

Oceans Dosha test

What are your body Prakruti and your heart? Circle your answers based on your natural being throughout your life. The focus is you the real you, not what is recently true, nor what you wish to be. You may float between two answers and in that case pick both or all 3 if it fits your personality. Add up your totals for each of Vata, Pitta, and Kapha or any combination. This will give you your constitution of body and nature of heart.

1. Physique

- v. I am a slender person and do not gain weight easy.
- p. I am average build.
- k. I am well built and gain weight easy.

2. Skin

- v. My skin is dry, thin, and itches often.
- p. My skin looks flushed. I have lots of moles and freckles.
- k. My skin is smooth and soft. It looks pale sometimes.

3. Hair

- v. My hair is dry, thin and brittle.
- p. My hair is neither dry nor oily (men, receding hair line).
- k. My hair is thick, full, lustrous, and slightly oily.

4. Face

- v. My face is oval.
- p. My face is triangle (pointed chin, prominent jaw line).
- k. My face is round.

5. Eyes

- v. My eyes are small. They feel dry often and have a bit of dullness, usually brown.
- p. My eyes are medium in shape, sharp and penetrating, usually blue.
- k. My eyes are big and round in shape, full eyelashes.

6. Hands

- v. My hands are generally dry, rough, slender fingers, dry nails.
- p. My hands are generally moist and pink, medium fingers, soft nails.
- k. My hands are generally firm, thick fingers, strong and smooth nails.

7. Joints

- v. My joints are small, prominent bones, often crack.
- p. My joints are medium and loose.
- k. My joints are large, sturdy, with lots of muscle surrounding.

Total V_____ Total P_____ Total K_____

8. Activities

- v. I am very active person, always on the go, mind constantly thinking.
- p. I like to think before I do anything.
- k. I am steady and graceful. I do not like to rush.

9. Actions

- v. I walk fast and talk fast.
- p. My actions are very thoughtful and precise.
- k. I like a slower pace and take my time to accomplish things.

10. Sleep

- v. I do not sleep soundly at night. I tend to toss and turn. I wake up early in the morning.
- p. I am a light sleeper, but if something wakes me up, I can go back to sleep easily.
- k. I am a heavy sleeper.

11. Appetite

- v. Varies. Sometimes I feel hungry, sometimes not. I feel anxious if I do not eat.
- p. I always feel hungry. If I do not eat I get irritable and angry.
- k. I do not feel very hungry. I can go without food easily for a day.

12. Bowel Movement

- v. I tend to be constipated and can go a day or two without a bowel movement.
- p. I am regular and sometimes stools are loose; tend to get diarrhea.
- k. I have no problem. I wake up to go to the bathroom.

13. Voice

- v. My voice tends to be weak or hoarse.
- p. I have a strong voice. I may get loud sometimes.
- k. My voice is deep, has good tone.

14. Emotions

- v. I am a born worrier. I often feel anxious and nervous.
- p. If things don't happen my way, I feel irritable and angry.
- k. I am a happy person, very caring and loving.

15. Weather Preference

- v. I love warm and humid weather.
- p. I enjoy cool weather. I dislike a warm climate.
- k. I like warm but dry weather.

Total V____ **Total P**____ **Total K**_____

16. Sweating

- v. I sweat a little but not much.
- p. I sweat profusely and it might give an unpleasant odor.
- k. I never sweat unless working very hard.

17. Memory

- v. I remember things quickly and forget quickly.
- p. I remember what I want to remember and never forget.
- k. My memory is good and with clarity.

18. Actions

- v. I tend to be spontaneous.
- p. I am a list maker. Unless I plan, I do not do anything.
- k. I am ok to plan or follow someone else.

19. Stamina

- v. I like to do things in spurts and I get tired easily. I do not manage my energy very well.
- p. I have medium stamina but tend to work too much.
- k. I can work long hours and maintain good stamina.

20. Mind

- v. My mind gets restless easily. It starts racing.
- p. I get impatient easy.
- k. It takes a lot to make me mad. I usually feel calm.

21. Decision Making

- v. I change my mind often and will take time to make a decision.
- p. I can make a decision easily and stick with it.
- k. I am to make a decision or I can allow others to make them also.

