

## **Dosha Quiz:**

### **Frame**

I am thin, lanky, and slender with prominent joints and thin muscles. [V ]

I have a medium, symmetrical build with good muscle development. [P ]

I have a curvy, round or stocky build. My frame is broad, stout or thick. [K ]

### **Digestion + Appetite**

My Appetite tends to be variable and I can experience bloating, constipation and or gas. [V ]

I have a strong appetite and I am hungry for every meal. I may experience heart burn, acid reflux or diarrhea. [P ]

I have low appetite and I may not need a full meal until late in the day. My digestion can become sluggish and slow. [K ]

### **Eyes**

My eyes are small and active and tend towards dryness. [V ]

I have a penetrating gaze that is intense and passionate. [P ]

I have large, watery pleasant eyes with a soft gaze. [K ]

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## **Complexion**

My skin is dry, rough or thin. I tan easily. [V ]

My skin is warm, reddish in color and prone to irritation. My skin is very sensitive. [P ]

My skin is, thick, moist and smooth. I rarely need lotion or oil. [K ]

## **Hair**

My hair is dry, brittle or frizzy. It tends to break easily. [V ]

My hair is fine and oily with a tendency towards early thinning or graying. [P ]

I have abundant, thick, coarse and oily hair. [K ]

## **Joints**

My joints are thin and prominent and have a tendency to crack. [V ]

My joints are loose and flexible. [P ]

My joints are large, well knit and padded [K ]

## **Sleep Pattern**

I am a light sleeper with a tendency to awaken easily. I may have a hard time falling asleep. [V ]

I am a moderately sound sleeper, usually needing less than eight hours to feel rested. I fall asleep with ease. [P ]

My sleep is deep and long. I tend to awaken slowly in the morning and I am able to sleep in. [K ]

## **Body Temperature**

My hands and feet are usually cold and I prefer warm environments. [V ]

I am usually warm, regardless of the season, and prefer cooler environments. [P ]

I am adaptable to most temperatures but do not like cold, wet days. [K ]

## **Personality**

I am lively and enthusiastic by nature. I like to change. Some people may describe me as a constant traveler. [V ]

I am purposeful and intense. I like to lead, convince and advise. [P]

I am easy going and accepting. I like to support and hold space. [K ]

## **Under Stress**

I become anxious and/or worried. I want to find an escape[V ]

I become irritable and/or aggressive. I tend to blame myself and others. [P ]

I become withdrawn and/or reclusive. I may sink into low energy and depression. [K ]

## **Speech**

I tend to use many words to describe one thing. I am a creative speaker with a quick intuitive sense of language. I have a tendency to ramble when I feel ungrounded. [V ]

I am a focused speaker using few, yet very precise words to describe something. My conversations are direct and to the point. [P ]

I am a patient speaker and take my time when conveying a message. I am thoughtful and careful with my words. I may take a moment to answer but when I do it is intentional and focused. [K ]

## **Work**

I like to be creative with my work. If there is a project involving creativity and “out- side of the box” thinking I am eager to move forward with it. [V ]

I like to be organized and to the point. I like to lead groups to the end and fulfill every project handed to me. [P ]

I like to be part of the group as a support. I do not like the lead position. I work better focusing on one aspect of a project. [K ]

## **When Balanced I feel...**

Creative, loving, outgoing, energetic and vibrant. [V ]

Focused, wise, clear, driven and compassionate. [P ] Loving,

Stable, caring, understanding and grounded. [K ]

## **Add up your numbers for each Dosha.**

Vata Pitta Khapa

Which ever number is highest that is your **primary** dosha, **second** is secondary. Most people are a mix of two and rarely an even number of all three.

### **Constitutional combos:**

Vata/Pitta Pitta/Vata Vata/Khapa Pitta/Khapa Khapa/Pitta  
Khapa/Vata

Tridoshic: Vata/Pitta/Khapa (in fairly equal amounts)