

DOSHA QUIZ

Find your dosha type by ranking the characteristic in each row with a number 5, 3, or 1 in each box.

5=Most like me 3=Somewhat like me 1=Least like me.

Do not use the same number twice in the same row. When you have ranked each statement with a number, total the numbers at the bottom. You should have a final number for each Vata, Pitta and Kapha Dosha. When you add the totals across at the bottom they should equal **90**.

CHARACTERISTIC	VATA	PITTA	KAPHA
BODY TYPE	I am thin and lean with boney joints. <input type="checkbox"/>	I have a medium build and am muscular. <input type="checkbox"/>	I am curvy or overweight. <input type="checkbox"/>
WEIGHT	I do not gain weight easily. <input type="checkbox"/>	I can lose or gain weight easily. <input type="checkbox"/>	I have a hard time losing weight. <input type="checkbox"/>
EYES	My eyes are small, dry and active. <input type="checkbox"/>	My eyes are sharp with an intense gaze. <input type="checkbox"/>	My eyes are big, soft and pleasant. <input type="checkbox"/>
SKIN	My skin has a tendency to be dry, thin and prone to cracking. <input type="checkbox"/>	My skin is smooth, oily and is prone to redness. <input type="checkbox"/>	My skin is thick and prone to be oily or moist. <input type="checkbox"/>
PHYSICAL MOVEMENT	I move fast. <input type="checkbox"/>	I move at a moderate speed. <input type="checkbox"/>	I move slowly and deliberately. <input type="checkbox"/>
SLEEP	I am a light sleeper and awaken easily. <input type="checkbox"/>	I am a sound sleeper and fall asleep easily. <input type="checkbox"/>	I sleep deeply and long. I awaken slowly. <input type="checkbox"/>
BODY TEMPERATURE	My hands and feet are often cold, and I like warm temperatures. <input type="checkbox"/>	I am warm or hot, and I like cool temperatures. <input type="checkbox"/>	I am adaptable, but I do not like cold and damp. <input type="checkbox"/>
SPEECH	My speech is quick and sometimes unclear. <input type="checkbox"/>	My speech is sharp and direct. <input type="checkbox"/>	My speech is quiet, and I mostly listen. <input type="checkbox"/>
PERSONALITY	I am active and enthusiastic. I tend to be anxious. <input type="checkbox"/>	I am organized and purposeful. I tend to be impatient. <input type="checkbox"/>	I am calm and easy going. I tend to be depressed. <input type="checkbox"/>
DIGESTION	I am often gassy, constipated and feel bloated. <input type="checkbox"/>	I have acidity and heartburn. <input type="checkbox"/>	My digestion is sluggish. <input type="checkbox"/>
TOTAL	VATA TOTAL _____	PITTA TOTAL _____	KAPHA TOTAL _____