



## AYURVEDIC DOSHA QUIZ

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Directions:

For each question, place a 1 by the answer that describes you least, a 3 by the middle choice, and a 5 by the answer that describes you the most. **You should use 1, 3, and 5 ONLY ONCE for each question.**

Answer in a way that is **consistent for you across ALL or most of your life...**from childhood to the present. Current problems with sleep, weight, etc. are separate from your lifelong energy patterns.

#### FRAME section

VATA : I am thin and/or slender with prominent joints and thin/small muscles. \_\_\_\_\_  
 PITTA : I have a medium, symmetrical build with good muscle development. \_\_\_\_\_  
 KAPHA : I have a large, round or stocky build. My frame is broad, stout or thick. \_\_\_\_\_

#### WEIGHT section

VATA : LOW; I may forget to eat or have a tendency to lose weight. \_\_\_\_\_  
 PITTA : MODERATE; it is easy for me to gain or lose weight if I put my mind to it. \_\_\_\_\_  
 KAPHA : HEAVY; I gain weight easily and have difficulty losing it. \_\_\_\_\_

#### EYES section

VATA : My eyes are small and active. \_\_\_\_\_  
 PITTA : I have a penetrating gaze. \_\_\_\_\_  
 KAPHA : I have large, pleasant "doe" eyes. \_\_\_\_\_

#### COMPLEXION section

VATA : My skin is rough, dry or thin. \_\_\_\_\_  
 PITTA : My skin is warm, reddish in color and prone to irritation. \_\_\_\_\_  
 KAPHA : My skin is thick, moist and smooth. \_\_\_\_\_

#### HAIR section

VATA : My hair is dry, brittle or frizzy. \_\_\_\_\_  
 PITTA : My hair is fine with a tendency towards early thinning or graying. \_\_\_\_\_  
 KAPHA : I have abundant, thick and oily hair. \_\_\_\_\_

#### JOINTS section

VATA : My joints are thin and prominent and have a tendency to crack. \_\_\_\_\_  
 PITTA : My joints are loose and flexible. \_\_\_\_\_

KAPHA : My joints are large, well knit and padded. \_\_\_\_\_

SLEEP PATTERN section

VATA : I am a light sleeper with a tendency to awaken easily most of my life. \_\_\_\_\_

PITTA : I am a moderately sound sleeper, often needing less than 8 hours to feel rested. \_\_\_\_\_

KAPHA : My sleep is deep and long. I tend to awaken slowly in the morning. \_\_\_\_\_

BODY TEMPERATURE section

VATA : My hands and feet are usually cold, and I prefer warm environments. \_\_\_\_\_

PITTA : I am usually warm, and have tended to sweat or overheat easily most of my life. I prefer cooler environments. \_\_\_\_\_

KAPHA : I am adaptable to most temperatures but do not love cold, wet days. \_\_\_\_\_

TEMPERAMENT section

VATA : I am lively and enthusiastic by nature. I like change and enjoy experiencing many different things. \_\_\_\_\_

PITTA : I am purposeful and intense. I like to convince. I like to do and be the best! \_\_\_\_\_

KAPHA : I am easy going and accepting. I like to support. My nature is agreeable. \_\_\_\_\_

STRESS section (which one happens most often in an average week, second most often, etc.)

VATA : I become anxious, panicked and/or worried. \_\_\_\_\_

PITTA : I become irritable and/or aggressive. \_\_\_\_\_

KAPHA : I become withdrawn and/or reclusive. \_\_\_\_\_

TOTALS :

VATA TOTAL \_\_\_\_\_

PITTA TOTAL \_\_\_\_\_

KAPHA TOTAL \_\_\_\_\_

All TOTAL (Should add up to 90. If not, re-check that 1, 3, 5 used once for each section):

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