

AYURVEDA

KNOW YOURSELF AND LIVE YOUR BEST LIFE



Discover Your Dosha Quiz

We are all born with all three doshas, and each dosha governs different areas in the body, for example, *pitta* governs metabolism, but the *doshas* appear differently in each one of us. This unique combination reveals our individual nature. Each of us has a dominant *dosha* that makes up our Ayurvedic constitution or *prakriti*.

To get the most accurate results from this quiz, consider which answer has the most accuracy throughout the course of your life. For example, with questions referring to body weight, relationships, or work, choose the answer that you feel represents your usual pattern over time, not more recent trends.

	Vata	Pitta	Kapha
Body Frame	Thin, irregular, prominent bones and joints, non-symmetrical. Joints make cracking sound.	Medium, balanced,	Large, solid, smooth joints
Chest	Thin, showing ribs, sunken chest, prominent collar bones	Medium chest	Broad, smooth, developed chest
Body Weight	Low, skinny, underweight	Medium, even	Heavy, overweight
Skin	Dry, cold, rough, dark circles under eyes, chapped, dark, cold hands and feet. Tans easily.	Warm, smooth, slightly oily, rosy colour, freckles, moles, irritable/sensitive. Gets sun burnt easily.	Soft, cool, damp, thick, pale.
Sweat	Scant	Profuse, sour smelling	Moderate, consistent
Hair	Dry, thin, split ends, dark, curly, knotted, brittle	Fine, oily, straight, blonde/red, early grey, male pattern baldness	Soft, thick, lustrous, thick, wavy, brown
Face	Angular, thin, long	Heart shape, sharp features	Round face

	Vata	Pitta	Kapha
Eyes	Small, dark, active (moving a lot), sparse lashes, sunken	Medium size, grey, green, or light brown. Steady, sharp, penetrating gaze	Large calm eyes, long, plentiful eyelashes. Soft gaze.
Teeth	Irregular, may protude	Medium teeth, may be yellowish, gums bleed easily	Large, straight, white teeth. Healthy pink gums.
Nose	Sharp, pointed, irregular, long, thin nostrils	Straight, roman, red tip	Round button nose, or large, wide nostrils, squashed shape
Nails	Dry, brittle, crack or flake easily.	Pink colour, shiny, smooth and flexible.	Thick and shiny, pale, defined moons at the base of the nail.
Lips	Thin, dry, cracked, chap easily	Deep red, moist, soft	Large, thick
Circulation	Cooler, or cold, body temperature. Cold hands and feet.	Warm body, warm hands and feet, good circulation	Cool, affected by cold and damp environments.
Stomach/Abdomen	Flat, sunken, underweight	Medium, firm	Large, full, soft
Hips	Small, slim	Medium	Big
Legs	Thin, pronounced knees	Medium	Thick, stocky
Describe your sleep	Light sleeper, often suffer from insomnia.	Good. Restful and you don't need much sleep.	Deep. Heavy sleeper, like to sleep for a long time, slow and reluctant to wake up
Appetite	Irregular, variable, happy to pick and graze, not always hungry at set meal times. You may forget to eat.	Regular with strong appetite. When you're hungry you need to eat soon or you get irritable.	Steady, you enjoy your meals and like to take your time.

	Vata	Pitta	Kapha
Digestion/Elimination	Irregular. Frequent bloating, gas, or constipation. Prone to constipation when travelling.	Regular. Fast metabolism. Prone to heartburn or acidity.	Sluggish. Slow metabolism.
Energy/Stamina	All or nothing energy. Comes in bursts and can be used quickly leaving you feeling exhausted.	Consistent energy, good at pacing, enjoys competitive sport.	Good stamina, but slow to start.
Weight	Low body weight, difficulty gaining weight.	Medium weight. Stays steady.	Heavier weight, or over weight, gain weight easily.
Thirst	Variable, and you prefer hot drinks	Regular, you're often thirsty and you love cold drinks and ice	Low, you're rarely thirsty
General Health Which are you most likely to suffer from?	Anxiety, insomnia, prone to worry, nervous disposition. Constipation, breathlessness, dry and itchy skin, heart palpitations, fatigue.	Irritability, anger, prone to inflammation, rashes. Heartburn, acid reflux, migraines, fever.	Prone to sinus and lung congestion and mucus. Prone to catching colds, weight gain and high cholesterol.
Speech	Talk quickly and have much to say	Sharp speech, precise, convincing	Slow speech, monotone

	Vata	Pitta	Kapha
Personality	Creative, enthusiastic, good imagination. Indecisive, timid, changeable, worries. Quick witted, talkative.	Intelligent, focused, impatient, competitive, ambitious, may over work. Courageous, leader, conversationalist. Hot-headed, dynamic.	Calm, caring, loyal, easy going, reliable, slow to get going. May be lethargic.
Mood	Changeable	Intense emotions	Steady mood and emotions
At work are you?	Creative and full of ideas, but sometimes disorganised.	Good at planning and organisation, but don't like your methods questioned.	Reliable and steady, but it takes you time to get things done.
Response to environment and weather	Sensitive to cold, prefer sun and warmth, dislikes wind	Prefers cool and shade, sensitive to heat, skin burns easily	Prefers warm, dry climates. Dislikes humidity.
How does hot weather affect you?	You love the heat and tan easily	You burn easily and feel irritable in the sun. You are prone to prickly heat type rashes.	You don't mind dry heat, but don't like humid weather. You're happy to rest in the shade.
When stressed do you...	Feel anxious, spaced out, loose sleep, racing changing thoughts, feel the need to talk about your problems, get fatigued, experience indecision and uncertainty, fearful doubts. Constipation.	Feel angry, irritable, defensive, hot-headed, want to control, assert yourself, become critical or judgmental, express sarcasm. Loose bowel movements.	Remain calm and slow to react, comfort eat, loose enthusiasm, have food cravings. Low moods. Over sleep.
In relationships where there may be disagreement do you...	Avoid conflict because it makes you nervous	Confront and sort things out	Feel pretty laid back and happy to go with the flow, but seek comfort in food if you're upset
Add up your score	Vata	Pitta	Kapha



“As long as we are not living in harmony with nature and our constitution, we cannot expect ourselves to be really healed. Ayurveda gives us the means”
Dr David Frawley

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