

Dosha Quiz

Your Unique Body Composition (Your Dosha)
Guidelines for determining your constitution



Leslii Stevens ERYT500, YACEP, CYT, CMT
Ayurveda Practitioner & Reiki Master



Dosha Quiz

Your Unique Body Composition (Your Dosha)
by Leslii Stevens ERYT500, YACEP, Ayurveda Practitioner

Client's Name: _____ Date: _____

Instructions

(Please send completed paperwork to us 5 days prior to your scheduled appointment)

1. Fill out this form.
2. For each category, check the boxes next to the options that best describes how you or your child most recently are (if your child is the client) - within the past few weeks.
3. Read across the page from left to right. For example, for the category 'Mental activity' - check 'quick mind, restless.'
4. If you feel you/your child can equally relate to more than one of the descriptions, check all that apply.
5. After finishing a profile, for each column, **tally up how many descriptions you checked**. This number goes into the Subtotal row at the bottom of each profile.
6. After finishing the profiles, please **record your profile totals**
7. Note the column you have the most points in, and then find the corresponding Body Type on the last page of this questionnaire.

Mental Profile

check all that apply

Mental Vata

- Mental activity is quick and restless
- Short-term memory is best
- Thoughts constantly changing
- Short-term concentration is best
- Quickly grasp new concepts
- Dreams can be fearful, flying, running, jumping
- Light, easily interrupted sleep
- Fast speech, sometimes missing words
- Voice high pitch

Mental Pitta

- Sharp intellect, aggressive
- Good general memory
- Thoughts are generally steady
- Better than average concentration
- Medium to moderate speed of learning
- Dreams can be angry, fiery, violent, adventurous
- Sleep is sound, medium
- Fast speech, sharp, clear-cut
- Voice medium pitch

Mental Kapha

- Calm, steady, stable intellect
- Memory best at long-term
- Thoughts are steady, stable, fixed
- Good ability for long-term focus
- Slow to learn new concepts
- Dreams include water, relationships, romance, clouds
- Sleep is heavy, long
- Slow, clear, sweet speech
- Voice low pitch

Total Vata: _____

Total Pitta: _____

Total Kapha: _____

Behavioral Profile

check all that apply

Behavioral Vata

- Eats food quickly
- Irregular hunger levels
- Prefers warm food and drink
- Easily distracted when pursuing goals
- Tends towards multiple casual relationships
- Variable or low sex drive
- Works best while supervised
- Aversion to cold weather
- Excites quickly
- Tends to spend money quickly rather than save
- Makes friends quickly, tends toward short-term friendships

Behavioral Pitta

- Medium eating speed
- Sharp hunger levels, needs food when hungry
- Prefers cold food and drink
- Focused and driven when pursuing goals
- Tends towards intense relationships
- Moderate sex drive
- Works best alone
- Aversion to hot weather
- Medium level of excitement, often caused by stress
- Tends to save money but also a big spender
- Tends to be a loner, friends often related to occupation

Behavioral Kapha

- Slow eating speed
- Can easily miss meals
- Prefers dry and warm food and drink
- Slow and steady when pursuing goals
- Tends towards long and deep relationships
- Strong sex drive
- Works best in groups
- Aversion to damp and cool weather
- Slow to get excited
- Saves regularly, accumulates wealth
- Tends to form long-lasting friendships

Total Vata: _____

Total Pitta: _____

Total Kapha: _____

Emotional Profile

check all that apply

Emotional Vata

- Moods change quickly
- Reacts to stress with fear
- More sensitive to their own feelings
- When threatened tends to run
- Relationship with partner can be clingy
- Expresses affection with words
- Cries when feeling hurt
- Emotional trauma causes anxiety
- Confidence level is timid

Emotional Pitta

- Moods change slowly
- Reacts to stress with anger
- Not as sensitive to feelings
- When threatened tends to fight
- Relationship with partner can be jealous
- Expresses affection with gifts
- Argues when feeling hurt
- Emotional trauma causes denial
- Displays outward confidence

Emotional Pitta

- Moods change slowly
- Reacts to stress with anger
- Not as sensitive to feelings
- When threatened tends to fight
- Relationship with partner can be jealous
- Expresses affection with gifts
- Argues when feeling hurt
- Emotional trauma causes denial
- Displays outward confidence

