

# VATA DOSHA

These are some common traits found with the Vata Dosha. It can vary from one person to the next and is meant to be a guideline only. Circle the characteristics that resonate with you and total at the bottom.

## Physical Traits

- Slim Body
- Angular Face
- Small Eyes
- Dry or Dark Lips
- Big, Thin Gums
- Dry, Cold, Rough Skin
- Flat Chest
- Cracking Joints
- Brittle Nails
- Dark Hair

## Disposition

- Friendly
- Good Memory
- Highly Intelligent
- Anxious
- Speaks Quickly
- Financially Unsound
- Prefers Small Purchases
- Broken Sleep
- Changes Mind Easily
- Enjoys Social Settings

## Activity

- Very Active
- Bored Easily
- Likes Change
- Dislikes Mundane
- High Energy
- Prefers Outdoors
- Enjoys New Activities
- Imaginative Mind
- Tends to Skip Meals
- Easily Distracted

## Other

- Irregular Appetite
- Digestive Issues
- Prefers Sweet, Sour, Salty
- Changeable Thirst Levels
- Constipation Common
- Embraces New Projects
- Trouble Completing Projects
- Inconsistent Daily Routine
- Tends to be Cold
- Embraces Change



TOTAL: \_\_\_\_\_

# PITTA DOSHA

These are some common traits found with the Pitta Dosha. It can vary from one person to the next and is meant to be a guideline only. Circle the characteristics that resonate with you and total at the bottom.

## Physical Traits

Muscular Body  
Tapered Face  
Eyes Sensitive to Light  
Red Lips  
Medium, Tender Gums  
Warm, Oily Skin  
Moderate Chest  
Moderate Joints  
Flexible Nails  
Oily Hair

## Disposition

Fiery  
Intense  
Creative  
Outcome Focused  
Direct  
Regimented  
Organized  
Ambitious  
Intellectual  
Passionate

## Activity

Purposeful  
Determined  
Enjoys Moderate Activity  
Enjoys Luxury  
Moderate Energy  
Likes Extreme Sports  
Competitive  
Creative Mind  
Prefers Work  
Focused

## Other

Solid Appetite  
Fast Digestion  
Prefers Sweet, Savory  
Very Thirsty  
Loose Stool  
Sees Projects to Completion  
Leaders  
Easy to Anger  
Sound, Short Sleep  
Fiery



TOTAL: \_\_\_\_\_

# KAPHA DOSHA

These are some common traits found with the Kapha Dosha. It can vary from one person to the next and is meant to be a guideline only. Circle the characteristics that resonate with you and total at the bottom.

## Physical Traits

- Heavy Body Frame
- Round Face
- Large Eyes
- Pale Lips
- Healthy Gums
- Warm Skin
- Full Chest
- Smooth, Large Joints
- Thick Nails
- Thick Hair

## Disposition

- Calm
- Patient
- Consistent
- Romantic
- Steady
- Greedy, Attached
- Slow
- Sluggish
- Dependable
- Hard to Motivate

## Activity

- Inactive
- Entertains Well
- Dislikes Change
- Likes Routine
- Slow Energy
- Prefers Indoors
- Hesitant Towards New
- Self-Entertains Well
- Enjoys Nature
- Likes Quiet Activities

## Other

- Slow but Steady Appetite
- Detail-Oriented
- Prefers Bitter, Savory
- Not Very Thirsty
- Slow Digestion
- Slow Stool Elimination
- Enjoys Eating
- Resists Change
- Loving
- Financially Responsible



TOTAL: \_\_\_\_\_

# YOUR RESULTS

Total the circled traits and tally below. Remember to take the quiz in the different phases of your life.

VATA TOTAL \_\_\_\_\_

ELEMENT: AIR

Our Vata friends keep things light and enjoy different things. They can benefit from spending time with grounding people. They bore easily, and do best with variety. When in balance, tend to be creative, when out of balance, prone to anxiety.

PITTA TOTAL \_\_\_\_\_

ELEMENT: FIRE

Our ambitious Pitta friends make for great leaders. They are purposeful in their movements. They are loyal and determined, but can quickly become over-worked. When in balance, they tend to be warm and natural leaders, when out of balance, prone to aggression.

KAPHA TOTAL \_\_\_\_\_

ELEMENT: EARTH

Our Kapha friends are pillars of the community. They can always be counted on. Slow to start, steady wins the race for our Kapha friends. They enjoy puzzles and simple things in life. When in balance, tend to be loving and nurturing, when out of balance, lethargic.

ABOUT

Each of us carry all three of the constitutions. Our doshas are largely impacted by our diet, the company we keep and daily activity. Eating foods that help balance the dosha, will result in an enhanced life for the the respective in-balance traits. This quiz is meant to be a tool of self-study only.

