

Circle all applicable items in all three categories. Then count the circled items for each column, tally below, and see which dosha is the most descriptive for you.

<p style="text-align: center;">Vata Dosha</p> <p style="text-align: center;">Symptoms of Imbalance</p>	<p style="text-align: center;">Pitta Dosha</p> <p style="text-align: center;">Symptoms of Imbalance</p>	<p style="text-align: center;">Kapha Dosha</p> <p style="text-align: center;">Symptoms of Imbalance</p>
<ul style="list-style-type: none"> ○ Dry or rough, chapped skin ○ Insomnia or light, interrupted sleep ○ Constipation, gas, bloating, dry, hard stools ○ Fatigue ○ Headaches ○ Dislike of cold and wind ○ Underweight or losing weight ○ Anxiety, worry and restlessness, excess thinking ○ Attention Deficit with Hyperactivity Disorder ○ Nervousness, anxiety, panic, fear ○ Twitches, tics, tremors, spasms ○ Difficulty tolerating loud noises ○ Spacey, scattered feeling ○ Difficulty paying attention 	<ul style="list-style-type: none"> ○ Red, inflamed rash, acne, cold sores ○ Inflammatory skin conditions (including acne) ○ Acid reflux, gastric or peptic ulcers, heartburn, stomach aches ○ Nausea or discomfort upon missing meals ○ Diarrhea or Loose stools ○ Excessive feeling of heat in the body ○ Controlling and manipulative behavior ○ Frustration, anger, irritability, hostility ○ Judgment, impatience, criticism, intolerance ○ Red, inflamed or light-sensitive eyes ○ Excessive perfectionist tendencies ○ Excessive competitive drive 	<ul style="list-style-type: none"> ○ Oily skin ○ Slow digestion ○ Sinus congestion ○ Nasal allergies ○ Asthma ○ Excess mucous ○ Thick, white tongue coat ○ Slow, sticky, sluggish bowel movements ○ High body weight ○ Difficulty rising in the morning ○ Feeling slow, foggy, dull, lethargic or heavy ○ Easily attached or possessive ○ Overly sentimental, obsessive, or needy ○ Complacent or stubborn ○ Tendency for “emotional overeating” ○ Skin growths ○ Apathy and depression

Vatta _____

Pitta _____

Kapha _____