Total Vata: _____

Total Pitta: _____

Total Kapha: _____

Physical Profile

check all that apply

Physical Vata

- Average amount of hair
 - Light brown or blonde hair color
 - Dry or rough skin texture
 - Cold hands or feet
 - Pale or white skin complexion
 - Very prominent veins and tendons
 - Small eyes
 - Whites of eyes can be blue or brown
 - Very large or very small teeth
 - Tends to be thin, difficult to gain weight
- Elimination can be dry, hard, or thin. Easily constipated

Physical Pitta

- Thinning hair
- Red or auburn hair color
- Soft, normal, or oily skin texture
- Warm skin temperature
- Pink or red skin complexion
- Fairly prominent veins and tendons
- Medium eyes
- Whites of eyes can be yellow or red
- Small to medium teeth
- Medium weight
- Normal elimination. Can be many per day.

Physical Kapha

- Thick hair
- Dark brown or black hair color
- Oily skin and/or uneven tone or texture
- Cool skin temperature
- Darker skin complexion
- Well covered veins and tendons
- Large eyes
- Whites of eyes can be glossy white
- Medium to large teeth
- Heavy weight. gains weight easily
- Heavy, slow, thick, regular elimination.

Total Vata: _____

Total Pitta: _____

Total Kapha: _____

Fitness Profile

check all that apply

Fitness Vata

- Low exercise tolerance
- Fair endurance
- Fair strength
- Fast running speed
- Doesn't like competitive pressure
- Fast walking speed
- Lean, low body fat
- Runs like a deer
- Small body frame, lean or long
- Quick reaction time

Fitness Pitta

- Medium exercise tolerance
- Medium endurance
- Above average strength
- Medium running speed
- Driven by competitive pressure
- Average walking speed
- Medium muscle tone with good definition
- Runs like a tiger
- Medium body frame
- Average reaction time

Fitness Kapha

- High exercise tolerance
- Excellent endurance
- Excellent strength
- Slow running speed
- Deals easily with competitive pressure
- Slow and steady walking speed
- Brawny, bulky muscle tone with higher body fat percentage
- Runs like a bear
- Large body frame
- Slow reaction time

Total Vata: _____

Total Pitta: _____

Total Kapha: _____

Most numbers in Vata, indicate Vata.

Most numbers in Pitta indicate Pitta.

Most numbers in Kapha indicates Kapha.

Even the difference of one number in your total reveals your dosha. For instance, if you choose 7 Vata's and 5 Pitta's, and 2 Kapha's , you are Vata.

Notes:

Ayurvedic Body Type Summary

	Vata-Fall/Winter	Pitta-Summer	Kapha-Spring
Governs	Nervous System	Digestion	Structure
Season	Winter	Summer	Spring
Time of Day	2:00-6:00 am,: Wake up 2:00-6:00 pm,: Think	10:00-2:00 am,: Digest 10:00-2:00 pm,: Cleanse	6:00-10:00 am,: Exercise 6:00-10:00 pm,: Sleep
Taste/Qualities Aggravating	Pungent, Bitter, Astringent/ Light, Cold, Dry	Pungent, Sour, Salty Hot, Light, Dry	Pungent, Bitter, Astringent/ Light, Cold, Dry
Beneficial Oils	Sesame, Almond, Apricot	Sesame, Coconut, Sunflower	Sesame, Almond, Apricot

Fall/Winter-VATA: Air

Vata is the most important of the three doshas. If left unbalanced it causes Pitta and Kapha to become imbalanced. Vata is the main driver or mover of the body, providing these functions:

- All elimination's: fetus, semen, urine, and sweat.
- Assists with metabolisms in the body (Agni), transformation of tissues.
- Controls movement in the body (mental and physical) such as respiration, heartbeat, motivation, contraction of muscles, and natural urges.
- Relays all sensory input to the brain, motor functions.
- Governs nervous systems.

Summer-PITTA: Fire

Wherever there is transformation, there is Pitta. Pitta provides the following functions:

- Metabolism, from digestion of food to transformation of all other material.
- Thermogenesis-maintain the proper body temperature.
- Vision.
- Comprehension of information into knowledge/reasoning and judgement.
- Complexion-gives color and softness to skin.

Spring-KAPHA: Earth, Water

Kapha is the heaviest of the three doshas. It provides the structures and the lubrication that the body needs. Kapha provides the following functions:

- Strength and energy.
- Moistness & Lubrication.
- Stability to add the necessary grounding aspect to both mind and body.
- Mass and structure to provide fullness to bodily tissues.
- Fertility & Virility.

Notes:



© 2023 Leslii Stevens