



VPK - DOSHA QUIZ

		Vata (V)	Pitta (P)	Kapha (K)	V	P	K
1	FRAME	Tall/Short - Thin	Medium	Big Built			
2	WEIGHT	Low	Moderate	Heavy			
3	COMPLEXION	Dull, Dark	Red, flushed, glowing	White, Pale			
4	SKIN TEXTURE/TEMP.	Thin, dry, rough, cold, prominent veins	Warm, moist, pink, acne prone	Thick, pale, moist, cold, soft, smooth			
5	HAIR	Scanty, coarse, dry, slightly wavy	Moderate, fine, soft, early gray or bald	Abundant, oily, thick, very wavy, lustrous			
6	FACE	Thin, small, long	Moderate, sharp contours	Large, square/round, white/pale, soft contours			
7	NECK	Thin Long	Medium	Large Thick			
8	EYEBROWS	Small, thin	Moderate, fine	Thick, bushy			
9	EYES	Small, thin, brown, dry eyes	Medium, thin, red (inflamed easily), green, piercing	Wide, prominent white sclera			
10	NOSE	Thin, small or long, dry	Medium	Thick, big, firm, oily			
11	LIPS	Thin, small, darkish, dry	Medium, soft, red	Thick, large, oily, smooth			
12	TEETH & GUMS	Thin, dry, receding gums, small teeth with gaps	Medium, soft, pink, gums bleed easily	Large, thick, soft, pale, oily			
13	SHOULDERS	small, hunched	Medium	Broad, thick, firm			
14	HANDS & FEET	Small, thin, dry, cold, rough	Medium, warm, pink	Large, thick, oily, cool, firm			
15	LEGS	Thin, excessively long or short, prominent knees	Medium	Large, Stocky			
16	NAILS	Small, thin, dry, rough, crack/ chip easily, darkish	Medium, soft, pink	Large, thick, smooth, white, firm, oily			
17	URINE	Scanty, difficult, colorless	Profuse, yellow, burning	Moderate, whitish, milky			
18	FECES	Scanty, dry, hard, difficult or painful, gas, tends towards constipation	Moderate, loose, sometimes yellowish, tends towards diarrhea, burning sensation	Abundant, solid, sometimes mucus in stool sometimes pale in color			
19	SWEAT	Scanty, no smell	Profuse, hot, strong smell	Moderate, cold, pleasant smell			
20	APPETITE	Variable, erratic	Strong, sharp	Constant, low			
21	TASTE PREFERENCE	Prefers sweet, sour or salty food, cooked with oil and spiced	Prefers sweet, bitter or astringent food, raw, Prefers lightly cooked without oil or spices	prefers pungent, bitter, astringent food, prefers food cooked with spices, but not a lot of oil			
22	TYPE OF ACTIVITY	Quick, fast, erratic, hyperactive	Medium, motivated, purposeful, goal seeking	Slow, steady			
23	SENSITIVITY TO ENVIRONMENTAL FACTORS	Fear of cold, wind, sensitive to dryness	Fear of heat, dislike of sun, fire	Fear of cold & damp, likes wind and sun			
24	RESISTANCE TO DISEASE	Poor, variable, weak immune system	Medium, prone to infections	Good, consistent, strong immune system			
25	DISEASE TENDENCY	Nervous sys diseases, pain, arthritis	Febrile diseases, infections, inflammatory diseases	Respiratory system diseases, mucus, edema			
26	REACTION TO MEDICATIONS	Quick, low dose needed	Medium	Slow, high dosage required			
27	PULSE	Rapid, superficial, irregular, weak/like a snake	Wiry, bounding, moderate/ like a frog	Deep, slow, steady, rolling, slippery/ like a swan			
28	SPEECH	Quick, talkative	Moderate, argumentative, convincing	Slow, not too talkative			
29	MENTAL NATURE	Quick, adaptable, indecisive	Intelligent, penetrating, critical, logical	Slow, steady, deep understanding			
30	MEMORY	Poor, notices things easily but easily forgets	Sharp, Clear	Slow to take notice but will not forget			
31	EMOTIONAL TENDENCIES	Fearful, anxious, nervous	Angry, irritable	Calm, content, attached, sentimental			
32	EMOTIONAL STRENGTHS	Flexibility, adaptability	Fearless, courage, daring	Calm, contentment			
33	SLEEP PATTERN	Light, tends towards insomnia	Moderate, may wake up but will fall asleep again	Heavy, difficulty in waking up			
34	HABITS	Likes moving, travelling, jokes, artistic activities, dancing	Likes competitive sports, politics, debates, hunting	Likes water, sailing, flowers, cosmetics, cooking			
				TOTAL			

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