



Rogue Valley Natural Medicine **Health Dosha Quiz**

What is a Dosha?

According to Ayurveda, each of us has a unique mix of three mind/body principles, which creates our specific mental and physical characteristics. These three principles are called doshas. Most of us have one or two doshas, which are most dominant in our nature, with the remaining one(s) less expressed.

What are the 3 Doshas?

The three doshas are known as: Vata, Pitta, and Kapha. To find out your dominant dosha, take the Dosha Quiz below.

Frame:

- a. I am thin and slender with prominent joints and lean muscles.
- b. I have a medium, symmetrical build with good muscle development.
- c. I have a large or stocky build.

Skin:

- a. My skin is dry and rough.
- b. My skin is warm, reddish in color and easily irritated.
- c. My skin is moist and oily.

Hair:

- a. My hair is dry, brittle or frizzy.
- b. My hair is fine, thin, or prematurely gray.
- c. My hair is thick and wavy.

Eyes:

- a. My eyes are small and active.
- b. I have a penetrating gaze.
- c. I have large pleasant eyes.

Joints:

- a. My joints are thin, prominent and have a tendency to crack.
- b. My joints are loose and flexible.
- c. My joints are large, well knit and firm.



Body Temperature:

- a. My hands and feet are usually cold and I prefer warm environments.
- b. I am usually warm, regardless of the season, and prefer cooler environments.
- c. I am adaptable to most temperatures but do not like cold, wet days.

Under Stress:

- a. I become anxious or worried.
- b. I become irritable, intense, or aggressive.
- c. I become withdrawn or depressed.

Sleep:

- a. I am a light sleeper with a tendency to awaken easily.
- b. I am a moderately sound sleeper, usually needing less than eight hours to feel rested.
- c. My sleep is deep and long. I tend to awaken slowly in the morning.

Weather:

My least favorite type of weather is:

- a. Cold Weather
- b. Hot Weather
- c. Damp Weather

Weight Loss:

- a. I tend to lose weight easily.
- b. I maintain my weight easily.
- c. I gain weight easily.

Appetite:

- a. On a daily basis, my appetite varies and I have delicate digestion.
- b. I feel uncomfortable if I skip a meal and I can eat almost anything.
- c. I like to eat, but can skip meals easily. I have a slow digestion.

Bowel Movements:

- a. Tend to be hard with occasional constipation.
- b. Tend to be loose with occasional diarrhea.
- c. Tend to be well formed with occasional constipation.

Personality:

- a. I am lively and enthusiastic by nature. I like change.
- b. I am purposeful and intense. I like being efficient.
- c. I am easy going and caring. I like to support others.



Activity:

- a. I like to be active and it can be hard to sit still.
- b. I enjoy activity that has a purpose, especially competitive.
- c. I like leisurely activities.

Walk:

- a. I walk quickly.
- b. I have a determined walk.
- c. I walk slow and steady at a leisurely pace.

Moods:

- a. My moods change quickly.
- b. My moods change slowly
- c. My moods are mostly steady.

Memory:

- a. I learn quickly and forget quickly.
- b. I have a good memory.
- c. I learn slowly but have a good long-term memory.

Organization:

- a. I am good at getting things started, but not at getting things done.
- b. I am very organized and can focus on a project from start to finish.
- c. I need help getting things started, but I am good at seeing things to the finish.

Mostly A's: You are Vata!

Mostly B's: You are Pitta!

Mostly C's: You are Kapha!

