

DISCOVER YOUR DOSHA

Please circle the most accurate answer. For the most accurate results think back to your late teens or when you're at your happiest:

1. Which best describes your body frame?

- a. Slight, delicate or petite
- b. Muscular, symmetrical
- c. Broad (especially in the chest or hips)

2. Which best describes your hands?

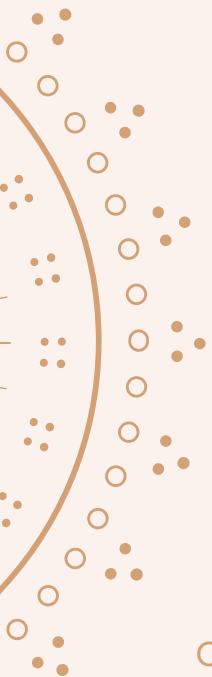
- a. Long, slender, or delicate with brittle nails
- b. Warm or pink with flexible and soft nails
- c. Cool, smooth or chubby with strong nails

3. How was your physical strength?

- a. Found it hard to build strength | weak due to emptiness
- b. Strong to moderately strong
- c. Built for strength but lacked conditioning | Weak due to heaviness

4. Which best describes your hair?

- a. Medium or straight
- b. Thin, dry, brittle or frizzy
- c. Thick and luxurious



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5. Which best describes your eyes?

- a. Small, dry, hooded eyelids or thin eyelashes
- b. Almond, sharp, feline
- c. Big, round, prominent

6. Which best describes your complexion?

- a. China-doll, smooth, milky or pale
- b. Fair, yellowish or freckled/moles, maybe prone to inflammation
- c. Olive, brown, dark, dry or dull

7. How was your internal thermostat?

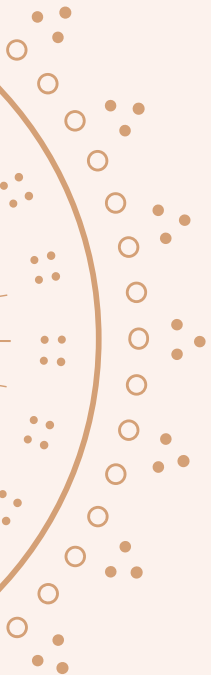
- a. Bitterly cold
- b. Ran hot
- c. Easily adjusted to cold or hot

8. Did you sweat?

- a. Rarely
- b. Profusely
- c. In heat or when exercising

9. Which best describes your learning style?

- a. Snippet learner had a short attention span, so learnt best in bits and pieces
- b. Strong learner (processed information quickly and understood instantly but quickly forgot)
- c. Slow but committed (understanding took energy and perseverance)



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10. How would others have described you?

- a. Talkative, story-teller, could be repetitive or jump off topic
- b. Persuasive, clear, natural born communicator, informed, leader
- c. More of a listener but wise with words

11. How were you in friendships?

- a. Easy-going, adaptable, had lots of friends or loved meeting new people
- b. Selective, preferred to stick with people who share my values, ring leader
- c. Slow to make new friends but fiercely loyal

12. What was your weight in your late teens?

- a. Lower side (could eat anything)
- b. Mid-range (without much effort)
- c. Higher side

13. How was your appetite growing up?

- a. Weak, skipped meals
- b. Strong, always hungry
- c. Varied

14. How did you feel about your body composition?

- a. Would have liked more muscle tone
- b. Comfortable
- c. Wanted to lose weight



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15. How did you feel after eating?

- a. Light and satisfied
- b. Varied sometimes bloated, hungrier
- c. Heavy with a prolonged sense of fullness

16. How many times a day do you get hungry?

- a. Varied (sometimes hungry and sometimes not at all) or can't remember
- b. 5-6+
- c. 2-3

17. Did you experience any of the following growing up?

- a. Loose or runny stools
- b. Varied between constipation and loose stools
- c. Constipation (less than one bowel movement a day)

18. How well did you sleep as a teen?

- a. Lightly with fewer hours sleep
- b. Moderately- deep sleeper but can wake up easily and also fall back asleep easily
- c. Deeply, like a baby



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19. On average, how much sleep did you get?

- a. Less than 5 hours
- b. 5-8 hours
- c. 9-11 hours

20. Did you have difficulty staying asleep?

- a. Yes
- b. No
- c. Sometimes

21. Did you have difficulty falling asleep?

- a. Yes
- b. No
- c. Sometimes

22. Did you have any recurrent dream themes growing up?

- a. Flying, wind, air, falling
- b. Fire, conflict, blood, desire
- c. Water, romance, affection



DISCOVER YOUR DOSHA:

Now go back over the quiz and count how many of
the following you have:

A:_____

B:_____

C:_____

If you got mostly As you are Vata. If you got mostly
Bs you are Pitta. If you got mostly Cs you are
Kapha.

You might also notice that you have two that are
high. This may mean that you are Pitta-Vata or
Kapha-Vata etc.



VATA

A person with vata predominant is blessed with a quick mind, flexibility and creativity. Mentally, they usually grasp concepts quickly but then forget them just as quickly. Alert, restless and very active, vata people walk, talk and think fast, but are easily fatigued. They tend to have less willpower, confidence, boldness and tolerance for fluctuation than other types and often feel unstable and ungrounded. When unbalanced, vata types may become fearful, nervous and anxious. In the external world, vata types tend to earn money quickly and spend it quickly. They are not good planners and as a consequence may suffer economic hardship.

Vata types have variable appetite and digestion. They are often attracted to acidic/bitter foods like salad and raw vegetables, but their constitution is balanced by warm, cooked foods and sweet, sour and salty tastes.

Vata people are more susceptible to diseases involving the air principle, such as emphysema, pneumonia and arthritis. Other common vata disorders include aching joints, dry skin and hair, nerve disorders, constipation, and mental confusion.

PITTA

Pitta types have many of the qualities of fire. Fire is hot, penetrating, sharp and agitating. Similarly, pitta people have warm bodies, penetrating ideas and sharp intelligence. When out of balance, they can become very agitated and short-tempered. The pitta body type is one of medium height and build and they can build muscle easily. They may have many moles and freckles. Their skin is warm and less wrinkled than vata skin. Their hair tends to be silky and they often experience premature graying or hair loss. Their eyes are of medium size. The nose is sharp and the tip tends to be reddish.

Those with pitta-dominant constitutions have a strong metabolism, good digestion and strong appetites. They like plenty of food and liquids and tend to love hot spices and cold drinks. However, their constitution is balanced by sweet, bitter and astringent tastes.

Pitta people's sleep is sound and of medium duration. They perspire easily and their hands and feet stay warm. Pitta people have a lower tolerance for sunlight, heat and hard physical work.

KAPHA

- Kapha types are blessed with strength, endurance and stamina. In balance, they tend to have sweet, loving dispositions and be stable and grounded.

Their skin is oily and smooth. Physically, kapha people may gain weight easily and have a slow metabolism. They tend to shun exercise. They have thick skin and their bodies and muscles are well developed. Their eyes are large and attractive with thick, long lashes and brows. Perspiration is moderate. Sleep is deep and prolonged.

Kapha types are attracted to sweet, salty and oily foods, but their constitutions are most balanced by bitter, astringent and pungent tastes.

Psychologically, kapha people tend to be calm, tolerant and forgiving. However, they may become lethargic. While they may be slow to comprehend, their long term memory is excellent. When out of balance, kaphas tend to experience greed, envy, attachment and possessiveness. In the external world, kapha tendencies toward groundedness, stability and attachment help them to earn and hold onto money.

LISTEN TO YOUR BODY

