

DOSHA QUIZ



Name: _____ Date: _____

This mind-body questionnaire gathers information about your basic nature – the way you were as a child or the basic patterns that have been true 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.

Instructions: PLEASE READ CAREFULLY!

Rank each characteristic with either **5**, **3**, or **1**. For **each row**, use **each number** one time (each row should add up to 9).

5 = Most accurately represents me 3 = Secondly represents me 1 = Rarely represents me			
EXAMPLE	<input type="text" value="3"/> VATA	<input type="text" value="5"/> PITTA	<input type="text" value="1"/> KAPHA = 9
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. = 9
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. = 9
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. = 9
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. = 9
HAIR	<input type="checkbox"/> My hair is dry, brittle or frizzy.	<input type="checkbox"/> My hair is fine with a tendency towards early thinning or graying.	<input type="checkbox"/> I have abundant, thick and oily hair. = 9
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. = 9
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. = 9
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. = 9
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. = 9
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. = 9
TOTAL	_____ VATA TOTAL	_____ PITTA TOTAL	_____ KAPHA TOTAL = 90

Note: Each row should add up to 9. VATA TOTAL, PITTA TOTAL, and KAPHA TOTAL should add up to 90.



VATA

When Vata is out of balance, too much air has accumulated in mind, body, and environment. The result is a sense of un-groundedness. The best way to balance excess Vata is to bring more Earth and stability into the physiology.

Think relaxing.

- Go to bed and awaken at the same time every day.
- Meditate twice a day to quiet the mind.
- Practice yoga to connect with your body.
- Wear relaxing fragrances.
- Eat three meals per day and favor sweet, sour, and salty tastes.
- Perform a slow daily self-massage with warm relaxing herbalized oil.
- Drink relaxing herbal tea.
- Look for opportunities to create rhythm and routine in your life.
- Diffuse relaxing fragrances into your environment.
- Finish things once you start them.



PITTA

When Pitta is out of balance, too much fire has accumulated in mind, body, and environment. The result is a sense of internal and external combustion. The best way to balance excess Pitta is to bring more space and coolness into the physiology.

Think soothing.

- Spend time outside and in nature.
- Favor cooling tastes – sweet, bitter, and astringent – and eat with full awareness.
- Meditate twice a day to soothe the mind and relax the body.
- Schedule some space in your day.
- Perform a slow self-massage with soothing herbalized oil.
- Wear soothing fragrances.
- Favor cool colors – blue, green, and white.
- Drink soothing herbal tea.
- Diffuse soothing fragrances into your environment.
- Engage in non-competitive physical activities.
- Stay cool.
- Be more playful.



KAPHA

When Kapha is out of balance, too much Earth has accumulated in mind, body, and environment. The result is a sense of sluggishness, congestion, and dullness. The best way to balance excess Kapha is to bring more movement and circulation into the physiology.

Think invigoration.

- Awaken at sunrise.
- Look for opportunities to create healthy change.
- Favor pungent, bitter, and astringent tastes.
- Avoid eating when you're not hungry.
- Be spontaneous and try new things.
- Wear invigorating fragrances.
- Clean out your space.
- Drink invigorating herbal tea.
- Diffuse invigorating fragrances into your environment.
- Favor bright strong colors – reds, oranges, and yellows.
- Meditate twice a day to get clear on your intentions and desires.
- Perform a vigorous self-massage with warm invigorating herbalized oil.
- Exercise daily.