

DOSHA QUESTIONNAIRE

Client's Name: _____ Date: _____

Section One: Prakriti

Directions: Choose the answer that describes you most accurately. No answer may fit perfectly, so simply make the best possible choice with the answers provided. Place a V, P, or K in the box to the left.

- | | |
|--------------------------|--|
| <input type="checkbox"/> | My size at birth was small (V) |
| <input type="checkbox"/> | My size at birth was average (P) |
| <input type="checkbox"/> | My size at birth was large (K) |
| <input type="checkbox"/> | I am thin and either short or very tall (V) |
| <input type="checkbox"/> | I am medium in height and body (P) |
| <input type="checkbox"/> | I am tall and sturdy or short and stocky (K) |
| <input type="checkbox"/> | I have difficulty gaining weight (V) |
| <input type="checkbox"/> | I gain or lose weight easily (P) |
| <input type="checkbox"/> | I tend to gain weight easily (K) |
| <input type="checkbox"/> | I have long, tapered fingers/toes (V) |
| <input type="checkbox"/> | I have fingers/toes of medium length (P) |
| <input type="checkbox"/> | I have square hands and shorter toes/fingers (K) |
| <input type="checkbox"/> | I have knobbly, prominent joints (V) |
| <input type="checkbox"/> | I have well-proportioned joints (P) |
| <input type="checkbox"/> | I have large, well-formed joints (K) |
| <input type="checkbox"/> | I have a delicate chin and a small forehead (V) |
| <input type="checkbox"/> | I have a moderate chin and a medium forehead that have a tendency toward lines and folds (P) |
| <input type="checkbox"/> | I have a large jaw and large forehead (K) |
| <input type="checkbox"/> | I have uneven or buck teeth that are sensitive to either hot or cold (V) |
| <input type="checkbox"/> | I have even teeth of medium or small size that tend to yellow (P) |
| <input type="checkbox"/> | I have large, white, even teeth (K) |
| <input type="checkbox"/> | My lips are thin and narrow (V) |
| <input type="checkbox"/> | My mouth is of medium size (P) |
| <input type="checkbox"/> | My lips are full (K) |
| <input type="checkbox"/> | My skin is dry, rough, cold to touch (V) |
| <input type="checkbox"/> | My skin is fair, soft, warm to touch (P) |
| <input type="checkbox"/> | My skin is pale, cold, clammy, and tends to be oily (K) |
| <input type="checkbox"/> | My hair is fine, coarse, brittle, and fine to medium in texture (V) |
| <input type="checkbox"/> | My hair is fine, fair, or reddish (P) |
| <input type="checkbox"/> | My hair is thick, oily, lustrous, and wavy (K) |
| <input type="checkbox"/> | My neck is thin, very long, or very short (V) |
| <input type="checkbox"/> | My neck is of regular proportion (P) |
| <input type="checkbox"/> | My neck is solid and strong (K) |
| <input type="checkbox"/> | My eyes are small, narrow, or shrunken, and my eye color is dull (V) |
| <input type="checkbox"/> | My eyes are of average size and light colored (P) |
| <input type="checkbox"/> | My eyes are large and lustrous (K) |
| <input type="checkbox"/> | The shape of my face is long and angular (V) |
| <input type="checkbox"/> | The shape of my face is heart-shaped, and I have a pointed chin (P) |
| <input type="checkbox"/> | The shape of my face is rounded and full (K) |
| <input type="checkbox"/> | My tongue tends to be dry with a thin, gray coating (V) |
| <input type="checkbox"/> | My tongue tends to have a yellowish or orange coating (P) |
| <input type="checkbox"/> | My tongue tends to be swollen with a thick, white coating (K) |

