





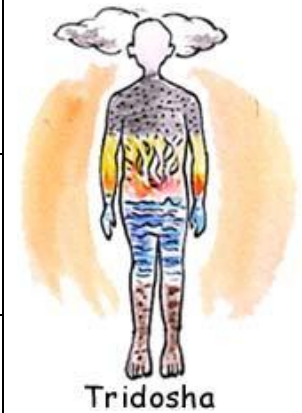


# Tridosha Test

	<b>Vata - AIR / SPACE / ETHER</b>	
	<b>Pitta - FIRE / WATER</b>	
	<b>Kapha - WATER / EARTH</b>	



Quantity hair	<input type="checkbox"/> average	<input type="checkbox"/> becomes thinner	<input type="checkbox"/> thick
Type hair:	<input type="checkbox"/> dry	<input type="checkbox"/> normal	<input type="checkbox"/> greasy
Color hair:	<input type="checkbox"/> pale brown, fair	<input type="checkbox"/> red, redbrown	<input type="checkbox"/> dark brown, black
Skin:	<input type="checkbox"/> dry, rough	<input type="checkbox"/> soft, greasy	<input type="checkbox"/> moist, greasy
Complexion:	<input type="checkbox"/> dark	<input type="checkbox"/> pink to red	<input type="checkbox"/> pale, white
Eyes - iris size:	<input type="checkbox"/> small	<input type="checkbox"/> average	<input type="checkbox"/> big
White of the eye:	<input type="checkbox"/> blue or brown shining	<input type="checkbox"/> yellowish of red	<input type="checkbox"/> white or shining
Size of the teeth:	<input type="checkbox"/> very big or very small	<input type="checkbox"/> small to average	<input type="checkbox"/> average to large
Teeth:	<input type="checkbox"/> dark	<input type="checkbox"/> yellowish	<input type="checkbox"/> pearlwhite
Mental Activity:	<input type="checkbox"/> quick, restless	<input type="checkbox"/> smart intellect, aggressive	<input type="checkbox"/> calm, stable
Memory:	<input type="checkbox"/> short term bad	<input type="checkbox"/> good memory	<input type="checkbox"/> long term is best
Dreams:	<input type="checkbox"/> frightening, flying	<input type="checkbox"/> angry, fiery, violent	<input type="checkbox"/> water, clouds, relations
Reaction to weather situation:	<input type="checkbox"/> aversion to cold	<input type="checkbox"/> aversion to heat	<input type="checkbox"/> aversion to moist, cool weather
Sleep:	<input type="checkbox"/> interrupted light	<input type="checkbox"/> healthy, av. length	<input type="checkbox"/> healthy, long
Reactions under pressure:	<input type="checkbox"/> very fast heated	<input type="checkbox"/> quickly angry, variable temper	<input type="checkbox"/> not fast irritated
Moods:	<input type="checkbox"/> change quickly	<input type="checkbox"/> change slowly	<input type="checkbox"/> steady, constant
Woman puls rate in rest hb/p/min.:	<input type="checkbox"/> 80-100	<input type="checkbox"/> 70-80	<input type="checkbox"/> 60-70

Man puls rate in rest hb/p/min.:	<input type="checkbox"/> 70-90	<input type="checkbox"/> 60-70	<input type="checkbox"/> 50-60
Body figure:	<input type="checkbox"/> small	<input type="checkbox"/> average	<input type="checkbox"/> big
Body weight:	<input type="checkbox"/> light, hard to gain weight	<input type="checkbox"/> average	<input type="checkbox"/> heavy, easely gain weight
Endurance:	<input type="checkbox"/> poor	<input type="checkbox"/> well	<input type="checkbox"/> very well
Strenght:	<input type="checkbox"/> little	<input type="checkbox"/> well	<input type="checkbox"/> excellent
Hunger:	<input type="checkbox"/> irregular	<input type="checkbox"/> sharp, must eat	<input type="checkbox"/> can skip a meal
Food and drinks:	<input type="checkbox"/> prefer warm drinks	<input type="checkbox"/> prefer cold	<input type="checkbox"/> prefer dry and warm
Eat:	<input type="checkbox"/> quick	<input type="checkbox"/> average	<input type="checkbox"/> slow
Finances:	<input type="checkbox"/> not thrifty, quick spender	<input type="checkbox"/> saving, but spending royal	<input type="checkbox"/> saving, build up fortune
Need for sex:	<input type="checkbox"/> irregular	<input type="checkbox"/> moderate	<input type="checkbox"/> big
Secration:	<input type="checkbox"/> droog, hard, constipatie	<input type="checkbox"/> much, soft to normal	<input type="checkbox"/> heavy, thick, regular
Way of walking:	<input type="checkbox"/> quickly, fast	<input type="checkbox"/> average, steady	<input type="checkbox"/> slow
Voice pitch:	<input type="checkbox"/> high, quick	<input type="checkbox"/> average	<input type="checkbox"/> low, deep of sound
	<b>total Vata</b>	<b>total Pitta</b>	<b>total Kapha</b>

