



DOSHA QUIZ

The Key to Understanding your Ayurvedic Constitution

Welcome! This questionnaire is designed to help you understand your Ayurvedic constitution, or *Prakruti*. Ayurveda recognizes that each individual is a unique combination of three fundamental energies, known as *doshas*: Vata, Pitta, and Kapha. By answering the following questions, you can gain valuable insights into your dominant doshas and how they influence your physical, mental, and emotional well-being.

Instructions:

For each question, choose the option that best describes you - more in your typical state (*prakruti*). You can also select it with your current state of health which would indicate your (*vikruti*).

Section 1: General Characteristics

- **My body frame is generally:**
 - ☐ Vata: Thin and delicate
 - ☐ Pitta: Medium and muscular
 - ☐ Kapha: Solid and sturdy
- **My appetite is typically:**
 - ☐ Vata: Variable and irregular
 - ☐ Pitta: Strong and intense
 - ☐ Kapha: Steady but slow
- **I tend to feel:**
 - ☐ Vata: Cold easily
 - ☐ Pitta: Warm or hot
 - ☐ Kapha: Cool and damp
- **My sleep patterns are usually:**
 - ☐ Vata: Light and easily disturbed
 - ☐ Pitta: Sound but shorter
 - ☐ Kapha: Deep and prolonged

Section 2: Physical Features

- **My skin is typically:**
 - ☐ Vata: Dry and rough
 - ☐ Pitta: Oily and sensitive
 - ☐ Kapha: Thick and smooth
- **My hair is generally:**
 - ☐ Vata: Dry, brittle and sparse
 - ☐ Pitta: Fine, oily and prone to thinning
 - ☐ Kapha: Thick, lustrous and wavy
- **My eyes are usually:**
 - ☐ Vata: Small, dry and active
 - ☐ Pitta: Sharp, penetrating and medium-sized
 - ☐ Kapha: Large, calm and attractive
- **My teeth are typically:**
 - ☐ Vata: Irregularly shaped and prone to cavities
 - ☐ Pitta: Medium-sized and prone to redness of gums
 - ☐ Kapha: Large, white and strong

Section 3: Mental and Emotional Traits

- **I learn new things:**
 - ☐ Vata: Quickly, but forget easily
 - ☐ Pitta: With focus and precision
 - ☐ Kapha: Slowly, but retain well
- **I am usually:**
 - ☐ Vata: Anxious and restless
 - ☐ Pitta: Irritable and intense
 - ☐ Kapha: Calm and grounded
- **I respond to stress by:**
 - ☐ Vata: Worrying and feeling overwhelmed
 - ☐ Pitta: Getting angry and frustrated
 - ☐ Kapha: Becoming withdrawn and stagnant
- **My memory is generally:**
 - ☐ Vata: Short-term and forgetful
 - ☐ Pitta: Sharp and detailed
 - ☐ Kapha: Long-term and reliable

Section 4: Digestion and Elimination

- **My digestion is typically:**
 - ☐ Vata: Irregular and gassy
 - ☐ Pitta: Strong and efficient
 - ☐ Kapha: Slow and heavy
- **My bowel movements are usually:**
 - ☐ Vata: Dry and constipated
 - ☐ Pitta: Loose and frequent
 - ☐ Kapha: Slow and sluggish
- **After eating, I often feel:**
 - ☐ Vata: Bloating or uncomfortable
 - ☐ Pitta: Satisfied and energized
 - ☐ Kapha: Heavy and sleepy
- **I prefer tastes that are:**
 - ☐ Vata: Sweet, sour, and salty
 - ☐ Pitta: Sweet, bitter, and astringent
 - ☐ Kapha: Pungent, bitter, and astringent

Section 5: Activity and Energy Levels

- **My energy levels are generally:**
 - ☐ Vata: Fluctuating and unpredictable
 - ☐ Pitta: Consistent and driven
 - ☐ Kapha: Steady and sustained
- **I prefer activities that are:**
 - ☐ Vata: Creative and stimulating
 - ☐ Pitta: Challenging and competitive
 - ☐ Kapha: Relaxing and comfortable
- **I handle physical exertion:**
 - ☐ Vata: With quick bursts of energy
 - ☐ Pitta: With moderate endurance
 - ☐ Kapha: With great stamina
- **I am most comfortable in:**
 - ☐ Vata: Warm and humid weather
 - ☐ Pitta: Cool and moderate weather
 - ☐ Kapha: Dry and sunny weather

Section 6: Voice and Speech

- **My voice is generally:**
 - [] Vata: High-pitched and cracking
 - [] Pitta: Sharp and penetrating
 - [] Kapha: Deep and resonant
- **I tend to speak:**
 - [] Vata: Quickly and talkatively
 - [] Pitta: Precisely and purposefully
 - [] Kapha: Slowly and deliberately
- **I tend to interrupt or:**
 - [] Vata: Change topics often
 - [] Pitta: Dominate the conversation
 - [] Kapha: Pause often and speak less
- **I communicate best when:**
 - [] Vata: Expressing creative ideas
 - [] Pitta: Giving instructions or directions
 - [] Kapha: Providing support and empathy

Scoring:

Tally the number of Vata, Pitta, and Kapha responses you selected.

Vata: _____ 
 Pitta: _____ 
 Kapha: _____ 

The dosha with the highest score is likely your dominant dosha. You may have a combination of two dominant doshas (e.g., Vata-Pitta).

Please keep in mind, this gives you a snapshot of your Ayurvedic body type. For a more in-depth analysis and personalized recommendations, consult with Dr. Leena Sripada, ND.