



Dosha Quiz



Lakshmi Ayurveda

Free Downloadable

About the Doshas

The five elements combine in pairs and form three dynamic forces called 'doshas'. The entire body functions are explained through these doshas. As the active or mobile elements, they determine the life processes of growth and decay. When in balance doshas are responsible for good health. When out of balance they are the causative forces behind the disease process.

VATA

Ether + Air

The five elements combine to create the three doshas.

PITTA

Fire + Water

Please keep in mind that this quiz is not meant to diagnose or treat yourself or others. This quiz is only a guideline and not a diagnostic tool. Consulting with an Ayurvedic Practitioner is the best way to identify your Prakriti, constitution, and your Vikriti, current state of imbalance.

KAPHA

Water + Earth

Vata, Pitta and Kapha move in the whole body producing good or ill effects upon the entire system, according to their normal or aggravated states. Their normal state is balance and their aggravated state is illness.

Charaka Samhita

Qualities of the Doshas

VATA

Qualities include dry, cold, light, mobile, subtle, rough and irregular.

🌸 Principle of communication and movement.

PITTA

Qualities include hot, sharp, penetrating, slightly oily, fast, irritable, liquid.

🌸 Principle of passion and metabolism.

KAPHA

Qualities include slow, heavy, dense, soft, oily, sticky, cloudy, liquid and sweet.

🌸 Principle of love, structure, stability and moisture in the body.

Dosha Questionnaire

lakshmi ayurveda 🌸	Vata		Pitta		Kapha	
Body Frame	Slim		Medium, balanced		Large, broad	
Weight	Light		Moderate		Heavy	
Age	40 Years or Above		20-39 years		1-19 years	
Skin	Thin, dry, rough		Soft, oily, warm		Thick, moist	
Hair	Dry, frizzy, dark, brittle		Soft, oily, blond, red, grey, bald		Thick, oily, wavy	
Teeth	Protruding, uneven, big		Medium, soft, tender gums		Strong, even, white, healthy gums	
Nose	Uneven shape, deviated septum		Long pointed, red nose tip		Short rounded, button nose	
Eyes	Small, sunken, dull, dry, active, nervous		Sharp, penetrating, bright		Big, thick lashes	
Nails	Rough, dry brittle		Soft, pink, strong		Soft, large, white, smooth	
Appetite	Variable, small		Good, regular		Slow, steady	
Thirst	Variable		Excessive		Minimal	
Elimination	Dry, hard, constipated		Soft, oily, loose		Thick, heavy, slow	
Digestion	Ireegular, forms gas		Quick, causes burning		Prolonged, forms mucus	
Urine	Frequent but sparse		Yellow, copious		Infrequent, average	
Sweat	Minimal		Profuse, pungent in odour		Slow to begin and then heavy	
Pulse	Weak, erratic		Stable, strong		Slow, smooth	
Sleep	Light, disturbed, minimal		Sound, moderate		Deep, prolonged	

	Vata		Pitta		Kapha	
Speech	Rapid, unclear, high or hoarse		Sharp, cutting, loud		Slow, harmonious, monotonous	
Immunity	Variable, poor		Moderate		High	
Physical Activity	High, restless, mobile		Moderate, directed		Minimal, slow	
Temperature Preferences	Dislikes cold		Likes coolness		Craves warmth	
Endurance	Minimal		Moderate		Excellent	
Mind	Restless, curious		Aggressive, clever		Calm, slow	
Memory	Short-term		Sharp, distinct		Long-term	
Routine	Dislikes		Enjoys planning		Adaptable, tolerates	
Faith	Erratic, changeable		Fanatical, extremist		Steady, devoted	
Opinions	Variable, fluctuate		Expresses forcefully		Changes slowly	
Hobbies	Travel, art, philosophy		Sports, politics, luxuries		Serene, leisurely types	
Nature of Work	Creative		Intellectual		Caring	
Food	Simple, sparse, snacks		Requires regular meals		Gourmet, luxury, fatty	
Creativity	Original, fertile		Technical, scientific		Entrepreneurial	
Sensitivities	Cold, wind, dryness		Heat, sun, fire		Cold, damp, humidity	
Temperament	Nervous, insecure, shy		Determined, motivated		Conservative, resilient	
Dreams	Frequent, fearful		Fiery, violent, vivid		Romantic, calm	
Intellect	Quick in learning but forgets easily		High, accurate response		Slow, exact	
Total						

Disclaimer: Before incorporating any of the information offered in this downloadable, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

Please note that our claims about the doshas have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.

If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we
hope you enjoy this downloadable.