22. Personality

- v. I change my mind easy.
- p. It is my way or the highway.
- k. Do not worry, be happy.

23. Sports

- v. I like action.
- p. I like to win.
- k. I like to have fun.

Total V____ **Total P**____ **Total K**_____

24. Health Problems

- v. My symptoms are mainly pain, constipation, anxiety and depression.
- p. I often get skin infections, fevers, heartburn, and hypertension.
- k. I tend to get allergies, congestion, weight gain and digestive problems.

25. Hobbies

- v. I like art, drawings, painting, dance, and travel.
- p. I like sports, politics and things that get my adrenaline pumping.
- k. I like gardening, reading and still time.

This section is questions to determine your heart and mind set.

26. Do you judge people quickly?

- v. Sometimes.
- p. Yes, all the time.
- k. No I do not.

27. Do you stay calm no matter what happens in life?

- v. No. I panic and get afraid.
- p. No. I get upset and angry.
- k. Yes. I stay calm almost all the time.

28. Do you feel the need to be in control all the time?

- v. Yes, it makes me feel safer.
- p. Yes, I need to be in charge. I like the feeling of power.
- k. No. I can just relax and let someone else lead.

29. Do you get afraid easily when things do not go as you have planned?

- v. Yes, it makes me feel insecure and not safe.
- p. Yes, it makes me get harder and more dominant.
- k. No. I can stay calm and peaceful.

30. If you are serving people with food, when do you eat?

- v. Anytime.
- p. First.
- k. Last.

31. When you are the assistant to a teacher, are you very focused and grounded? (You have twelve students to take care of.)

- v. No. I would have a hard time focusing.
- p. No. I would tend to get irritated and judge everyone.
- k. Yes, I would stay grounded and focused.

Total V_____ Total P_____ Total K_____

32. In an intimate relationship with your partner, do you put the relationship and your partners needs first or do you put yourself and what you want first?

v. I come first.

p. I put everything before my partner.

k. My partner and relationship come first.

33. When you are making plans for your life and your future, do you include your partner in the process or do you make your plans on your own?

v. Plan just for me. This is normal in my mind.

p. Make my own plans without any thought of my partner.

k. Make plans with my partner. We make them together.

34. When you make plans for your life and think about what you want to do, do you feel confident or insecure?

v. Insecure and fearful.

p. Lack focus and balance.

k. Confident in my planning.

35. Which type of person are you?

v. Nervous, scattered, and anxious.

p. Hard and aggressive, insensitive to others.

k. Tender, gentle, kind, and think of other needs first.

36. I tend to be...

v. Closed, distant, like being alone a lot.

p. Hard, like being in control, more of a dominate person.

k. Open and secure, also ok to be around a lot of different types of people.

37. I tend to be...

v. Very independent, like to travel alone. Do not like any one to tell me what to do.

p. Always judging people, think I am better and smarter than other people.

k. I feel best when I am able to help other people.

38. What kind of career would you most like?

v. A TV announcer, sports star.

p. A Lawyer, politician.

k. A school teacher, nurse, massage therapist.

39. On the train all the seats are full, an elderly woman get on. What would you do?

v. I would wait for someone else to give her a seat.

p. Stay seated and not even think of giving her my seat.

k. Give her my seat very easily.

Total V _____ Total P _____ Total K _____

40. Which type of person are you around other people?

- v. Usually just stay quiet and to myself.
- p. I tend to just think about myself and my life.
- k. I usually like to observe other people and learn from them.

41. When I look in the mirror I feel...

- v. I feel insecure and I do not see that I am beautiful.
- p. I feel strong powerful and in charge.
- k. At peace and comfortable with who I am.

42. Describe Yourself

- v. Independent, insecure, insensitive to others feelings.
- p. Strong, ambitious, I think of myself a lot.
- k. Happy most of the time, balanced and calm.

43. Which type are you?

- v. Do not forgive easily.
- p. Do not forgive or forget.
- k. Forgive easy and try not to hurt anyone.

44. Which type are you?

- v. Put work first.
- p. Put work and yourself first.
- k. Put love and family first.

45. Which is important to you?

- v. To take a vacation.
- p. To get a promotion at work.
- k. To live with honor and love.

