

Ayurveda Body Type Test

	VATA	PITTA	KAPHA
Appetite	Variable	Strong/unbearable	Slow but steady
Digestion	Irregular/gas/bloating	Quick/heartburn	Heavy/sluggish
Elimination - BM	<1x/day Dry/pellets Straining	2x/day or more Soft/loose/unformed Burning	1x/day regularly Mucous/soft/formed Slow/easy
Body temp	Cold/variable	Warm	Cool
Sweating	Hardly any	Profuse	Medium
Menstrual pattern:	Irregular	Regular	Regular
Flow	Light/variable	Heavy	Steady/heavy
Pain	Painful	Moderate	Painless
Sex: Desire	Varies	Strong desire	Steady desire
Stamina	Tires easily	Average stamina	Great stamina
Sleeping pattern:			
Overall Sleep	Light/interrupted	Sleeps easily but lightly	Heavy/deep sleep
Dreams	Fearful/active	Anger/violent/war	Watery/romantic
Speech	Fast/rambling	Clear/concise	Slow/soft/quiet
Voice	Hoarse/crackly/breathy	Intense	Gentle/sweet
Memory	Recent memory good Forgets quickly	Sharp	Slow
Lifestyle	Enjoys city life No fixed habit Spend \$ easily	Useful habits Spends \$ wisely	Enjoys country life Many habits Accumulates \$
Mind	Restless mind/active	Aggressive/intelligent Jealous/perfectionist Practical/ambitious	Tolerant/calm/slow
Sensitivity to	Noise/pain/cold/drafts	Heat/light/color	Touch/emotions
Personality	Self-conscious Friendships/likes change Do not complete projects Sensitive	Strong/intolerant Useful friendships Impatient Self-centered	Tendency to store Likes family & home Long friendships Serious
Face shape	Oval	Angular/square	Round

Facial energy	Delicate/subtle	Passionate/intense	Soft/kind
Eyes	Small/dull/dry/brown/black	Deep set/sharp/green/gray	Large/moist
Nose: Size	Small	Medium	Large, rounded
Bridge	Narrow	Medium	Wide
	Uneven shape	Long pointed, red tip	
Lips	Thin/dry	Medium	Thick
	Black/brown	Red, yellow, inflamed	Oily, pale, white
Mouth: Gums	Prone to gum recession	Bleeding gums	Strong gums
Teeth	Irregular/brittle/sensitive	Even/yellowish	Large/even/white
Neck	Long, thin	Medium	Short, big
Hair	Dry/coarse/scarce	Thin/fine/early gray, bald	Thick/oily/wavy
	Black, brown	Blond, red	
Skin thickness	Thin	Medium	Thick
Skin condition	Dry/rough/wrinkles/cool	Oily/moles/warm	Soft/moist/smooth
Complexion	Lacks luster/darkness	Ruddy/rosy/fair	Radiant
Physique	Slight/irregular	Moderate	Thick/stable/stocky
As a child	Thin	Medium	Plump or chunky
Muscle	Underdeveloped/flat chest	Medium-breasted	Thick musculature
Weight	Low/easy to lose	Moderate/steady	Easy gain/stocky
	Yo-yo		
Endurance	Very active but low stamina	Can exercise vigorously	Excellent stamina/
	Drives themselves to exhaustion		No desire for exercise
Bones	Narrow	Moderate	Stocky
Joints	Make sound while moving	Moderate	Smooth & free, large
Fingers	Long/narrow	Medium	Round/short/thick