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Dosha Quiz

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UNDER STRESS	I become anxious and easily worried	I become irritable and aggressive	I become withdrawn and reclusive	= 10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

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