

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

