



DOSHA QUIZ

WHAT ARE DOSHAS?

The Doshas are our elemental physical and mental constitutions. Determining your Dosha will help you make more informed choices in pursuing a balanced life through drawing upon the wisdom of Ayurveda.

TAKE THE QUIZ:

Choose the description that best suit you.... You may feel you fit into two categories, but choose the more prominent and longterm truth.

This Dosha Quiz is intended to give you a general idea of your Prakruti (Original Constitution), but to truly determine your constitution and any current imbalances, we recommend booking a consultation with a certified Ayurvedic Practitioner or Ayurvedic Doctor.

Frame	<input type="radio"/> Slim, Lanky, Slender	<input type="radio"/> Medium, Symmetrical, Lean	<input type="radio"/> Full-Figured, Big-Boned, Stocky
Weight	<input type="radio"/> Low: Hard to gain	<input type="radio"/> Moderate: Easy to maintain and loose	<input type="radio"/> Heavy: Easy to Gain & Hard to Loose
Face	<input type="radio"/> Oval	<input type="radio"/> Heart Shaped	<input type="radio"/> Round/Square
Eyes	<input type="radio"/> Small, Dry, Active, Brown, Black	<input type="radio"/> Medium, Sharp, Bright, Light Colored, Redness	<input type="radio"/> Big, Calm, Moist, White, Soft
Teeth	<input type="radio"/> Small, Irregular, Spaces	<input type="radio"/> Medium size, Slight Yellowing	<input type="radio"/> Healthy, White, Strong Gums
Hair	<input type="radio"/> Dry, Brittle, Thin, Frizzy	<input type="radio"/> Straight, Oily, Grey, Red, Balding	<input type="radio"/> Full, Oily, Curly, Lustrous
Complexion	<input type="radio"/> Thin, Dry, Rough, Cold	<input type="radio"/> Rosy, Freckles, Acne, Warm	<input type="radio"/> Pale, Even, Oily, Clamy
Nails	<input type="radio"/> Dry, Brittle, Cracked, Striated	<input type="radio"/> Flexible, Soft, Pink	<input type="radio"/> White, Strong, Smooth
Appetite	<input type="radio"/> Variable, Light	<input type="radio"/> Strong, Voracious	<input type="radio"/> Slow, Consistent
Digestion	<input type="radio"/> Irregular, Gas & Bloating	<input type="radio"/> Quick, Burning at times	<input type="radio"/> Slow, Steady
Elimination	<input type="radio"/> Irregular, Constipation	<input type="radio"/> Often, Loose at times	<input type="radio"/> Slow, Sluggish
Sleep	<input type="radio"/> Light, Easily Awoken, Broken	<input type="radio"/> Sound, Deep, Early Riser	<input type="radio"/> Deep, Prolonged, Naps
Body Temperature	<input type="radio"/> Cold - especially in the hands & feet	<input type="radio"/> Warm and at times over-heat	<input type="radio"/> Adaptable but don't enjoy cold & wet climates
Speech	<input type="radio"/> Rapid, Vacillating, Excited	<input type="radio"/> Focused, Direct, Penetrating	<input type="radio"/> Thoughtful, Calm, Monotonous
Under Stress	<input type="radio"/> Overwhelm, Anxiety, Worry	<input type="radio"/> Focused, Problem Solving, Irritable, Aggressive	<input type="radio"/> Withdrawal, Paralysis, Stubborn, Reclusive
Mental	<input type="radio"/> Uplifting, Lively, Restless, Creative, Enthusiastic	<input type="radio"/> Dynamic, Intense, Purposeful, Judgmental, Sharp	<input type="radio"/> Steady, Calm, Slow, Easy Going, Empathetic
Memory	<input type="radio"/> Short Term, Scattered	<input type="radio"/> Sharp, Selective	<input type="radio"/> Slow, Longterm
Hobbies	<input type="radio"/> Art, Creativity, Varied	<input type="radio"/> Sports, Competitive, Extreme	<input type="radio"/> Introverted,
Relationships	<input type="radio"/> Many Connections, Light & Casual	<input type="radio"/> Intense, Selective, Intentional	<input type="radio"/> Loyal, Few & Longterm
Project Approach	<input type="radio"/> Various Projects, Oscillating, Experimental, Lacks Completion	<input type="radio"/> Rises to Challenges, Dynamic, Focused, Leadership	<input type="radio"/> Slow, Steady, Reliable, Procrastination
	VATA	PITTA	KAPHA