

AYURVEDIC DOSHA TYPES - CHARACTERISTICS WHICH DO NOT CHANGE

VATA		PITTA		KAPHA	
Thin and unusually tall or short.	—	Medium body.	—	Large body.	—
Light, small bones and/or prominent joints.	—	Medium bone structure.	—	Heavy bone structure.	—
Long tapering fingers and toes.	—	Fingers and toes medium length.	—	Fingers and toes short and squarish.	—
Thin as a child.	—	Medium build as a child.	—	Large or chunky as a child.	—
If gains weight - around middle.	—	If gains weight, deposits fat evenly.	—	Tends to gain weight, especially in rear and thighs.	—
Dark complexion - tans easily.	—	Fair skin - sunburns easily. Freckles and moles are common.	—	Tans slowly and evenly.	—
Body hair scanty or over-abundant - tends to be dark, course or curly.	—	Light body hair, fine in texture.	—	Moderate amount of body hair.	—
Small forehead.	—	Medium forehead with folds and lines.	—	Large forehead.	—
Small, dark active eyes.	—	Medium size, light green; grey; amber or blue eyes. Penetrating.	—	Large, liquid, sometimes blue and often chocolate brown eyes. Thick eyelashes.	—
Crooked, uneven or buck teeth that are sensitive to heat/cold.	—	Even teeth of medium size.	—	Large, even and gleaming teeth.	—
As a child, hair kinky or curly.	—	As a child, hair fine or light.	—	As a child, hair wavy and thick.	—
TOTAL VATA	—	TOTAL PITTA	—	TOTAL KAPHA	—

AYURVEDIC DOSHA TYPES - CHARACTERISTICS WHICH CHANGE

VATA		PITTA		KAPHA	
Light sleeper.	—	Usually sleeps well.	—	Sound, heavy sleeper.	—
Variable thirst.	—	Usually thirsty.	—	Rarely thirsty.	—
Difficulty gaining weight.	—	Can gain or lose weight if puts mind to it.	—	Gains weight easily - hard time losing without exercise.	—
Cold hands and feet.	—	Skin warm to touch.	—	Skin cool, but not cold.	—
Little perspiration.	—	Perspires frequently.	—	Moderate perspiration.	—
Dry skin - chaps easily. Prone to corns and callouses.	—	Oily skin - prone to pimples and rashes.	—	Thick, cool skin - well lubricated.	—
Often suffers cracked, chapped lips.	—	Deep red lips. Tendancy toward cold sores.	—	Full, moist lips.	—
Variable appetite. Can get very hungry but may find eyes were bigger than stomach!	—	Good appetite. Irritable if a meal is missed or unable to eat when hungry.	—	Fine appetite. Likes to eat but, if has to, can miss a meal without physical problems.	—
Dry hair. Lusterless split ends - dark, rough, wiry or kinky.	—	Fine, light, oily blonde, red or early grey hair. Early thinning or baldness possible.	—	Thick, slightly wavy hair. A little oily, dark, brown, lustrous.	—
Dislikes dryness and cold. Likes warmth.	—	Dislikes heat. Likes cool, well ventilated places.	—	Dislikes humidity. Tolerates most climates.	—
Bowel movement can be irregular, hard, dry or constipated.	—	Bowels loose - more than twice a day. Diahorrea.	—	Large, full bowel movement - once a day.	—
Gas and bloating.	—	Acidity, and/or ulcers.	—	Congestion or heaviness.	—
If ill: nervous disorders. Sharp pain likely.	—	If ill: Fevers, rashes and inflammation likely.	—	If ill: swelling, fluid retention, mucous.	—
Sexual interest variable - fantasy life active.	—	Highly sexed and arouses easily.	—	Steady sex drive - slow to arouse.	—
Either indulges in rich food or strict diet. Likes snacking and nibbling.	—	Loves proteins, caffeiines and hot, spicy and salty foods.	—	Loves sweets, dairy, breads, pastry and fatty foods.	—
Receding gums.	—	Inflamed, bleeding gums.	—	Thick gums.	—
TOTAL VATA	—	TOTAL PITTA	—	TOTAL KAPHA	—

MIND AND EMOTIONS

VATA		PITTA		KAPHA	
Short concentration span. Good short term memory, but forgets quickly.	—	Good short and long-term memory - logical, rational thoughts.	—	Takes time to learn things. Once learned, never forgets.	—
Dislikes routine. Loves to travel, loves change.	—	Enjoys planning and organising.	—	Works well with routine. Steady and reliable.	—
Difficulty deciding. Changes mind easily.	—	Rapid decision making. Sees things clearly.	—	Takes time making decisions - sticks with it.	—
Can change opinions and points of view.	—	Has strong opinions and likes to share them.	—	Changes opinions and ideas slowly.	—
Restless, active. Likes movement.	—	Aggressive - likes competitive activities.	—	Calm. Likes to relax. Leisurely activities.	—
Creative thinker.	—	Organised thinker. Good initiator and leader.	—	Prefers to follow a plan or idea - good at keeping things running smoothly.	—
Does many projects all at once.	—	Constantly organising. Likes to proceed in orderly fashion.	—	Resists change and new projects - likes simplicity and comfort.	—
Knows a lot of people. Few close friends.	—	Very selective, but creates warm friendships.	—	Loyal, with many friends.	—
Spends impulsively - money is to be used!	—	Plans spending - money is for achieving a purpose!	—	Spends reluctantly. Likes to save.	—
Can get over-excited or over-stimulated.	—	Can get very passionate and fired-up about things. Potential to burn-out.	—	Can get very slow and lethargic - complacent. Couch-potato syndrome.	—
Tends towards fear or anxiety under stress.	—	Tends towards anger, irritability or frustration under stress.	—	Tends to avoid difficult situations.	—
Changeable, unpredictable.	—	Fanatic, ambitious.	—	Steady, calm.	—
TOTAL VATA	—	TOTAL PITTA	—	TOTAL KAPHA	—
GRAND TOTAL VATA	—	GRAND TOTAL PITTA	—	GRAND TOTAL KAPHA	—