



# Dosha Quiz

Name: \_\_\_\_\_

Date:            /        /

This Dosha Quiz helps you better understand your basic nature. Understand what has been true since you were a child and for most of your life. If you developed an illness, remember back to a time before that.

**Instructions:** Rank each characteristic with either a 6, 3, or 1. For each row, use each number one time (each row should add up to 10).

**6 = MOST ACCURATELY REPRESENTS ME      3 = SECONDARILY REPRESENTS ME      1 = RARELY REPRESENTS ME**

CHARACTERISTICS	VATA	PITTA	KAPHA	
<b>FRAME</b>	<input type="checkbox"/> I am thin and slender with small features.	<input type="checkbox"/> I have a medium, symmetrical build and am well proportioned.	<input type="checkbox"/> I have a stocky build. My frame is broad, solid, or thick.	=10
<b>WEIGHT</b>	<input type="checkbox"/> <b>LOW:</b> I may forget to eat, I lose weight easily.	<input type="checkbox"/> <b>MODERATE:</b> I can gain or lose weight easily.	<input type="checkbox"/> <b>HEAVY:</b> I gain weight easily and have trouble losing it.	=10
<b>EYES</b>	<input type="checkbox"/> My eyes are small, narrow and active.	<input type="checkbox"/> I have medium, sharp, piercing eyes.	<input type="checkbox"/> I have round, big, large pleasant eyes.	=10
<b>COMPLEXION</b>	<input type="checkbox"/> My skin is dry, rough or cold.	<input type="checkbox"/> My skin is warm, reddish, oily, and sensitive.	<input type="checkbox"/> My skin is thick, oily, moist and clammy.	=10
<b>HAIR</b>	<input type="checkbox"/> My hair is thin, brittle, frizzy, or curly.	<input type="checkbox"/> My hair is thin and fine, straight, red, or tends to gray early.	<input type="checkbox"/> I have abundant, lustrous, thick and oily hair.	=10
<b>JOINTS</b>	<input type="checkbox"/> My joints are small, thin, and have a tendency to crack.	<input type="checkbox"/> My joints are moderate and flexible.	<input type="checkbox"/> My joints are large, sturdy, and lubricated.	=10
<b>SLEEP PATTERN</b>	<input type="checkbox"/> My sleep is light, short, disturbed, and I toss and turn.	<input type="checkbox"/> I am a moderately sound sleeper. I can go back to sleep easily.	<input type="checkbox"/> My sleep is deep and prolonged. I can easily sleep for 8-10 hrs.	=10
<b>BODY TEMPERATURE</b>	<input type="checkbox"/> I usually feel cold - especially my hands and feet.	<input type="checkbox"/> I am usually warm and prefer cooler environments.	<input type="checkbox"/> I do not like cold, wet days and am fine with most temperatures.	=10
<b>TEMPERAMENT</b>	<input type="checkbox"/> I am creative, imaginative, and lively. I like change.	<input type="checkbox"/> I am efficient, intelligent, and intense. I like to influence others.	<input type="checkbox"/> I am caring, calm, and accepting. I like to be supportive.	=10
<b>UNDER STRESS...</b>	<input type="checkbox"/> I become anxious and easily worried.	<input type="checkbox"/> I become irritable and aggressive.	<input type="checkbox"/> I become withdrawn and reclusive.	=10
<b>TOTAL</b>	<input type="checkbox"/> <b>VATA TOTAL</b>	<input type="checkbox"/> <b>PITTA TOTAL</b>	<input type="checkbox"/> <b>KAPHA TOTAL</b>	=100

Each row should add up to 10. Vata Total, Pitta Total, and Kapha Total should add up to 100.