



Dosha Quiz

Introduction

This quiz gathers information about your basic nature—the way you were as a child and the basic patterns that have been true for most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness. If more than one quality is applicable in each characteristic, choose the one that applies the most.

For fairly objective physical traits, your choice will usually be obvious. Since mental traits and behavior tend to be more subjective, you should answer according to how you have felt and acted most of your life, or at least in the past few years.

Instructions

Rank each characteristic with either a 5, 3, or 1. For **each row**, use each number **one time**. Each row should add up to 9. Please see the example below for guidance.

5 = Most accurately represents me **3** = Secondarily represents me **1** = Rarely represents me

Example:

Characteristics	Vata	Pitta	Kapha
Frame	1 I am thin, lanky and slender with prominent joints and thin muscles.	5 I have a medium, symmetrical build with good muscle development.	3 I have a large, round or stocky build. My frame is broad, stout or thick.
Weight	3 LOW; I may forget to eat or have a tendency to lose weight.	5 MODERATE; it is easy for me to gain or lose weight if I put my mind to it.	1 HEAVY; I gain weight easily and have difficulty losing it.
Eyes	5 My eyes are small and active.	3 I have a penetrating gaze.	1 I have large pleasant eyes.

Row = 9

Dosha Quiz

5 = Most accurately represents me 3 = Secondly represents me 1 = Rarely represents me

Characteristics	Vata	Pitta	Kapha
Frame	<input type="checkbox"/> I am thin, lanky and slender with prominent joints and thin muscles.	<input type="checkbox"/> I have a medium, symmetrical build with good muscle development.	<input type="checkbox"/> I have a large, round or stocky build. My frame is broad, stout or thick.
Weight	<input type="checkbox"/> LOW; I may forget to eat or have a tendency to lose weight.	<input type="checkbox"/> MODERATE; it is easy for me to gain or lose weight if I put my mind to it.	<input type="checkbox"/> HEAVY; I gain weight easily and have difficulty losing it.
Eyes	<input type="checkbox"/> My eyes are small and active.	<input type="checkbox"/> I have a penetrating gaze.	<input type="checkbox"/> I have large pleasant eyes.
Complexion	<input type="checkbox"/> My skin is dry, rough or thin.	<input type="checkbox"/> My skin is warm, reddish in color and prone to irritation.	<input type="checkbox"/> My skin is thick, moist, and smooth.
Hair	<input type="checkbox"/> My hair is dry, brittle or frizzy.	<input type="checkbox"/> My hair is fine with a tendency toward early thinning or graying.	<input type="checkbox"/> I have abundant, thick and oily hair.
Joints	<input type="checkbox"/> My joints are thin and prominent and have a tendency to crack.	<input type="checkbox"/> My joints are loose and flexible.	<input type="checkbox"/> My joints are large, well knit and padded.
Sleep Pattern	<input type="checkbox"/> I am a light sleeper with a tendency to awaken easily.	<input type="checkbox"/> I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	<input type="checkbox"/> My sleep is deep and long. I tend to awaken slowly in the morning.
Body Temperature	<input type="checkbox"/> My hands and feet are usually cold and I prefer warm environments.	<input type="checkbox"/> I am usually warm, regardless of the season, and prefer cooler environments.	<input type="checkbox"/> I am adaptable to most temperatures but do not like cold, wet days.
Temperament	<input type="checkbox"/> I am lively and enthusiastic by nature. I like to change.	<input type="checkbox"/> I am purposeful and intense. I like to convince.	<input type="checkbox"/> I am easy going and accepting. I like to support.
Under Stress	<input type="checkbox"/> I become anxious and/or worried.	<input type="checkbox"/> I become irritable and/or aggressive.	<input type="checkbox"/> I become withdrawn and/or reclusive.
Total	___ Vata	___ Pitta	___ Kapha

Note: Each row should add up to 9. The combined Vata, Pitta and Kapha total should add up to 90.

