

Ayurvedic Body Type - Dosha

This form is designed to help you identify your predominant dosha or constitutional body type. Most people will have one dominant dosha, a few will have two doshas approximately equal and even fewer will have all three doshas in equal proportion. Base your choices on how you have been feeling recently.

Guest Name: _____

Date: _____

Please email your completed Questionnaire to spareservations@twobunchpalms.com

Observations	Vata	Pitta	Kapha
Body Size	<input type="checkbox"/> Slim	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
Body Weight	<input type="checkbox"/> Low	<input type="checkbox"/> Medium	<input type="checkbox"/> Overweight
Chin	<input type="checkbox"/> Angular	<input type="checkbox"/> Tapering	<input type="checkbox"/> Rounded
Cheeks	<input type="checkbox"/> Concave	<input type="checkbox"/> Flat	<input type="checkbox"/> Plump
Eyes	<input type="checkbox"/> Dry, active	<input type="checkbox"/> Bright, sensitive to light	<input type="checkbox"/> Big, calm
Lips	<input type="checkbox"/> Dry, cracked	<input type="checkbox"/> Red	<input type="checkbox"/> Smooth, pale
Skin	<input type="checkbox"/> Thin, dry	<input type="checkbox"/> Smooth, oily, warm	<input type="checkbox"/> Thick, white, cool
Neck	<input type="checkbox"/> Long, thin	<input type="checkbox"/> Medium	<input type="checkbox"/> Short, thick
Chest	<input type="checkbox"/> Narrow	<input type="checkbox"/> Medium	<input type="checkbox"/> Expanded
Stomach	<input type="checkbox"/> Flat	<input type="checkbox"/> Moderate	<input type="checkbox"/> Full
Hips	<input type="checkbox"/> Slender	<input type="checkbox"/> Medium	<input type="checkbox"/> Big
Joints	<input type="checkbox"/> Crack often, dry	<input type="checkbox"/> Moderate	<input type="checkbox"/> Large, lubricated
Appetite	<input type="checkbox"/> Irregular	<input type="checkbox"/> Strong	<input type="checkbox"/> Slow but steady
Digestion	<input type="checkbox"/> Irregular	<input type="checkbox"/> Quick	<input type="checkbox"/> Prolonged
Taste	<input type="checkbox"/> Sweet, sour, salty	<input type="checkbox"/> Sweet, bitter, astringent	<input type="checkbox"/> Bitter, pungent, astringent
Thirst	<input type="checkbox"/> Changeable	<input type="checkbox"/> Surplus	<input type="checkbox"/> Sparse
Elimination	<input type="checkbox"/> Constipation	<input type="checkbox"/> Quick	<input type="checkbox"/> Sparse
Physical Activity	<input type="checkbox"/> Very Active	<input type="checkbox"/> Moderate	<input type="checkbox"/> Slow but steady
Mental Activity	<input type="checkbox"/> Very Active	<input type="checkbox"/> Moderate	<input type="checkbox"/> Slow, methodical
Emotions	<input type="checkbox"/> Anxiety, fear, uncertainty	<input type="checkbox"/> Anger, hate, jealousy	<input type="checkbox"/> Calm, greedy, attachment
Intellect	<input type="checkbox"/> Quick	<input type="checkbox"/> Precise	<input type="checkbox"/> Slow, exact
Recollection	<input type="checkbox"/> Recent good, remote poor	<input type="checkbox"/> Distinct	<input type="checkbox"/> Slow and sustained
Dreams	<input type="checkbox"/> Quick, active, many	<input type="checkbox"/> Fiery, war, violence	<input type="checkbox"/> Lakes, snow romantic
Sleep	<input type="checkbox"/> Interrupted	<input type="checkbox"/> Little yet sound	<input type="checkbox"/> Deep, prolonged
Speech	<input type="checkbox"/> Rapid, can be disjointed	<input type="checkbox"/> Sharp, penetrating	<input type="checkbox"/> Slow, monotonous

Please add the check marks in each of the columns and put the totals in the boxes below.

Totals Vata Pitta Kapha