46. When you grow old, which is the most important to you?

- v. To be famous and popular.
- p. To have a lot of money.
- k. To have someone to share your life with and deeply love.

47. You own a large company. Business is slow and money is low. You need to cut expenses. Which of the following would you do?

- v. Cut wages of your people.
- p. Lay off people.
- k. Have a meeting with the people who work for you and ask for their advice and then make your decisions.

Total V____ **Total P**____ **Total K**_____

48. In the situation of a serious accident, your best friend is hurt. What do you do?

- v. Panic and get scared.
- p. Let someone else help them.
- k. Stay calm and help them to stay calm.

49. You are in a bad accident. Do you...

- v. Panic and lose focus.
- p. Get irritated and angry.
- k. Stay calm, focused and in balance.

50. You feel more comfortable...

- v. Alone away from people is best for me.
- p. In a group of people is best for me.
- k. Either way, it really does not matter.

51. You feel more comfortable...

- v. To be the center of attention.
- p. In charge, being a leader, being the boss.
- k. I can be alone, in a group of people, or I can lead or follow.

52. Do you go from happy, to sad, to angry easily?

- v. Yes. One moment I can be happy and then the next I can be sad.
- p. I do get upset but not easily.
- k. I normally stay happy and calm.

53. When I feel under pressure...

- v. I tend to be nervous and tense.
- p. I get hard and uptight and become bossy.
- k. I stay calm, kind and compassionate.

54. If I am in charge of a group of people at work...

- v. I feel stressful and have a hard time feeling focused.
- p. I take charge but tend to be hard and critical of others.
- k. I can lead with tenderness, compassion, and will be very understanding of the people I am leading.

55. If someone tries to correct me for something I have done wrong...

- v. I will not really listen very well and I will make excuses for what I have done wrong.
- p. I become argumentative and deny I have done anything wrong.
- k. I will listen with an open heart and then work to change what is wrong.

Total V _____ **Total P** _____ **Total K** _____

56. Do you feel...

- v. Much smarter than others.
- p. Better than other people.
- k. We are all human and make mistakes.

57. When you are in a relationship, does everything have to be about you, what you want, when you want it, and having things your way?

- v. A lot of times yes.
- p. Yes, most all of the time.
- k. No. For me it is more about a balance with both of us.

58. I tend to be a person who...

- v. Forces things in life. Do not have very much patience.
- p. I force everything and do not care who I hurt in the process.
- k. I work to be patient and never hurt other people in life.

59. I would describe myself as...

- v. A very selfish person, most of the time putting myself first.
- p. A very hard, aggressive, and ambitious person.
- k. Tender soft and caring.

60. Do you manage your energy well?

- v. No. I tend to burn it all the time and do not rest much.
- p. I can keep going all the time but tend not to be able to rest; only on rare occasion.
- k. I can rest when needed. I try to stay with a balanced energy.

61. I worry a lot about what other people are thinking about me.

- v. Sometimes I am afraid what people might think of me.
- p. All the time. I must keep a good reputation.
- k. Not too much but I try to be a good example and be respectful of other people.

62. I tend to be...

- v. To do things by myself and it does not bother me.
- p. Can protect myself easily from other people.
- k. Tend to be too soft and people take advantage of me.

63. I tend to be...

- v. Emotional.
- p. Strong and tuff.
- k. Sometimes too emotional.

Total V____ **Total P**____ **Total K**_____

64. I tend to be...

- v. Able to help other people to be more independent in a good way.
- p. Help people to be stronger and not so weak natured.
- k. Need the love of other people to make me feel good.

65. I tend to be...

- v. Moving from job to job.
- p. Very responsible.
- k. Feel deeply insecure and easily rejected by other people.

66. I tend to feel...

- v. Like the world is against me sometimes.
- p. Like I can do anything I put my mind to.
- k. Sometimes I just do not want to leave the house, feeling depressed and lonely.

67. Sometimes I feel...

- v. Like I just want to run away from life and never come back.
- p. I need people around me to keep me busy.
- k. When I get my feelings hurt, I can be difficult and withdrawn.

68. Sometimes I feel...

- v. I was born in the wrong time and life.
- p. Very confident to face the day.
- k. Overwhelmed with life.

69. I eat...

- v. Quick.
- p. Medium.
- k. Slow.