Interpreting Your Results

Now look at your total score for each dosha (Vata, Pitta, and Kapha). If one score is much higher than the others, then you are a single dosha type. However, single-dosha types are in the minority. It is much more common to be a two-dosha or bi-doshic type, where two doshas are predominant. You can look at the characteristics of the pure dosha types and arrive at a good approximation of what a bi-dosha person is like. As a rule, the physical characteristics of doshas don't blend like colors of paint. If you combine Vata, which produces a thin build, with Kapha, which produces a heavy build, you don't get a medium build (a build that is distinctly Pitta). What actually happens is that a Vata-Kapha type exhibits one trait or the other.

If you are a two-dosha type, you may have one dosha that is more prominent in your mind, and another that is predominant in your body—or they can be mixed in your mind and body. For example, a Pitta-Kapha type may have the heavier, solid physique of a pure Kapha type, combined with the mental intensity and drive of pure Pitta.

Finally, if your scores for each dosha are equal, you are considered a tri-doshic type in Ayurveda. The tri-doshic type is extremely rare and can be considered a gift because having a balance of the three doshas creates a sturdy constitution. If you are tri-doshic, you will tend to have a strong immune system and enjoy overall good health and longevity. However, your doshas can still go out of balance, so it's important to cultivate a balancing lifestyle with plenty of restful sleep, exercise, daily time for meditation or inner quiet, healthy meals, time with family and friends, and work or activities that provide a sense of purpose and joy.

As you learn more about the qualities of each dosha and how they express themselves when the dosha is in balance and out of balance, you will be able to notice when an imbalance arises in your mind-body system, and take steps to restore your balance and well-being.

Characteristics

Vata Characteristics

Vata is the principle of movement and change. It is made up of the elements of air and space. People with a predominance of the Vata dosha in their nature tend to be thin, light, and quick in their thought and action. When Vata is balanced, it generates creativity, enthusiasm, and liveliness. When Vata becomes unbalanced, it can manifest in symptoms such as anxiety, insomnia, indigestion, and dry skin.

Mind

Creative, quick, imaginative

Body

Thin, light frame

Skin

Dry

Hair

Dry

Appetite

Delicate, spontaneous, tendency to skip meals

Routine

Variable, spontaneous

Temperament

Welcomes new experiences, enthusiastic, friendly, energetic

Conversation Style

Loves to talk

Shopping Style

Buy, buy, buy!

Stress Response

Tendency to blame oneself and ask, "What did I do wrong?"

Pitta Characteristics

Pitta is the principle of transformation and metabolism. It is made up of the elements of fire and water. People with a predominance of Pitta in their nature tend to have muscular bodies, penetrating minds, and a determined spirit. When Pitta is balanced, it fosters warmth, intelligence, and natural leadership. When Pitta is out of balance, it can manifest in irritability and aggressive behavior and lead to physical symptoms such as heartburn, acne, and ulcers.

Mind

Sharp, intellectual, direct, precise, discerning

Body

Medium build, warm, muscular

Skin

Sensitive, prone to acne and flushing

Hair

Tendency towards early graying or thinning

Appetite

Strong, can eat almost anything, anytime

Routine

Precise and organized

Temperament

Passionate, ambitious, courageous

Conversation Style

Speaks to convey a point

Shopping Style

Spends on luxury items

Stress Response

Tendency to blame others and ask, "What did you do wrong?"

Characteristics

Kapha Characteristics

Kapha is the principle of protection, nourishment, and stability. It is made up of the earth and water elements. People with a predominance of Kapha in their nature tend to be heavysset, with a calm, grounded demeanor and a tendency to think things through and move at a slow, measured pace. When Kapha is balanced, it creates calmness, sweetness, and loyalty. When Kapha is out of balance, it can cause weight gain, lethargy, and resistance to healthy change.

Mind

Detail-orientated, steady, consistent

Body

Sturdy, gains weight easily and has trouble losing it

Skin

Smooth, oily

Hair

Thick, oily

Appetite

Loves to eat but has a slow digestion

Routine

Methodical and steady, resistant to change

Temperament

Thoughtful, forgiving, sweet, patient, loving, content, slow-moving

Conversation Style

Simple and profound

Shopping Style

Saves

Stress Response

Tendency to withdraw and say, "I don't want to deal with it!"

10 Tips for Greater Health for Your Dosha

Enjoy 10 tips for your dosha to help you thrive and maximize your wellbeing each day. Keep this guide handy and share with your friends and family for increased health all around.

