



Dosha Quiz

What is your Prakruti (body constitution)?

Circle these answers first based on the state of your natural being throughout your life. The focus is you, the real you, not what happens to be true recently, nor what you wish to be. You may float between two answers and in that case, pick both. Add up the totals for each v, p, and k at the end. The test will give you an idea if you are Vata, Pitta, Kapha or any combination of the three. It's also important to remember that most individuals have one primary dosha, followed by a prominent secondary dosha.

1. Physique

- v) I am a slender person and I hardly gain weight, maybe unusually small or tall
- p) I am a medium, muscular build
- k) I am well built and I gain weight no matter what I do

2. Skin

- v) My skin is dry, thin, and can itch often
- p) My skin looks flushed; I have lots of moles and freckles on my body
- k) My skin is smooth and soft, it looks pale sometimes

3. Hair

- v) My hair is dry, thin and brittle
- p) My hair is neither dry nor oily (early graying for men and women; men, receding hairline)
- k) My hair is thick, full, lustrous, and slightly oily

4. Face

- v) My face is oval
- p) My face is triangular (pointed chin, prominent jaw line)
- k) My face is round

5. Eyes

- v) My eyes are small; they feel dry often (usually brown but not always)
- p) My eyes are medium in shape; sharp & penetrating (usually blue, green or hazel, but not always)
- k) My eyes are big and round in shape, full eyelashes

6. Hands

- v) My hands are generally dry, rough; slender fingers; dry nails
- p) My hands are generally moist, pink; medium fingers; soft nails
- k) My hands are generally firm, thick; thick fingers; strong & smooth nails (large wrist)

7. Joints

- v) My joints are small, prominent bones, and often crack
- p) My joints are medium and loose
- k) My joints are large, sturdy, with lots of muscle surrounding

8. Activities

- v) I am a very active person (always on the go, mind constantly thinking)
- p) I like to think and plan before I do anything
- k) I am steady and graceful (I don't like to rush)

9. Actions

- v) I walk fast and talk fast
- p) My actions are very thoughtful and precise
- k) I like a slower pace and I take my time to accomplish things

10. Sleep

- v) I do not sleep soundly at night. I tend to toss and turn. I wake up early in the morning
- p) I am a light sleeper but if something wakes me up, I can go back to sleep easily
- k) I am a heavy sleeper and tend to sleep long hours.

11. Appetite

- v) Varies, sometimes I feel hungry, sometimes not, I feel anxious if I don't eat
- p) I always feel hungry at mealtimes. If I don't eat I get irritable and angry
- k) I don't feel very hungry. I can go without food easily for a day (but I like to eat)

12. Bowel Movement

- v) I tend to have constipation and can go a day or two without a bowel movement
- p) I am regular and sometimes stools are loose (tend more towards loose stool)
- k) I have no problem. I wake up to go to the bathroom.

13. Voice

- v) My voice tends to be high pitched, weak or hoarse
- p) I have a strong voice, I may get loud sometimes
- k) My voice is deep, melodious and has good tone

14. Emotions

- v) I am a born worrier, I often feel anxious and nervous
- p) If things don't happen my way, I feel irritable and angry
- k) I am a happy person, very caring and loving but can get depressed

15. Weather Preference

- v) I love warm and humid weather
- p) I enjoy cool weather, I dislike a warm climate and get overheated
- k) I like warm but dry weather

16. Sweating

- v) I sweat little but not much
- p) I sweat profusely and it might have an unpleasant odor
- k) I never sweat, unless working very hard

17. Memory

- v) I remember quickly and forget quickly
- p) I remember what I want to remember and never forget
- k) It takes me a while to remember, but once I do I never forget

18. Actions

- v) I tend to be spontaneous
- p) I am a list maker. I like to plan
- k) I don't like to plan, I prefer to follow others

19. Stamina

- v) I like to do things in spurts and I get tired very easily
- p) I have medium stamina
- k) I can work long hours and maintain good stamina

20. Mind

- v) My mind gets restless easily (it starts racing)
- p) I get impatient easily
- k) It takes a lot to make me mad. I usually feel very calm

21. Decision Making

- v) I change my mind more often and will take time to make a decision
- p) I can make a decision easily and stick with it
- k) I want others to make the decisions

22. Personality

- v) "can I change my mind"

- p) "it's my way or the highway"
- k) "don't worry be happy"

23. Sports

- v) I like action
- p) I like to win
- k) I like to have fun

24. Health Problems

- v) My symptoms are mainly pain, constipation, anxiety and depression
- p) I often get skin infections, fevers, heartburn, hypertension
- k) I tend to get allergies, congestion, weight gain and digestive problems

25. Hobbies

- v) I like art (drawing, painting, dance) and travel
- p) I like sports, competitive games, politics, and things that get my adrenaline pumping
- k) I like nature, gardening, cooking, reading, collecting and knitting.

Total V_____ P_____ K_____

Total the number of Vata (V), Pitta (P), & Kapha (K). The highest number is your primary dosha and the second highest number is your secondary dosha.

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