Count the number of check marks per colom and devide this by 0,29. In this way you get the percentage per dosha-type for the column Vata, Pitta and Kapha. This is your unique constitution, in which not especially the percentage is of interest, as well as the ratio between the columns.



**Vata** (Air & Space) is a force conceptually made up of elements ether and air. The proportions of ether and air determine how active Vata is. The amount of ether (space) affects the ability of the air to gain momentum. If unrestricted, as in ocean, air can gain momentum and become forceful such as a hurricane.

Vata means "wind, to move, flow, direct the processes of, or command." Vata enables the other two doshas to be expressive. The actions of Vata are drying, cooling, light, agitating, and moving.

Vata governs breathing, blinking of the eyelids, movements in the muscles and tissues, pulsations in the heart, all expansion and contraction, the movements of cytoplasm and the cell membranes, and the movement of the single impulses in nerve cells. Vata also governs such feelings and emotions as freshness, nervousness, fear, anxiety, pain, tremors, and spasms. The primary seat or location of the Vata in the body is the colon. It also resides in the hips, thighs, ears, bones, large intestine, pelvic cavity, and skin. It is related to the touch sensation. If the body develops an excess of vata, it will accumulate in these areas.

**Vata** gets vitiated due to following reasons.

1. Controlling natural urges like urination, defecation, hunger, thirst, etc.
2. Late nights.
3. Irregular food habits.

4. Talking in a high pitch.
5. Over physical and mental exertion.
6. Consumption of spicy, dry, bitter foods.
7. Exposure to severe dry and cold climate.

The opposites of above-mentioned reason normalize the vitiated vata.



put out.)

**Pitta (Fire & Water)** is a force created by the dynamic interplay of water and fire. These forces represent transformation. They cannot change into each other, but they modulate or control each other and are vitally required for the life processes to occur. (For example, too much fire and too little water will result in the boiling away of the water. Too much water will result in the fire being

Pitta governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, skin coloration, the luster of the eyes, intelligence, and understanding. Psychologically, pitta arouses anger, hate, and jealousy. The small intestine, stomach, sweat glands, blood, fat, eyes, and skin are the seats of Pitta.

Pitta gets vitiated due to following reasons.

1. Excess consumption of spicy, sour, salty foods.
2. Consuming alcohol in excess.
3. Over exposure to hot sunny climate.
4. Short temperedness.
5. Using dried vegetables.
6. Indigestion of food.

The opposites of above-mentioned reason normalize the vitiated pitta.



only way to keep the sand in equilibrium with the water is by stirring the mixture continuously. The Kapha force can be visualized as this stirring force in our body.

**Kapha (WATER & EARTH)** is the conceptual equilibrium of water and earth. Kapha is structure and lubrication. One can visualize the Kapha force as the stirring force to keep the water and earth from separating. For example, if we take a pot, fill it to the half with water and then add sand to it, the sand will gradually sink to the bottom of the pot. (It separates from the water).

Kapha cements the elements in the body, providing the material for physical structure. This dosha maintains body resistance. Water is the main constituent of kapha, and this bodily water is responsible physiologically for biological strength and natural tissue resistance in the body. Kapha lubricates the joints; provides moisture to the skin; helps to heal wounds; fills the spaces in the body; gives biological strength, vigor and stability; supports memory retention; gives energy to the heart and lungs, and maintains immunity. Kapha is present in the chest, throat, head, sinuses, nose, mouth, stomach, joints, cytoplasm, plasma, and in the liquid secretions of the body such as mucus. Psychologically, kapha is responsible for the emotions of attachment, greed, and long-standing envy. It is also expressed in tendencies toward calmness, forgiveness, and love. The chest is the seat of kapha.

Kapha gets vitiated due to following reasons.

1. Sleeping in daytime.
2. Consuming sweets, chilled food in excess.
3. Consuming fish, sesame, sugarcane, milk and milk products.

The opposites of above-mentioned reason normalize the vitiated kapha.