to gain weight.	<input type="checkbox"/>	I gain weight easily but have difficulty losing it.
<b>Eyes</b>	<input type="checkbox"/>	My eyes are relatively small and some would say my gaze is active or curious.	<input type="checkbox"/>	I have medium sized eyes and most would say I have a penetrating gaze.	<input type="checkbox"/>	I have relatively large eyes and most would say my gaze is soft and pleasant.
<b>Complexion</b>	<input type="checkbox"/>	My skin is dry, rough and thin. I tan easily without burning. I have few moles that are dark in color.	<input type="checkbox"/>	My skin is warm and reddish. I burn easily in the sun. I have many moles and freckles that are brownish red.	<input type="checkbox"/>	My skin is soft, thick, moist and smooth. I can tan after long exposure. I have a few light moles and some white blotches.
<b>Hair</b>	<input type="checkbox"/>	My hair tends to be dry, brittle, scanty and curly, sometimes frizzy. My eyelashes are thin.	<input type="checkbox"/>	My hair is straight, and sometimes red or prematurely gray in color. I have a tendency toward baldness or thinning hair.	<input type="checkbox"/>	My hair is soft, thick, and abundant.
<b>Joints</b>	<input type="checkbox"/>	My joints are thin, prominent and tend to crack. My veins and tendons are noticeable.	<input type="checkbox"/>	My joints are moderate. My veins and tendons are prominent.	<input type="checkbox"/>	My joints are large and padded. My veins and tendons are not prominent.

<b>Menses (for women)</b>	<input type="checkbox"/>	My cycle is irregular. My flow is scanty and dark.	<input type="checkbox"/>	My Cycle is regular. My flow is intense and red.	<input type="checkbox"/>	My cycle is average and the flow is light.
<b>Appetite</b>	<input type="checkbox"/>	My appetite varies. I like to eat frequently though sometimes I forget to eat.	<input type="checkbox"/>	I have a moderate to strong appetite. I like to have regular meals on time and don't like to miss meals.	<input type="checkbox"/>	I like to eat but am often not really hungry. I can miss a meal with little effect.
<b>Food Preferences</b>	<input type="checkbox"/>	I love salads and crunchy snacks.	<input type="checkbox"/>	I love spicy, hot and oily foods.	<input type="checkbox"/>	I enjoy sweet and starchy foods.
<b>Sex Drive</b>	<input type="checkbox"/>	I am easily aroused and quickly satiated.	<input type="checkbox"/>	I can be romantic and passionate and have a strong sex drive, with controlled passion and average stamina.	<input type="checkbox"/>	I am slow to be aroused, but am deeply involved and have good stamina.
<b>Sleep Pattern</b>	<input type="checkbox"/>	I am a light sleeper with a tendency to awaken easily.	<input type="checkbox"/>	I am a moderately sound sleeper and need less than eight hours.	<input type="checkbox"/>	I sleep deeply and am often find it difficult to awaken.
<b>Body Temperature</b>	<input type="checkbox"/>	My hands and feet are cold. I prefer a warm environment.	<input type="checkbox"/>	I am usually warm and prefer a cooler environment	<input type="checkbox"/>	I am adaptable to most temperatures but dislike cold.
<b>Temperament</b>	<input type="checkbox"/>	I am lively and enthusiastic by nature and like to change.	<input type="checkbox"/>	I am purposeful and intense I like to convince. I am competitive, enjoy challenges and like to be in command. I've been called a natural leader. Some find me pushy, stubborn or opinionated.	<input type="checkbox"/>	I tend to be easy going, relaxed and accepting.
<b>Dreams</b>	<input type="checkbox"/>	My dreams tend to be active, violent, intense and vivid—like being chased or flying. I often forget my dreams.	<input type="checkbox"/>	My dreams tend to be passionate and colorful. I am often chasing or Competing. I typically remember my dreams.	<input type="checkbox"/>	My dreams are cool and peaceful. I usually remember details.
<b>Voice</b>	<input type="checkbox"/>	I am talkative and speak quickly. Some would call me a chatterbox. My voice is often hoarse or crackly.	<input type="checkbox"/>	My speech is precise and some would say I have a sharp tongue. I am sarcastic and cutting. My voice is typically intense and clear. I am a good public speaker.	<input type="checkbox"/>	My speech is slow and deliberate. My voice tends to be gentle and melodious.

