

DOSHA QUIZ

Complete the following questionnaire – choosing the relevant answer for your Prakriti* (lifetime) or Vikriti* (present). For each question you need to choose two answers, one response for your "lifetime" and one response for the "present" – these are usually the same response, but not always. For example, you may choose "Moderate Weight" for your lifetime but "Heavy, gains weight easily" if you have started putting weight on over the last couple of years.



Print this questionnaire out then sit down somewhere quiet, focus, read the questions several times, and answer honestly – no-one is going to see the results except you.

When you've finished the questionnaire you need to add up the totals for vatta, pitta and kapha. The highest score for Prakriti is your birth constitution – this never changes. The highest score in your Vikriti section is what you are now – these two are not always the same. Once you have your results you can begin to change your lifestyle to bring your body back to harmony; homeostasis.

Some individuals are strongly predominant in one dosha or another. These we might call pure Vata (V), pure Pitta (P) and pure Kapha (K) types.

DUAL TYPES also exist, when two or more Doshas stand in relatively equal proportion. Three different dual types exist as Vata Pitta, Vata Kapha and Pitta Kapha.

An even, balanced or VPK TYPE, sometimes called a TRIPLE TYPE, is found, making seven major constitutional variations in total - this is an extremely rare constitution.



*Please don't let any of the Sanskrit words used confuse you, the most important part of your Ayurveda journey is working out **YOUR** individual constitution. Once you have that (which you'll have once you've completed this document), you can start making lifestyle changes to bring your body back into balance.

CHOOSE EITHER, **V, P,** or **K**

**LIFETIME
PRAKRITI**

**PRESENT
VIKRITI**

1. Body Frame

V - Tall or short, thin; poorly developed physique

P - Medium height; moderately developed physique

K - Stout, stocky, big; well developed physique

2. Body Weight

V - Low, hard to hold weight, prominent veins and bones

P - Moderate, good muscles

K - Heavy, gains weight easily, tends towards obesity

3. Skin Texture

V - Dry, rough or cracked; prominent veins

P - Moist, pink, freckles, slightly oily

K - Pale, moist, soft, oily

4. Skin Temperature

V - Cold

P - Warm

K - Cool

5. Hair Quality

V - Coarse, dry; split ends

P - Fine, soft; can grey or bald early

K - Abundant, oily, thick, lustrous

6. Face Shape

V - Small, thin, long

P - Medium sized, oval, angular

K - Large, stocky, square, round

7. Teeth

V - Small, sometimes crooked

P - Medium-sized

K - Large, very even

8. Gums

V - Dark, receding gums

P - Red, gums bleed easily

K - Soft, pink

9. Tongue Width

V - Narrower than teeth, long and thin

P - Same width as teeth, oval or pointed tip

K - Wider than teeth, thick, round front

TOTAL PRAKRITI:

V ____ P ____ K ____

TOTAL VIKRITI:

V ____ P ____ K ____

CHOOSE EITHER, **V, P,** or **K**

**LIFETIME
PRAKRITI**

**PRESENT
VIKRITI**

10. Forehead

V - Small, wrinkled

P - With folds

K - Large, broad

11. Neck

V - Thin, long

P - Medium

K - Large, thick

12. Eyebrows

V - Small, thin, unsteady

P - Moderate, fine

K - Thick, bushy, many hairs

13. Eyelashes

V - Small, dry, firm

P - Small, thin, fine

K - Large, thick, oily, firm

14. Eyes

V - Small, dry, thin, brown, dull, unsteady

P - Medium, thin, red (inflamed easily), green, piercing

K - Wide, prominent, thick, oily, white, attractive

15. Nose

V - Thin, small, long, dry, crooked

P - Medium

K - Thick, big, firm, oily

16. Lips

V - Thin, small, darkish, dry, unsteady

P - Medium, soft, red

K - Thick, large, oily, smooth, firm

17. Quality of Hands

V - Fine, dry, cold; long fingers

P - Symmetrical; pink, warm

K - Large, cool; thick and short fingers

18. Finger Nails

V - Thin, rough, fissured, cracked, darkish

P - Strong, pinkish

K - Thick, smooth, white

TOTAL PRAKRITI:

V ____ P ____ K ____

TOTAL VIKRITI:

V ____ P ____ K ____

19. Digestive Strength

- V - Variable or weak; often has allergies
- P - Strong, able to digest almost anything
- K - Medium or slow but steady

**20. Digestive Disturbances
from Problem Foods**

- V - Intestinal gas, constipation, colic
- P - Acidity or burning, diarrhoea
- K - Bloating feeling or heaviness, nausea

21. Food Cravings

- V - Dry, sweet or salt; crispy snack foods
- P - Spicy, salty, hot
- K - Sweet, creamy, cold

22. Eating Habits

- V - Binges, snack; forgets to eat
- P - Likes regular, plentiful meals
- K - Eats constantly; overeats regularly

**23. Food Sensitivities (more than one
indicates food allergies or imbalance)**

- V - Beans, cabbage family
- P - Onions, tomatoes, fried foods
- K - Dairy, salt

24. Urination

- V - Two to four times per day
- K - Four to six times per day
- K - Three to five times per day

25. Faeces

- V - Dry, hard, difficult or painful, gas; tends towards constipation
- P - Abundant, loose, sometimes yellowish; tends towards diarrhoea
- K - Moderate, solid; sometimes pale in colour or can have mucus in stool

26. Sweat and Body Odour

- V - Little sweat with no smell
- P - Strong sweating, strong smell
- K - Moderate sweating, neutral smell

