

Yoga Therapy Intake – Your Doshic Chart

I. VATA Characteristics

	Applies least			Applies most			
1. My stature is shorter or taller than average	0	1	2	3	4	5	6
2. My body is unusually proportioned	0	1	2	3	4	5	6
3. My body is slender and small-boned for my height	0	1	2	3	4	5	6
4. My musculature tends to be hard, thin, or wiry	0	1	2	3	4	5	6
5. I find it difficult to gain weight	0	1	2	3	4	5	6
6. My body's secondary sexual characteristics are not markedly developed (breasts, mannerisms)	0	1	2	3	4	5	6
7. My complexion is dark relative to my ancestral group.	0	1	2	3	4	5	6
8. My facial features are irregular or very refined	0	1	2	3	4	5	6
9. My hair is rough, breaks easily, or is very curly	0	1	2	3	4	5	6
10. My skin tends to be dry, and I don't perspire easily.	0	1	2	3	4	5	6
11. I have a lot of nervous energy and often fidget when sitting	0	1	2	3	4	5	6
12. My joints often crack when I move.	0	1	2	3	4	5	6
13. I tend to move, talk, and eat quickly	0	1	2	3	4	5	6
14. I have trouble being on time.	0	1	2	3	4	5	6
15. I dislike windy, cold, and dry climates.	0	1	2	3	4	5	6
16. I often feel chilly.	0	1	2	3	4	5	6
17. My energy level fluctuates.	0	1	2	3	4	5	6
18. My appetite is irregular and my elimination tends to constipation	0	1	2	3	4	5	6
19. I am attracted to sweet foods	0	1	2	3	4	5	6
20. I prefer warm, soupy meals.	0	1	2	3	4	5	6
21. I like rich creamy foods with flavorful sauces.	0	1	2	3	4	5	6
22. I like dairy products, butter or ghee, nut butters, and healthy oils	0	1	2	3	4	5	6
23. I like salty and sour tastes	0	1	2	3	4	5	6
24. Left to myself, I tend to snack and graze rather than taking the time to prepare a meal.	0	1	2	3	4	5	6
25. My sleep patterns are often disturbed or irregular	0	1	2	3	4	5	6

Vata, cont.

	Applies least				Applies most			
26. I dream of levitation, flying, floating, or fleeing helplessly.	0	1	2	3	4	5	6	
27. I have many interests, and am often easily distracted.	0	1	2	3	4	5	6	
28. I can work quickly, but often have difficulty completing tasks.	0	1	2	3	4	5	6	
29. I understand theoretical things quickly, but my memory is not the best.	0	1	2	3	4	5	6	
30. I am enthusiastic and vivacious.	0	1	2	3	4	5	6	
31. I sometimes feel shy or lacking confidence in social situations.	0	1	2	3	4	5	6	
32. I am empathic, sensitive, and seek emotional intimacy	0	1	2	3	4	5	6	
33. When emotionally imbalanced, I tend to worry; or feel anxious, nervous, fearful, or insecure.	0	1	2	3	4	5	6	
34. Among my blood relatives, nervous system and mental/ emotional disorders are common.	0	1	2	3	4	5	6	
35. In difficult situations, I tend to feel overwhelmed.	0	1	2	3	4	5	6	
36. I am naturally expressive, and find it difficult to hide my emotions.	0	1	2	3	4	5	6	
37. I am naturally creative, and like to do artwork, or theater, music, graphic design, creative writing, etc.	0	1	2	3	4	5	6	
38. I enjoy movement-related activities: hiking, yoga, skiing, bicycling, dancing, etc	0	1	2	3	4	5	6	
39. I am spiritually and psychically attuned, but less well grounded in the physical world compared to others.	0	1	2	3	4	5	6	
40. Finances are often a challenge for me	0	1	2	3	4	5	6	

TOTALS

1) Number of times that column was chosen	—	—	—	—	—	—	—
2) Total score for each column (Multiply the number in each space above by the number of the column)	—	—	—	—	—	—	—
3) TOTAL VATA SCORE: (Sum all of the numbers in the line above)	_____						

II. PITTA Characteristics

	Applies least				Applies most			
1. My stature is medium height with medium build.	0	1	2	3	4	5	6	
2. My skin is soft and warm to the touch, and bruises easily	0	1	2	3	4	5	6	
3. My skin has reddish, yellowish, or coppery cast, and my hair has reddish tints.	0	1	2	3	4	5	6	

Pitta, cont.