70. I prefer my food and drinks...

- v. Warm or hot.
- p. Cold.
- k. Dry and warm.

71. How do you achieve goals?

- v. Easily distracted.
- p. Focused and driven.
- k. Slow and steady.

Total V ____ **Total P** ____ **Total K** _____

72. What is your capacity for giving?

- v. Gives small amounts.
- p. Gives nothing or small amount rarely.
- k. Gives regularly and generously.

73. Sex Desire

- v. Low.
- p. Moderate.
- k. Strong.

74. Relationships

- v. Many casual.
- p. Intense.
- k. Long and deep.

75. Prefer to work...

- v. While supervised.
- p. Alone.
- k. In groups.

76. Friendship

- v. Short term friends, makes friend easy.
- p. A loner, friends related to work.
- k. Form long lasting friends.

77. Condition of my mind.

- v. Quick, mind restless.
- p. Sharp intellect, aggressive.
- k. Calm, steady, stable.

78. Memory

- v. Short term best.
- p. Good general memory.
- k. Long term best.

79. Concentration

- v. Short term focus best.
- p. Better than average concentration.
- k. Good ability for long term focus.

Total V____ **Total P**____ **Total K**_____

80. Ability to Understand

- v. Quick grasp of learning.
- p. Medium to moderate grasp.
- k. Slow to learn new things.

81. Dreams

- v. Fearful, flying, running, jumping.
- p. Angry, fiery, violent, adventurous.
- k. Include water, clouds, relationships, romance.

82. Mantra or Prayers

- v. Occasionally.
- p. Almost Never.
- k. Daily.

83. Adjusting Nature

- v. Occasionally.
- p. Almost null.
- k. Very good.

84. Voice

- v. High pitched.
- p. Medium pitched.
- k. Low pitched.

85. Skin temperature

- v. Cold hands and feet.
- p. Warm.
- k. Cool.

86. I like food...

- v. Creamy, rich, sweet, hot food.
- p. Sweet and cold food.
- k. Spicy and warm food.

87. Other people think I am...

- v. Restless, hyperactive, overworking.
- p. Perfectionist, competitive, aggressive.
- k. Overly complacent about life.

Total V ____ **Total P** ____ **Total K** _____

88. In social situations...

- v. I feel shy or lacking confidence.
- p. I like to be the center of attention.
- k. I feel calm relaxed and often humorous.

89. In a difficult situation...

- v. I feel over whelmed.
- p. I try to take control.
- k. I remain calm and peaceful.

90. Walking Speed

- v. Fast.
- p. Average.
- k. Slow and steady.

91. I run like...

- v. A deer.
- p. A tiger.
- k. A bear.

92. My reaction time is...

- v. Quick.
- p. Average.
- k. Slow reactions.

93. More sensitive to...

- v. My own feelings.
- p. Not sensitive.
- k. Others feelings.

94. When I feel threatened I tend to...

- v. Run.
- p. Fight.
- k. Make peace.

95. Relationship with Partner

- v. Clingy.
- p. Jealous.
- k. Secure.

Total V____ **Total P**____ **Total K**_____

96. I express affection with...

- v. Words.
- p. With gifts.
- k. With touch.

97. When I get my feelings hurt...

- v. I cry.
- p. I argue.
- k. I withdraw.

98. Emotional trauma causes me to feel...

- v. Anxiety.
- p. Denial.
- k. Depression.

99. My confidence level is...

- v. Timid.
- p. Outwardly self-confident.
- k. Inner self-confidence.

100. Thirst

- v. Less.
- p. Always thirsty.
- k. Less.

101. Cleanliness

- v. High.
- p. Moderate.
- k. Low.

102. Pride or Ego

- v. Little.
- p. Some ego.
- k. Strong.

103. Anger

- v. Sometimes.
- p. A lot.
- k. Rarely.

Total V ____ **Total P** ____ **Total K** _____

104. Contentment

- v. Never.
- p. Sometimes.
- k. Always.

105. Patience

- v. Sometimes.
- p. Very little.
- k. Very good.

106. I spend money...

- v. Impulsive.
- p. Very careful.
- k. Save a lot, will not spend.

107. Routine and My Daily Schedule – I stay on time...

- v. Not too good.
- p. On time, very good.
- k. Always late.

