

### What's your Dosha?

What is a Dosha? The Ayurveda perspective on health and healing is an energetic one based on balancing mind-body-spirit, nature, the Five Great Elements, and constitution or Dosha.

The Three Doshas:

**Vata – the elements and energy of air and ether.**

**Pitta – the elements and energy of fire and water.**

**Kapha – the elements and energy of water and earth.**

Everyone has all three doshas in their makeup, but there is generally one dosha that is predominating, and often, there are dual dosha types and more rarely, all three doshas are evenly balanced.

Each dosha has specific characteristics that can be applied to personality, body type, disease, and life in general. For instance, Pitta is associated with fire and heat, so an example of Pitta type disease would be inflammation or fever. Pitta people generally do not tolerate heat well as they have a lot of internal fire.

By assessing your dominate dosha(s), a lifestyle plan to enhance your health and wellness can be tailored to your specific needs. **To discover your dominant dosha, answer the following using the number values given below.** At the end, total each column and note which dosha has the highest score. That is your dominant dosha. If two scores are within a few points of each other, then you are dual doshic, and if all three scores are within a few points of each other, then you are tri-doshic.

**1 = Describes me a little. 2 = Describes me quite well. 3 = Describes me almost perfectly.**

	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
My hair texture tends to be:	_____ Dry, curly, wavy, shiny	_____ Straight, Fine	_____ Thick, full of body
My hair color is:	_____ Medium, light brown	_____ Blond, reddish, early gray or balding	_____ Dark brown, black
My skin tends to be:	_____ On the dry side.	_____ Delicate, sensitive, combination skin	_____ Oily, smooth
My complexion tends to be: (when compared to others of the same ethnic background)	_____ Darker	_____ Reddish/ruddy, maybe freckled	_____ Lighter
Compared to others of my height, my bone structure is	_____ Smaller	_____ Average	_____ larger
My weight is:	_____ Thin, hard to gain and hold weight	_____ Average	_____ Heavy, gain weight easily
My energy level is:	_____ Fluctuates, comes in waves	_____ Moderate or high, can push myself hard	_____ Steady
Regarding temperature, I	_____ Dislike cold, am comfortable in heat.	_____ Dislike heat, perspire easily, thrive in winter.	_____ Dislike damp, cold and tolerate extremes well

My typical hunger level is:	_____Varies from excessive to no interest. Can forget to eat	_____Intense, need regular meals	_____Steady, and can be emotionally driven.
I prefer my food/drink	_____Warm, moist/oily	_____Cool or cold	_____Warm and dry.
I generally eat:	_____Quickly	_____Moderately fast.	_____Slowly
My sleep is most often:	_____Light and interrupted	_____Sound, moderate	_____Deep, long and slow to wake.
My dreams often include:	_____Flying, looking down at the ground, chases	_____Fire, waterfalls, battles, fights	_____Ocean, clouds, romance
My resting pulse rate: Women: Men:	_____80-100 _____70-90	_____70-80 _____60-70	_____60-70 _____50-60
My sexual interest is:	_____Strong when romantically involved, low to moderate otherwise	_____Moderate to strong	_____Sustained and strong
I am most sensitive to:	_____Noise	_____Bright lights	_____Strong odors
My emotional moods:	_____Change easily; Very responsive	_____Intense, can be quick tempered	_____Even, slow to anger
My general reaction to stress:	_____Anxious and fearful	_____Irritated	_____Mostly calm
With regard to money, I:	_____Spend and make money easily	_____Spend but carefully	_____Save and accumulate
My way of learning is:	_____Learn quickly, enjoy more than one thing at a time, lose focus easily	_____To focus sharply, discriminate and finish what I start.	_____To take my time, tend to be methodical.
I learn new material best by:	_____Listening to a speaker	_____Reading or using visual aids	_____Associating it with another memory
My memory is:	_____Best in the short term.	_____Good overall	_____Best in the long term.
My way of speaking is:	_____Quick, often imaginative, sometimes excessive	_____Clear, precise, detailed, well organized.	_____Soothing, rich with moments of silence.
If there was one trait to best describe me, it would be:	_____Vivacious	_____Determined	_____Easygoing
Regarding relationships, I	_____Easily adapt to different kinds of friends	_____Often choose friends based on their values	_____Am slow to make new friends, but am loyal forever.
My family and friends might prefer me to be more	_____Settled	_____Tolerant	_____Enthusiastic
This evaluation made me feel	_____Indecisive	_____Annoyed	_____Sleepy
<b>Totals</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>