	Applies least				Applies most			
4. My hair is straight, fine, thin, and tends to be oily.	0	1	2	3	4	5	6	
5. My eyes have an intense expression, and are greenish, hazel, reddish-brown, amber, or gray	0	1	2	3	4	5	6	
6. I have a high metabolism.	0	1	2	3	4	5	6	
7. People who are my blood relatives tend to gray early (before 40)	0	1	2	3	4	5	6	
8. Among my older blood relatives, hyperacidity, heart disease, and high blood pressure are common.	0	1	2	3	4	5	6	
9. I dislike heat and hot climates.	0	1	2	3	4	5	6	
10. I am overly sensitive to bright light.	0	1	2	3	4	5	6	
11. I perspire easily.	0	1	2	3	4	5	6	
12. I feel better in cool climates and when near bodies of water.	0	1	2	3	4	5	6	
13. I have a strong appetite, and get irritable if meals are delayed.	0	1	2	3	4	5	6	
14. I am attracted to sweets,	0	1	2	3	4	5	6	
15. I like bitter or astringent tastes (e.g. as in coffee, beer, white wine, chocolate)	0	1	2	3	4	5	6	
16. Hot spices and acidic foods can be aggravating to my mouth or my digestion.	0	1	2	3	4	5	6	
17. I like dairy products and soft, creamy, mild foods.	0	1	2	3	4	5	6	
18. I like to eat a lot of raw foods, like fruits and salads.	0	1	2	3	4	5	6	
19. My digestion is fairly rapid, and my evacuation tends towards loose stools, often twice per day.	0	1	2	3	4	5	6	
20. I tend to sleep soundly, about 6-7 hours.	0	1	2	3	4	5	6	
21. I have dreams of violence, adventure, problem-solving, bright colors.	0	1	2	3	4	5	6	
22. In conversations, my communication style is often aggressive or argumentative.	0	1	2	3	4	5	6	
23. In difficult situations, I try to take control.	0	1	2	3	4	5	6	
24. In situations of injustice, I will fight back.	0	1	2	3	4	5	6	
25. I am an inspirational speaker, and can talk for a long time.	0	1	2	3	4	5	6	
26. I am hard-working, ambitious, organized, and achievement-oriented.	0	1	2	3	4	5	6	
27. I am a perfectionist, and tend to be overly critical of myself and others.	0	1	2	3	4	5	6	

Pitta, cont.

	Applies least				Applies most			
28. When emotionally imbalanced, I tend towards impatience, frustration, irritability, anger	0	1	2	3	4	5	6	
29. After expressing anger, I calm down quickly.	0	1	2	3	4	5	6	
30. I have a strong intellect; tend to like mentally stimulating activities.	0	1	2	3	4	5	6	
31. I enjoy competitive sports.	0	1	2	3	4	5	6	
32. I thrive on challenges, I enjoy overcoming obstacles, and I take pride in solving problems.	0	1	2	3	4	5	6	
33. I am a good leader.	0	1	2	3	4	5	6	
34. In school, I liked science, math, or social sciences.	0	1	2	3	4	5	6	
35. I am highly educated, with one or more university degrees,	0	1	2	3	4	5	6	
36. I am particular about how I dress, and I like to look attractive to the opposite sex.	0	1	2	3	4	5	6	
37. Emotional intimacy is sometimes challenging for me.	0	1	2	3	4	5	6	
38. I keep commitments to others most of the time, unless it is inconvenient.	0	1	2	3	4	5	6	
39. I can be intensely committed politically, professionally, or spiritually.	0	1	2	3	4	5	6	
40. I enjoy an adequate income.	0	1	2	3	4	5	6	

TOTALS

1) Number of times that column was chosen	—	—	—	—	—	—	—
2) Total score for each column (Multiply the number in each space above by the number of the column)	—	—	—	—	—	—	—
3) TOTAL PITTA SCORE: (Sum all of the numbers in the line above)	_____						

III. KAPHA Characteristics

	Applies least				Applies most			
1. My body stature is robust, with well-developed secondary sexual characteristics.	0	1	2	3	4	5	6	
2. I am taller than average.	0	1	2	3	4	5	6	
3. Most of my life I have gained weight easily.	0	1	2	3	4	5	6	
4. My skin is moist, and my body tends to retain water.	0	1	2	3	4	5	6	
5. My body has a tendency to produce excess mucous.	0	1	2	3	4	5	6	
6. My complexion is whitish	0	1	2	3	4	5	6	
7. I have large, attractive eyes.	0	1	2	3	4	5	6	
8. I have abundant body hair.	0	1	2	3	4	5	6	

Kapha, cont.

