

Dosha Evaluation

SECTION A: PHYSICAL NATURE		
Column #1	Column #2	Column #3
Small Frame <input type="checkbox"/>	Medium Frame <input type="checkbox"/>	Large Frame <input type="checkbox"/>
Small Ankle & Wrist Bone <input type="checkbox"/>	Medium Ankle & Wrist Bone <input type="checkbox"/>	Large Ankle & Wrist Bone <input type="checkbox"/>
Dark Eyes <input type="checkbox"/>	Blue Eyes <input type="checkbox"/>	Large Brown <input type="checkbox"/> Eyes
Dark or Dark Brown Hair <input type="checkbox"/>	Natural Blonde or Redhead <input type="checkbox"/>	Light Brown Hair <input type="checkbox"/>
Thin Face <input type="checkbox"/>	Square or Medium Face <input type="checkbox"/>	Large or Round Face <input type="checkbox"/>
Prominent Veins <input type="checkbox"/>	Muscular <input type="checkbox"/>	Large Hips <input type="checkbox"/>
Cold Hands and Feet <input type="checkbox"/>	Always Warm <input type="checkbox"/>	Sweat Easily <input type="checkbox"/>
Total the number of checks in Section A in Column #1, multiply by 3 and place result here: _____ (Subtotal A1)	Total the number of checks in Section A in Column #2, multiply by 3 and place result here: _____ (Subtotal A2)	Total the number of checks in Section A in Column #3, multiply by 3 and place result here: _____ (Subtotal C3)
SECTION B: PSYCHOLOGICAL NATURE		
Learn Quickly & Forgot Quickly <input type="checkbox"/>	Analytical Mind <input type="checkbox"/>	Good Memory <input type="checkbox"/> —Rarely Forget Once Having Learned Something
,Under Stress Become Anxious Nervous, Afraid <input type="checkbox"/>	,Under Stress Tend to Get Irritable Cranky, Frustrated <input type="checkbox"/>	Under Stress Tend to Get Stuck <input type="checkbox"/>
Enthusiastic—Too Many Interests and Projects to Stick With Any One For Long <input type="checkbox"/>	Goal-oriented and Like to Accomplish Things <input type="checkbox"/>	Easy-going and Takes a Lot to Motivate Me <input type="checkbox"/>
Mind Tends to Race <input type="checkbox"/>	Very Focused Mind <input type="checkbox"/>	Calm Mind <input type="checkbox"/>
Total the number of checks in Section B in Column #1, multiply by 2 and place result here: _____ (Subtotal B1)	Total the number of checks in Section B in Column #2, multiply by 2 and place result here: _____ (Subtotal B2)	Total the number of checks in Section B in Column #3, multiply by 2 and place result here: _____ (Subtotal B3)
SECTION #C: PHYSIOLOGICAL FUNCTION		
Appetite is Variable <input type="checkbox"/>	Voracious Appetite <input type="checkbox"/>	Once I Start Eating it is Hard to Stop <input type="checkbox"/>
Sleep Has Always Been Light and/or Restless <input type="checkbox"/>	Have Always Needed Only 6 Hours Sleep or Less <input type="checkbox"/>	Have Always Needed a Lot of Sleep and Could Sleep All Day <input type="checkbox"/>
Many Food Sensitivities <input type="checkbox"/>	Can Eat Anything <input type="checkbox"/>	Sluggish Digestion <input type="checkbox"/>
Crave Sweet, Sour, and Salty Tastes <input type="checkbox"/>	Like Cool Drinks and Foods and Like Bitter Taste <input type="checkbox"/>	Love Hot, Spicy Foods and Do Well When Eating These <input type="checkbox"/>
Elimination Tends Towards Constipation <input type="checkbox"/>	Elimination Tends Towards Loose Stool or Diarrhea <input type="checkbox"/>	Elimination Tends Towards Soft, Regular Bowel Movement <input type="checkbox"/>
Love Summer <input type="checkbox"/>	Love Winter <input type="checkbox"/>	Love Fall <input type="checkbox"/>
Total the number of checks in Section C in Column #1 and place result here: _____ (Subtotal C1)	Total the number of checks in Section C in Column #2 and place result here: _____ (Subtotal C2)	Total the number of checks in Section #2 in Column #3 and place result here: _____ (Subtotal C3)
Add Subtotals A1+B1+C1: Vata Score = _____	Add Subtotals A2+B2+C2: Pitta Score = _____	Add Subtotals A3+B3+C3: Kapha Score = _____