

## GUIDELINES FOR DETERMINING A DOSHIC IMBALANCE

### BEHAVIOURS

	<b><i>VATA RESPONSE</i></b>	<b><i>PITTA RESPONSE</i></b>	<b><i>KAPHA RESPONSE</i></b>
<b><i>Actions</i></b>	Very fast	Moderate	Slow
<b><i>Motivated, enthusiastic, excitable</i></b>	Very easily	Moderate	Slow
<b><i>Moods</i></b>	Quick changing	Quick changing & intense	Unchanging/steady
<b><i>Learning</i></b>	Very fast with ease	Moderate	Slow
<b><i>Mind state</i></b>	Creative, imaginative, fast but restless	Sharp intellect, penetrating	Stable
<b><i>Memory</i></b>	Good short term	Moderate	Good long term
<b><i>Digestion</i></b>	Variable	Medium	Week, slow
<b><i>Appetite</i></b>	Variable, can miss the odd meal	Strong, consistent, doesn't like missing a meal	Mild, skips meals without issue
<b><i>Food consumption</i></b>	Variable	Likes large portions	Likes small portions
<b><i>Taste preferences*</i></b>	Sweet, sour, salty	Sweet, bitter, astringent	Pungent, bitter, astringent
<b><i>Thirst</i></b>	Variable	Frequent	Rare
<b><i>Food preferences</i></b>	Warm, moist food	Cool foods	Warm, dry foods
<b><i>Drink preferences</i></b>	Hot	Cold	Hot
<b><i>Bowel movements</i></b>	Irregular	Twice a day or more	Regular

<b>Consistency of stool</b>	Hard, dry	Loose, soft	Well-formed
<b>Perspiration</b>	Moderate	Profuse, odours	Slight
<b>Sexual desire</b>	Low	Low to moderate	High
<b>Normal sleep</b>	5-6 hours	6-8 hours	8 hours +
<b>Sleep quality</b>	Light, interrupted	Deep, uninterrupted	Deep and heavy
<b>Dreams</b>	Fear, flying, running, jumping, climbing	Anger, violence, struggle, war, fire, lightning, the sun, gold, light	Water, lakes, rivers, oceans, clouds, swans, flowers, romance
<b>Response to challenge</b>	Uncertainty, worry, indecision	Anger, irritability, impatience	Clear, stable, patient
<b>Speech</b>	Fast, omits words, digresses	Fast, clear, precise	Slow, clear, sweet
<b>Gait</b>	Fast, light step	Medium speed, precise, determined step	Slow, steady, fluid

## PHYSICAL CHARACTERISTICS

	<b>VATA RESPONSE</b>	<b>PITTA RESPONSE</b>	<b>KAPHA RESPONSE</b>
<b>Face shape</b>	Thin, bony, long, plain	Oval, angled, medium full	Round, full, attractive
<b>Complexion</b>	Dark, brownish, black	Fair, reddish, coppery	Light, clear, whitish
<b>Involuntary body movements</b>	Twitchy, jerky, fine tremors	Usually still	Usually still
<b>Body weight</b>	Light; 5-10 pounds lighter than normal	Normal, medium weight	Heavy, 5 pounds or more than normal
<b>Build</b>	Lean, thin, tall or	Medium build,	Thick, large, fleshy or plumpish

	short	medium height	
<b>Skin texture/quality</b>	Dry, course, rough, cracked/scaling and birthmarks	Soft, delicate, sensitive with freckles, moles	Soft, smooth, oily
<b>Skin moistness</b>	Dry	Moist and slightly oily	Oily
<b>Body temperature</b>	Low, cold extremities	High, always feels warm	Low, body feels cold
<b>Stamina</b>	Short	Moderate	Strong
<b>Eye/lash quality and shape</b>	Small, bulging, deep set; eyelashes thin, scanty	Sharp, intense, penetrating; lashes, brown, blonde or coppery	Large, attractive; lashes full and thick
<b>Dominant hue of outer white layer of eyeball</b>	Dark	Yellow or reddish	White, glossy
<b>Eye characteristics</b>	Dry, blinks frequently	Light sensitive, redden easily	Teary or runny
<b>Teeth</b>	Very small, protruding, crooked, crack easily	Moderate size, yellowish	Strong, large, white
<b>Nails</b>	Short, rough brittle, dark, dull (no shine)	Slightly oily, coppery or pink#	Long, thick, well-rooted, soft, glossy, white
<b>Lips</b>	Dark, dry, cracked	Soft, pink, copperish	Full, thick, moist, oily
<b>Finger shape/size</b>	Very short or very long; stubby and thick	Medium length, square or oval	Medium length, elegant
<b>Hair colour/texture</b>	Thin, course, dry,	Thin, fine, soft	Thick, glossy, rooted well, wavy, black

	wiry; darker colour or balding	blonde/red; greying early	Thick, plentiful
<b>Body hair</b>	Scanty	Moderate	Strong, well hidden
<b>Joints</b>	Loose or rigid; pronounced; crack/pop sounds	Smooth, flexible, well knit	Deep and hidden
<b>Veins</b>	Prominent or branching; close to surface	Neither hidden nor prominent	Broad, strong, fleshy/fat covered
<b>Chest</b>	Long, sunken; ribs visible, thin	Medium length, medium thick; less visible ribs	None
<b>Body odour</b>	Little/no smell or perspiration	Strong; fetid armpit smell	Light pink, heavy and moist
<b>Tongue</b>	Dark, brownish, thick, rough, cracked to side	Pink or dark red; soft, long	

Tastes examples

<b>Taste</b>	<b>Found in</b>
Sweet	Rice, Sugar, Milk, Wheat, Dates, Maple syrup
Sour	Citrus fruits, Sour cream, Yoghurt, Vinegar, Cheese, Lemon, Green grapes, Fermented food
Salty	Sea salt, Rock salt, Kelp
Pungent	Hot peppers e.g. cayenne, chilli, black, onions, radishes, garlic, mustard, ginger

Bitter	Coffee, Bitter melon, Aloe Vera, Rhubarb, the following herbs: Yellow dock, Fenugreek, Turmeric root, Dandelion root, Sandalwood
Astringent	Unripe bananas, Pomegranates, Chickpeas, Green beans, Yellow split peas, Okra, Alfalfa sprouts, and the following herbs: Goldenseal, Turmeric, Lotus seed, Arjuna, Alum.