TOTAL PRAKRITI: V ____ P ____ K ____

TOTAL VIKRITI: V ____ P ____ K ____

CHOOSE EITHER, **V, P,** or **K**

**LIFETIME
PRAKRITI**

**PRESENT
VIKRITI**

27. Blood Circulation

- V - Poor, variable, cold hands and feet
- P - Good, warm hands and feet
- K - Slow but steady, cool hands and feet

28. Appetite (Agni)

- V - Variable, erratic; easily satisfied
- P - Strong, eats large amounts
- K - Constant but low

29. Activities

- V - Quick, fast, erratic, hyperactive
- P - Motivated, purposeful, goal seeking
- K - Slow, steady, methodical

30. Strength and Endurance

- V - Poor endurance; starts and stops
- P - Moderate level of endurance
- K - Strong, good endurance, slow in starting

31. Sensitivity to Environment

- V - Dislike of cold, wind, sensitive to dryness, seeks warmth
- P - Dislike of heat or direct sun, likes coolness
- K - Dislike of cold, damp, likes wind and sun

32. Resistance to Disease

- V - Poor, variable, weak immune system
- P - Medium, prone to infections
- K - Good, consistent, strong immune system

33. Disease Tendency

- V - Nervous system diseases, pain, mental disorders, insomnia, eating disorders, arthritis
- P - Febrile (related to fever) diseases, ulcers, infections, inflammatory diseases, heart attacks
- K - Respiratory system diseases, mucus accumulation, oedema, obesity, benign tumours

34. Speech Habits

- V - Quick, talkative, inconsistent, erratic
- P - Moderate, argumentative, convincing
- K - Slow, concise, not talkative

TOTAL PRAKRITI: V ____ P ____ K ____

TOTAL VIKRITI: V ____ P ____ K ____

CHOOSE EITHER, **V, P,** or **K**

**LIFETIME
PRAKRITI**

**PRESENT
VIKRITI**

35. Mental Nature

- V - Quick, adaptable, indecisive, impulsive
- P - Factual, penetrating, critical
- K - Slow, steady

36. Emotional Response

- V - Quick but soon over
- P - Hot, irritated or defensive; holds grudge
- K - Slow but lingers for a long time

37. Emotional Tendencies

- V - Anxious, fearful, nervous, worried
- P - Frustrated, irritable, angry, dominating
- K - Calm, attached, greedy, sentimental

38. Psychological Tendencies

- V - Creative, intuitive, inquisitive
- P - Helpful, independent, dynamic
- K - Caring, kind, family oriented, stable

39. Social Relations

- V - Relates easily; can be superficial
- P - Related well; can be dominating
- K - Relates with difficulty

40. Mental Relations to Objects

- V - Not very important; erratic
- P - To know about; purposeful
- K - Important to have or own; practical

41. Relationship to Money

- V - Not very important
- P - Useful to gain control or respect
- K - Very important

42. Relationship to Spending Money

- V - Spends easily
- P - Spends for a purpose
- K - Spends with difficulty

43. Friends

- V - Has many, but not deep
- P - Has close or several
- K - Has few, but very deep

TOTAL PRAKRITI:

V ____ P ____ K ____

TOTAL VIKRITI:

V ____ P ____ K ____

CHOOSE EITHER, **V, P,** or **K**

**LIFETIME
PRAKRITI**

**PRESENT
VIKRITI**

44. Love Relationship

- V - Tends to have many partners, erratic
- P - Tends to marry for position or looks, passionate
- K - Single partner; very faithful

45. Neurotic Tendencies

- V - Hysteria, anxiety attacks, depression
- P - Extreme temper, rage, tantrums
- K - Sorrow, unresponsiveness, depressive, grief

46. Life Goals

- V - Change frequently, not so important
- P - Determined, very important
- K - Fixed for life early

47. Sleep

- V - Light, tends towards insomnia; restless
- P - Moderate, may wake up but will fall asleep again
- K - Heavy; difficulty in waking up in the morning

48. Memory

- V - Poor, notices things easily but easily forgets
- P - Sharp, clear
- K - Slow to take notice but will not forget

49. Thoughts

- V - Constantly changing
 - P - Fairly steady
- Steady, stable, fixed

50. Expresses Affection

- V - With words
- P - With gifts
- K - With touch

51. More sensitive to

- V - Own feelings
- P - Not
- K - Others' feelings

52. Dreams

- V - Flying, moving, restless, nightmares
- P - Colorful, passionate, conflict
- K - Romantic, sentimental, watery, few dreams

TOTAL PRAKRITI: V ____ P ____ K ____

TOTAL VIKRITI: V ____ P ____ K ____



YOUR DOSHA

NOW TIME TO ADD
THEM ALL UP FROM THE
BOTTOM OF EACH PAGE

TOTAL PRAKRITI: V _____ P _____ K _____

TOTAL VRIKRITI: V _____ P _____ K _____

Understanding your Prakriti (the dosha you were born with) and Vikriti (the current balance of your doshas) is essential for achieving optimal health from an Ayurvedic perspective. This knowledge allows you to tailor your lifestyle, diet, and wellness practices to your unique constitution, helping to maintain balance and prevent illness. By identifying imbalances early, you can make informed decisions to restore harmony within your body. Now that you know your doshas, stay tuned for more information on social media about each dosha and practical tips to keep them in balance, ensuring a healthier more vibrant life.

Amanda
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“The three constitutions are wind (vata), fire (pitta) and water (kapha). They destroy or maintain the body, according to whether they are sick or healthy.”

ASHTANGA HRIDAYA SAMHITA