<b>Lifestyle</b>	<input type="checkbox"/>	I am creative, highly imaginative and mentally quick. I am not typically interested in practical applications. My daily routine is irregular. I am very flexible and can change quickly.	<input type="checkbox"/>	I am practical, a planner and very organized.	<input type="checkbox"/>	I am habitual and once I develop a pattern I can keep it up for a long time..
<b>Memory and Learning</b>	<input type="checkbox"/>	I learn quickly and understand almost immediately, but I forget things quickly.	<input type="checkbox"/>	I have a sharp mind and good powers of concentration.	<input type="checkbox"/>	It can take me a bit longer to learn, but I rarely forget. I have outstanding long-term memory
<b>Reaction to Stress</b>	<input type="checkbox"/>	I tend to respond to stress with fear, worry and anxiety.	<input type="checkbox"/>	Under stress, I tend to become irritated and angry.	<input type="checkbox"/>	Under stress I tend to withdraw or become depressed.
<b>Temperament</b>	<input type="checkbox"/>	I am excitable, lively, fun and tend to be a bit impulsive. I have high energy, usually in short bursts and am full of joy and enthusiasm although my mood is changeable. I tend to tire or over exert easily.	<input type="checkbox"/>	I am orderly, focused, assertive, competitive, self-confident and entrepreneurial. I enjoy a challenge but I can be aggressive, demanding and pushy at times.	<input type="checkbox"/>	I am slow to anger, and strive to maintain harmony and peace. I tend to be tolerant, calm, forgiving and loving however; I can also exhibit traits of greed, envy, attachment, and possessiveness.
<b>Total for</b>		<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>
<b>Part I</b>						

The second part of the questionnaire determines imbalances, *Vikriti*. Mark the correct answer to each of the following questions. Answer these questions according to what is most true of you now. Score your answers by using the following scale in order to indicate how well each statement applies to your life experiences over the past few months. Each “Never” is 1 point, an “Occasionally” is 3 points and “Always” is 5 points.

## Part II

### Vata Assessment

Vata score: Never x1, Occasionally x3, Always x5	Never	Occasionally	Always
I have been feeling nervous, fearful, panicky anxious or frantic.			

I have been having difficulty falling asleep or have been awakening easily.			
I have been acting impulsively or inconsistently.			
I have been more forgetful than usual.			
I have been feeling restless or uneasy.			
My skin is dry and easily chapped.			
I am suffering from dry, hard stools, constipation and gas or bloating or I am having loose stools when emotionally upset.			
I am becoming intolerant of cold.			
My daily schedule of eating meals, going to sleep or waking up has been inconsistent from day to day.			
I am having a number of physical concerns including losing weight.			
<b>Total Vata scores.</b>			

#### Pitta Assessment

<b>Pitta score: Never x1, Occasionally x3, Always x5</b>	<b>Never</b>	<b>Occasionally</b>	<b>Always</b>
I have been feeling irritable or impatient.			
I have a red, inflamed or burning rash, acne, cold sores or fever blisters.			
I have been feeling critical and intolerant of others.			
I enjoy spicy foods but they have been causing heartburn or acid reflux.			
I feel like I am overheated or having hot flashes.			
My bowels are loose or I am having 2to 3 BM's a day.			
I have been feeling frustrated, irritable or angry.			
I have been behaving compulsively and find it difficult to stop once I have started working on a project.			
My eyes are red, inflamed or sensitive to light.			
I expect perfection of myself and others.			
<b>Total Pitta score.</b>			

#### Kapha Assessment

<b>Kapha score: Never x1, Occasionally x3, Always x5</b>	<b>Never</b>	<b>Occasionally</b>	<b>Always</b>
I have excessive mucus in my body, sinuses or lung congestion.			
I have been dealing with conflict by withdrawing.			
I have been accumulating more clutter than usual in my life.			
I am overweight.			
I am stubborn and resistant to change.			
I am having difficulty leaving a job, a relationship or a situation even though it is not nourishing me.			
I have been spending more time in watching rather than participating in athletic activity.			
It is difficult for me to wake up in the morning even if I sleep deeply for 8 to10 hours.			
I am prone to excessive emotional eating especially of sweet, heavy foods.			
My bowels movements are slow, sticky and sluggish or feel incomplete.			
<b>Total Kapha scores.</b>			

<b>Totals</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
<b>Total for Part I</b>			
<b>Total for Part II</b>			
<b>Grand Total of Parts I and II</b>			
<b><i>Prakriti, my constitution.</i></b> Any humor in <b>Part I</b> that is greater than 10 is your primary constitution.			
<b><i>Vikriti my current state of imbalance.</i></b> If the Grand total shows a humor more than 40 from the sum of <b>Parts I and II</b> , this shows an imbalance.			