108. Characteristics of the Kapha

- k. Adjust easy to new environment.
- k. Sometimes lazy.
- k. Lacks motivation.
- k. Sometimes not responsible.
- k. Sometimes not logical.
- k. Enjoys animals.
- k. Would rather be around animals than people.
- k. Sometimes attaches too closely to animals and people.
- k. Wants to help people too much.
- k. Sometimes do not take care of yourself very well.
- k. Holds anger inside and can explode some times.
- k. Need a lot of sleep.
- k. Very hard to get up in the mornings.
- k. Feels cold at night and in the morning.
- k. High IQ.
- k. Deep compassion.

Total V ____ **Total P** ____ **Total K** _____

108. Characteristics of the Kapha, Continued

- k. Servants heart.
- k. Avoids conflict.
- k. Tends to over eat.
- k. Needs naps during the day.
- k. Investigates before planning.
- k. Conservative.
- k. Hard to let go and accept changes; can be stubborn and fearful.
- k. When I say I am done with you, I am done with you. I will leave and cut you out of my life.
- k. I lack focus and the drive to achieve in life, lack motivation.
- k. I like to spend a lot of time in meditation being still and alone.
- k. I tend to get down, discouraged and depressed with the difficult things in life.
- k. I get my feelings hurt easy.
- k. I feel doubt many times about the direction of my life.
- k. I do not like too many changes in life. I like things to be more stable.
- k. I like things to be fair and I do not like it when people try to take advantage of me.
- k. I am very giving of my time, energy and love.
- k. Sometimes I give too much and do not take care of myself.
- k. I can get caught in down moods and be negative and not be focused on the positive things.

109. Characteristics of the Pitta

- p. Strong creative energy.
- p. Courage, very brave.
- p. Easy to anger.
- p. Can have strong destructive energy.
- p. Likes cool climate.
- p. Needs a lot of water.
- p. Very smart.
- p. Needs to be constantly challenged to grow.
- p. Has a very powerful energy.
- p. I can be very forceful.
- p. I feel very secure most of the time.
- p. I can standup for myself easily.
- p. I am very protective of those I love.

Total V____ **Total P**____ **Total K**_____

109. Characteristics of the Pitta, Continued

- p. I do not like bullies.
- p. Sometimes I can be a bully.
- p. I never give up in life. I have learned to be strong in a very positive way.
- p. I can sometimes be overpowering to other people.
- p. I am more of a person who takes what I want in life.
- p. I am not a very good person when it comes to giving.
- p. I am very focused in life and my goals.
- p. I can make a very good leader at times.

110. Characteristics of the Vata

- v. Cheerful.
- v. Act upon our thoughts easy.
- v. Easy to adaptation.
- v. Needs stability.
- v. Needs music.
- v. Very emotional.
- v. Can feel deep emptiness at times.
- v. Can be very impulsive.
- v. I like to be free, not too many rules.
- v. I live life without limitations.
- v. I accept changes very well.
- v. I do not like when people try to boss me or control me.
- v. I can move from place to place easily, I can live almost anywhere.
- v. I would rather be a bird to fly than stuck on the ground.
- v. I seek to be free in every way in life.
- v. I like to run and play like a little kid.
- v. I enjoy games and things to open my mind.
- v. I enjoy nature and animals.

Total V_____ Total P_____ Total K_____

Instructions:

Ok now to figure your percentage of each of the characteristics; Vata, Pitta and Kapha. Add up each one for your individual total and then add all three together. Here is an example. If you have totals of 35 Vata, 39 Pitta, and 92 Kapha, your total is 166 points. Then take this and figure as follows: 100 divided by 166 = .602. Then take the individual totals and multiply them by .602. Example: Pitta would be $39 \times .602 = 23.5\%$. Vata would be $35 \times .602 = 21\%$. Kapha would be $92 \times .602 = 55.38\%$. It is a very simple method.

This would give you the percentages of 23.5% Pitta, 21% Vata, and 55.38% Kapha.

This was put together by Aaron Pierson using several other tests and my own input. I created this to benefit others and give freedom to use this and modify it. If you can make it better, please feel free to do so. All I ask is you leave my information and please send me your additions to make this better so I can use them also.

Mahalo!

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