

AMI Ayurveda Body-Type Test

The following quiz will help you determine your Ayurvedic body type. For each description listed—*Vata*, *Pitta* and *Kapha*—record a numeric value from zero to six that best applies to you.

0 or 1 = Doesn't apply to me

2, 3 or 4 = Applies to me somewhat (or some of the time)

5 or 6 = Applies to me very much (or nearly all of the time)

After you complete the entire *vata* column of descriptions, write down your total *vata* score. Then, proceed in the same manner to answer descriptions for the *pitta* and *kapha* sections. When you are finished, you will have three separate scores. Comparing these three totals will determine your primary and secondary body types. Your highest score indicates your leading *dosha*.

Our bodies and attitudes may change slightly over time. Answer according to how you have been, have felt and have acted most of your life, or at least for the last few years.

Once you've completed the *Ayurveda* Body-Type Test and are familiar with the characteristics and influences of your primary *dosha*, identify any physical, mental or emotional issues you are presently dealing with. If there are none, it probably means that your *doshas* are in balance and your food choices are serving you well. However, if you do note symptoms, begin to experiment with changes in your diet that can rebalance your *doshas* and ameliorate your discomforts. Learning to base your food choices on the *buddhi's* discrimination (conscience) will yield profound results.



AMERICAN MEDITATION INSTITUTE

Education for Enlightenment®

VATA

Body ___ Small Frame
Weight ___ Thin, Hard to Gain
Skin ___ Dry, Rough
Complexion ___ Dark
Amount of Hair ___ Average
Type of Hair ___ Dry
Endurance ___ Poor
Strength ___ Poor
Size of Teeth ___ Very Large or Small
Mental Activity ___ Quick Mind, Restless
Memory ___ Short Term is Best
Dreams ___ Fearful, Flying, Running
Weather ___ Aversion to Cold
Sleep ___ Interrupted, Light
React to Stress ___ Excites Quickly

Resting Pulse Rate, (Beats/Minute)

Women ___ 80-100
 Men ___ 70-90

Hunger ___ Irregular
Food & Drink ___ Prefers Warm
Eat ___ Quickly
Financial ___ Doesn't Save
Sex Drive ___ Variable, Irregular
Elimination ___ Dry, Hard, Constipation
Walk ___ Fast, Quick Steps
Voice ___ High Pitch, Fast Speech
Moods ___ Change Quickly

PITTA

___ Medium Frame
___ Medium Weight
___ Soft, Medium Oily
___ Pink to Red
___ Thinning
___ Medium
___ Good
___ Good
___ Small to Medium
___ Sharp Intellect, Aggressive
___ Good Memory
___ Angry, Fiery, Violent
___ Aversion to Heat
___ Sound, Medium Length
___ Angers Easily, Quick Temper

___ 70-80
___ 60-70
___ Sharp, Needs Food
___ Prefers Cold
___ Medium Speed
___ Saver & Big Spender
___ Moderate
___ Frequent, Soft to Normal
___ Average
___ Medium Pitch, Clear
___ Change Slowly

KAPHA

___ Large Frame
___ Heavy, Easy to Gain
___ Oily, Moist
___ Pale, White
___ Thick
___ Oily
___ Excellent
___ Excellent
___ Medium to Large
___ Calm, Steady, Stable
___ Long Term is Best
___ Water, Clouds, Romance
___ Aversion to Damp & Cold
___ Sound, Heavy, Long
___ Slow to Irritate

___ 60-70
___ 50-60
___ Easily Misses Meals
___ Prefers Dry & Warm
___ Slowly
___ Saver, Accumulates Wealth
___ Strong
___ Heavy, Slow, Thick, Regular
___ Slow & Steady
___ Low Pitch, Resonating
___ Steady, Slow to Change

Totals

___ **Vata**

___ **Pitta**

___ **Kapha**