

INITIATE AYURVEDA



DOSHA TEST

What is your Prakruti (body constitution)?

1. Physique

- a) I am a slender person and I hardly gain weight
- b) I am medium build
- c) I am well built and I gain weight no matter what I do

2. Skin

- a) My skin is dry, thin, and itches often
- b) My skin looks flushed; I have lots of moles and freckles on my body
- c) My skin is smooth and soft, it looks pale sometimes

3. Hair

- a) My hair is dry, thin and brittle
- b) My hair is neither dry nor oily (men, receding hairline)
- c) My hair is thick, full, lustrous, and slightly oily

4. Face

- a) My face is oval
- b) My face is triangular (pointed chin, prominent jaw line)
- c) My face is round

5. Eyes

- a) My eyes are small; they feel dry often and have a bit of dullness (usually brown)
- b) My eyes are medium in shape; sharp & penetrating (usually blue)
- c) My eyes are big and round in shape, full eyelashes

6. Hands

- a) My hands are generally dry, rough; slender fingers; dry nails
- b) My hands are generally moist, pink; medium fingers; soft nails
- c) My hands are generally firm, thick; thick fingers; strong & smooth nails

7. Joints

- a) My joints are small, prominent bones, and often crack
- b) My joints are medium and loose
- c) My joints are large, sturdy, with lots of muscle surrounding

8. Activities

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

9. Actions

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

10. Sleep

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

11. Appetite

- a) Varies, sometimes I feel hungry, sometimes not, I feel anxious if I don't eat
- b) I always feel hungry. If I don't eat I get irritable and angry
- c) I don't feel very hungry. I can go without food easily for a day

12. Bowel Movement

- a) I tend to have constipation and can go a day or two without a bowel movement
- b) I am regular and sometimes stools are loose (tend to get diarrhea)
- c) I have no problem. I wake up to go to the bathroom.

13. Voice

- a) My voice tends to be weak or hoarse
- b) I have a strong voice, I may get loud sometimes
- c) My voice is deep, has good tone

14. Emotions

- a) I am a born worrier, I often feel anxious and nervous
- b) If things don't happen my way, I feel irritable and angry
- c) I am a happy person, very caring and loving

15. Weather Preference

- a) I love warm and humid weather
- b) I enjoy cool weather, I dislike a warm climate
- c) I like warm but dry weather

16. Sweating

- a) I sweat little but not much
- b) I sweat profusely and it might have an unpleasant odor
- c) I never sweat, unless working very hard

17. Memory

- a) I remember quickly and forget quickly
- b) I remember what I want to remember and never forget
- c) It takes me a while to remember, but once I do I never forget.

18. Stamina

- a) I like to do things in spurts and I get tired very easily
- b) I have medium stamina
- c) I can work long hours and maintain good stamina

19. Mind

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

20. Decision Making

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

21. Sports

- a) I like action
- b) I like to win
- c) I like to have fun

22. Health Problems

- a) My symptoms are mainly pain, constipation, anxiety and depression
- b) I often get skin infections, fevers, heart burn, hypertension
- c) I tend to get allergies, congestion, weight gain and digestive problems

23. Hobbies

- a) I like art (drawing, painting, dance) and travel
- b) I like sports, politics, and things that get my adrenaline pumping
- c) I like nature, gardening, reading, and knitting.

Key to your Dosha

Mostly 'A' = Vata
Mostly 'B' = Pitta
Mostly 'C' = Kapha