What is your Dosha?

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	Vata	Pitta	Kapha
My natural frame can best be described as	lean and slim	medium build	strong and robust
My body weight can best be described as	light	medium	heavy
My skin can best be described as	dry, rough and cold	soft, oily, warm, fair and red	thick, oily, cool and pale
My hair can best be described as	dry and brittle	soft, oily and early grey	thick and oily
My sleep can best be described as	light and interrupted	moderate and slightly disturbed	sound, heavy and prolonged
My metabolism can best be described as	variable	fast and excessive	slow but steady
Usually, my thirst is	variable	excessive	low
Usually, I sweat	inconsistently and randomly throughout the day	a lot	very little

Elimination	irregular, dry, hard and constipated	regular, soft, oily and loose	regular and oily
When I workout, I am	fast and active but easily exhausted	enduring and strong	slow and lethargic but with good stamina
Usually, my hands and feet are	cold	warm	comfortable
Usually, my pulse is	irregular and weak	jumping but regular	slow and broad
My emotional temperament can best be described as	creative, dreamy and excitable	purposeful and enthusiastic	calm, content and easygoing
When my emotions are out of balance, I am	hypersensitive, anxious and insecure	irritable, aggressive and jealous	clingy, attached and sad
My most sensitive areas are	YURVEDIC MASSAGE OIL FOR ITTA CONSTITUTION NETVOUS SYSTEM CERTIFIED ORGANIC and mind	skin and digestive system	respiratory system and weight
Usually, my mind is	restless and active	intelligent and driven	peaceful and relaxed
Usually, my faith is	changeable	determined and fanatic	steady
My memory is best described as	good short- term but poor long-term	sharp and clear	slow to grasp but great long-term
My interests are	art, music, and creation	competitive activities and debate	family, social gatherings and cooking