Stay Cool and Collected: A Daily Balancing Routine for Pitta

1. Wake up by 6 a.m. every day. This will help you develop a good routine and ensure you get abundant, restful sleep. This is important for Pittas, who tend to have trouble falling or staying asleep when they feel stressed and out of balance.
2. When you get up, drink a glass of warm water. This signals your physiology to eliminate toxins.
3. Meditate for 10 minutes, or longer if you can, letting the inner quiet set the tone for your day. Set an intention for your day—something simple such as, “Every step I take is filled with calm and ease.”
4. Massage your body with cooling and soothing oils such as coconut, sunflower, or olive.
5. Take a cool shower or bath.
6. Get dressed, choosing clothing in cooling colors such as blue, green, and silver.
7. Eat a healthy breakfast with awareness.
8. Perform your morning work and activity.
9. Leave plenty of “space” in your schedule between appointments and due dates. Pittas tend to overschedule themselves and then become stressed by the time pressure. Whenever you find yourself feeling pressured or irritated, focus your attention on taking three slow, deep breaths.
10. Enjoy a relaxed evening. Spend time with friends and family, appreciating the gifts of loving relationships.

10 Tips for Greater Health for Your Dosha

Keep Calm and Centered: A Daily Balancing Routine for Vata

1. Wake up at the same time every day. This will help you develop a good routine and ensure you get abundant, restful sleep. This is vital for Vatas, who tend to push themselves to the point of physical or mental exhaustion.
2. When you get up, drink a glass of warm water. This signals your physiology to eliminate toxins.
3. Meditate for 10 minutes, or longer if you can, letting the inner quiet set the tone for your day. Set an intention, something simple such as, "Today I feel centered and joyful in everything I do."
4. Massage your body with a nourishing, warming oil such as sesame or almond. You may also want to gently rub a drop of sesame oil inside your nasal passages, which have a tendency to become dry in Vata types.
5. Bathe.
6. Wear clothing made with soft fabrics in earth tones and mild pastel shades, which calm Vata types.
7. Eat a healthy breakfast with awareness.
8. Perform your morning work and activity. Focus on one thing at a time. The brain can't actually multitask, so trying to type an email while answering a call and planning a trip will only create Vata imbalances in your mind-body system.
9. Throughout the day, drink lots of warm liquids such as hot water and herbal teas to prevent dehydration. You can prepare a fresh ginger tea by placing a teaspoon of fresh grated ginger into a pint thermos bottle and filling it with hot water.
10. Enjoy a relaxing, warm bath before bed; add a few drops of aromatic oil such as vanilla, lavender, sandalwood, or rose to the water.

10 Tips for Greater Health for Your Dosha

Get Energized: A Daily Balancing Routine for Kapha

1. Wake up just before 6 a.m. In Ayurveda, the period between 6 and 10 a.m. is a time of increased Kapha energy, so by getting up before this Kapha period, you'll avoid that feeling of heaviness you can get even after a good night's sleep.
2. When you get up, drink a glass of warm water. This signals your physiology to eliminate toxins.
3. Meditate for 10 minutes, or longer if you can, letting the inner quiet set the tone for your day. Set an intention for your day—something simple such as, "I enjoy vital energy in every cell of my body."
4. Massage your body with light, warming oils such as safflower or sunflower.
5. Bathe.
6. Wear clothing in bright colors that energize Kapha, such as yellow, orange, and red. If you don't like wearing those colors, use them in your environment. For example, set a vase of vibrant sunflowers on your desk at work, or choose a piece of artwork that has vibrant Kapha-balancing tones.
7. Eat a healthy breakfast with awareness.
8. Perform your morning work and activity.
9. Exercise every day. Try invigorating practices such as running, bicycling, swimming, and dancing. You don't have to exercise for hours at a time—even 20 minutes will energize you; though, as a Kapha, you can benefit by exercising for longer periods. Aim for between 45 and 60 minutes. The most important thing is to be sure to break a sweat every day. You may also enjoy participating in competitive sports or outdoor activities that include an element of risk or excitement, such as rock climbing, sea kayaking, or white-water rafting.
10. Throughout the day, sip on warm, ginger tea, which is delicious and invigorating for Kapha.