

# DOSHA QUIZ

## *Assessing your Prakruti\**

When filling out the general assessment below, we are assessing your Prakruti, your “stable” constitution. Check off the boxes that closely relate to your long term tendencies.

*\*Although this quiz might be a good indication of your dosha type, it is recommended to seek a consultation with a qualified Ayurveda Practitioner to evaluate a more accurate assessment.*

OBSERVATIONS	Check	VATA	Check	PITTA	Check	KAPHA
Body size		Thin build		Medium build		Large build
Body weight		Low		Medium		Heavy side
Weight change		Trouble gaining		Can gain but lose quickly		Gains weight easily, hard to lose
Skin type		Thin, dry		Smooth, combination skin		Thick, oily,
Skin texture		Cold, roughness, light color		Warm, reddish, freckles		Cool, pale
Hair		Dry, brittle, scarce, gets knotted		Straight, oily, prone to hair loss		Thick, curly, oily, wavy, luxuriant
Hair color		Brown, black		Blond, gray, red,		<u>Dark</u> black, <u>dark</u> brown
Teeth		Big, roomy, stick out, thin gums		Medium size, soft, tender gums		Healthy, white, strong gums
Nose		Uneven shape, deviated septum		Long, pointed, red nose tip		Short, rounded, button nose
Eyes		Small, sunken, dry, active, freq.blinking		Sharp, sensitive to light		Big, calm,
Eye color		Black, brown		bright gray, green, yellow / red,		Blue
Nails		Dry, rough, easily broken		Sharp, flexible, long, reddish tint		Thick, smooth, shiny surface
Lips		Dry, cracked		Often inflamed		Smooth, large
Lip color		Black or brown tint		Red or yellowish		Pale
Chin		Thin and angular		Tapered		Rounded, big
Cheeks		Sunken, lines or wrinkles		Flat and smooth		Big or round
Neck		Long, thin		Medium		Wide
Chest		Small, flat		Moderate		Broad chested
Belly		Small, flat		Moderate		large, defined
Bellybutton		Small, irregular		Oval, superficial		Big, deep, round
Hips		Small or thin		Moderate		Big

Joints		Cracking noise		Moderate		Large, lubricated
Appetite		Irregular in frequency and magnitude		Strong, cannot skip meals		Steady, regular, skips meals
Taste preference		Sweet, sour, salty		Sweet, bitter, astringent		Bitter, pungent, astringent
Thirst		Variable		Need water regularly		Sparse need for water
Digestion		Irregular		Quick		Slow
When there is indigestion		Tendency to constipation, forms gas		Causes burning, heart burn, reflux		Forms mucous
Elimination		Dry		Loose		Thick, sluggish
Physical activity		Always active		Moderate		Slow, measured
Mental activity		Always active		Moderate		Calm
Personality		Vivacious, talkative, social, outgoing		Likes to be in control, intense, ambitious		Reserved, laid back, concerned
Emotional response when stressed		Anxiety, fear		Anger, jealousy		Greedy, possessive, withdrawn
Faith or beliefs		Change from time to time		Dedicated/strong		Consistent
Intellectual response		Quick, not detailed		Accurate, timely		Paced but exact
Memory		Good short term, quick to forget		Medium but accurate		Slow to remember but then sustained
Career, life preference		Creative arts, designing, interacting with people		Science or engineering, construction		Management, human relations, care giving
Environment		Easily feels cold		Intolerant of heat		Uncomfortable in humidity
Sleep		Short, broken up		moderate and sound		Deep and long
Dreams		Multiple and quick, fearful		Fiery, often about conflicts		Slow, romantic
Speech		Rapid, hither thither		precise, articulate		Slow, monotonous
Financial		Buy on impulse		Spends money on luxuries		Good at Saving money
<b>TOTAL</b>		<b>VATA</b>		<b>PITTA</b>		<b>KAPHA</b>