	Applies least				Applies most			
9. My hair is thick and lustrous.	0	1	2	3	4	5	6	
10. My hair is very dark or very pale, lacking reddish pigment.	0	1	2	3	4	5	6	
11. My facial and body features are rounded.	0	1	2	3	4	5	6	
12. I usually walk slowly and gracefully.	0	1	2	3	4	5	6	
13. My metabolism is slow.	0	1	2	3	4	5	6	
14. I sometimes find it difficult to motivate myself to take action, but once I start, I work slowly and steadily and complete assigned tasks.	0	1	2	3	4	5	6	
15. I can bear hunger and thirst easily.	0	1	2	3	4	5	6	
16. I am not particularly attracted to sweets, dairy products, cold food, fruits, oil, or heavy, bland foods.	0	1	2	3	4	5	6	
17. I like spicy, warm foods.	0	1	2	3	4	5	6	
18. My digestion and evacuation tend to be slow; I usually evacuate once per day.	0	1	2	3	4	5	6	
19. Among my blood relatives, larger-than-average family sizes are common.	0	1	2	3	4	5	6	
20. Among my older blood relatives, long lifespans are common.	0	1	2	3	4	5	6	
21. I dislike cool, wet, cloudy weather.	0	1	2	3	4	5	6	
22. I feel best on warm, sunny, dry days.	0	1	2	3	4	5	6	
23. I am usually early to bed and early to rise.	0	1	2	3	4	5	6	
24. I tend to need a lot of sleep, and don't feel good during the day if I get less than eight hours of sleep.	0	1	2	3	4	5	6	
25. I often dream of bodies of water.	0	1	2	3	4	5	6	
26. I am dignified in my speech and bearing.	0	1	2	3	4	5	6	
27. I don't show my emotions easily, and am uncomfortable with emotional displays.	0	1	2	3	4	5	6	
28. I am often not very talkative.	0	1	2	3	4	5	6	
29. I am often relaxed, calm, and humorous.	0	1	2	3	4	5	6	
30. I am not easily thrown off balance emotionally, tend to be calm and unruffled in difficult situations.	0	1	2	3	4	5	6	
31. I listen attentively to the arguments of others, but keep my own counsel.	0	1	2	3	4	5	6	
32. I enjoy doing volunteer work, and take satisfaction in helping others.	0	1	2	3	4	5	6	
33. I have an excellent memory; am organized and patient with details	0	1	2	3	4	5	6	

Kapha, cont.

Applies least

Applies most

- 34. Physical activity often does not appeal to me, even though I know it is healthy. 0 1 2 3 4 5 6
- 35. I am often accused of being overly complacent about life. 0 1 2 3 4 5 6
- 36. I enjoy practical activities and working with my hands: such as engineering, farming, gardening, construction, decorating, architecture, cooking, and crafts appeal to me. 0 1 2 3 4 5 6
- 37. I have a tendency to suppress my emotions; when emotionally imbalanced, I most often feel sadness, longing, or depression. 0 1 2 3 4 5 6
- 38. I have a stable and supportive family life. 0 1 2 3 4 5 6
- 39. I am sentimental, devoted to my family, teachers, and loyal to my friends. 0 1 2 3 4 5 6
- 40. Material wealth seems to come easily to me. 0 1 2 3 4 5 6

TOTALS

- 1) Number of times that column was chosen _ _ _ _ _
- 2) Total score for each column (Multiply the number in each space above by the number of the column) _ _ _ _ _

3) TOTAL KAPHA SCORE: (Sum all of the numbers in the line above): _____

This section to be completed by Therapist

Summary of Chart Totals: V: _____ P: _____ K: _____

Reduce ratio to numbers from 1-3.

Total possible per dosha 40 questions x 6 = 240 {240 ÷ 3 = 80}

0-20	1/4
21-40	1/2
41-60	3/4
61-80	1
81-100	1 1/4
101-120	1 1/2
121-140	1 3/4
141-160	2
161-180	2 1/4
181-200	2 1/2
201-220	2 3/4
221-240	3

Prakrti: V _____ P _____ K _____