

– Doshā Self-Quiz –

One of the basic tools Ayurveda uses is constitution. This is a combination of the Vata, Pitta, and Kapha body–mind types. Your combination of these three types is unique to you and is expressed physically through your DNA.

As you go through the quiz, give your answers based on what feels like *the most accurate long-term tendency for you*. This will give the clearest depiction of who you are. Usually this will be only one of the 3 answers provided in each section. Sometimes two will feel equally accurate; mark them both. Very occasionally all three will feel equally accurate; mark all three answers. Tally up your answers at the end to discover your unique combination of the doshas.

	✓ VATA (AIR TYPE)	✓ PITTA (FIRE TYPE)	✓ KAPHA (EARTH TYPE)
BODY FRAME	long and lean	moderate	substantial
BODY WEIGHT	tends to be underweight	tends to be moderate	tends to be overweight
SKIN	dry, rough, cold, thin	soft, warm, fair, moles and freckles, flushes easily	oily, thick, cool, pale
HAIR	dry, rough, brittle, curly or kinky, coarse, light brown	thin, fine, straight, light-colored, early gray, balding	thick, oily, wavy, dark brown or black
TEETH	irregular, protruding, crooked, thin gums, tendency to tooth decay	regular, moderate, soft gums, yellowish	big, white, strong, healthy
EYES	small, darting, brown	moderate, sharp, intense, greenish	blue, big, caring, thick eyelashes
LIPS	thin	moderate, red	full, pale
NECK	long and thin	moderate	short and thick
JOINTS	dry, cracking, cold, bony	moderate	well lubricated, large, not visible
MUSCULATURE	slight and stiff, tendony	medium, flexible	firm, stout
APPETITE	variable, scanty, can miss a meal without noticing it	good, excessive, gets hangry (hungry + angry) if a meal is missed	low but steady
THIRST	variable	excessive	steady
SWEATING	variable to none	excessive, odorous	moderate to none, no odor
SLEEP	wakes easily, difficult to fall asleep	falls asleep easily, stays asleep, has difficulty sleeping in warm weather	sleeps long and deep, has difficulty waking up
ELIMINATION	irregular, dry, hard, tends to constipation	regular, loose, soft, tends to diarrhea	slow, regular, oily
PHYSICAL ACTIVITY	fast and very active	moderate and competitive	lethargic and slow
DREAMS	often fearful, flying, running, jumping, dancing	often fiery, passionate, angry, violent	often calm, romantic, watery, of relationships
EMOTIONS	unpredictable, anxious, insecure	irritable, jealous, blaming, judgemental, angry, critical	calm, quiet, loving
MIND	restless, active	aggressive, intelligent, intense	calm
FAITH	changeable	determined, can be fanatical	steadfast
MEMORY	recent good, long term poor	sharp	slow but steadfast
INTERESTS	recreating, running, dancing, talking	competitive sports, debate, politics	family and social gatherings, cooking, collecting
FINANCES	poor, spends money on cheaply-made items	moderate, spends money on well-made items	rich, saves well
ACHIEVING GOALS	is easily interrupted & distracted	is focused, driven, production-oriented	works slowly and steadily
RELATIONSHIPS	has many casual acquaintances	has intense relationships	has loyal, long-term relationships
WEATHER	averse to cold, windy weather	averse to hot weather	averse to cold, damp weather
REACTION TO STRESS	excites easily, flies apart in all directions	rises to the challenge	rarely gets stressed; plods along
SHOWS AFFECTION	with words	with gifts	with touch
	TOTAL VATA	TOTAL PITTA	TOTAL KAPHA

