THE ULTIMATE PRAKRITI OR DOSHA QUIZ

www.manjirinadkarni.com
Namaste, I am Manjiri Nadkarni (to know more about me click here) and I am so excited to be a part of your journey to discover your true shining self and make the best ever lemonade from all the lemons life has offered you.

Knowing your Dosha type is the first stepping stone on this life changing journey. It empowers you to see your strengths and makes you aware of certain inherent disadvantages you have.

Dosha typing forms the basis of my client consultations and I can proudly say that it also forms the very basis of my interaction with the outside world.

So, please enjoy this Free Dosha Quiz and don't forget to share some love by clicking the links below!

xo,
Manjiri

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DOSHA 101

DOSHA WHAT??

Doshas are simply biodynamic forces that govern our mind, body, emotions as well as behaviour and when balanced maintain the proper function of your body. These Doshas are a combination of the Panchamahabhutas or the Five Great Elements that form everything inside and around us.

These doshas also known as your unique blueprint hold the key to your health and happiness.

WHAT IS PRAKRITI OR DOSHA TYPE?

Ayurveda is the in fact personalized medicine. Ayurveda celebrates the unique individuality of people by categorizing them on the basis of their Doshic dominance. Prakriti or Dosha type is the unique combination of Doshas in your body. The dominant doshas indicate your Prakriti. You could be dominant in a single Dosha or have 2 dominant Doshas or could have a balance of all three Doshas.

Fun fact: Your Prakriti is formed at the very time you are conceived and remains constant till your very last breath. and governs your behaviour, thoughts, actions and reactions.

WHY DO I NEED TO KNOW MY PRAKRITI OR DOSHA TYPE?

Balancing your doshas is the recipe for success
Imbalanced doshas are the recipe for disaster

Doshas form the very crux of your being and determine everything about your life- your physical body, your mind, your emotions, your behaviour. Knowing your unique Dosha type can help you understand how your body, mind, emotions work to empower you to make the best decisions for your unique self whether it is choosing healthy foods, lifestyle and activities or spiritual pursuits like meditation.

Dosha typing can help you interact with the world in a way that is pleasant to both you. In Ayurveda, disease is defined as the state of imbalance in the Doshas. So balancing your Doshas is the secret to a disease free healthy life. Dosha type can also predict the disease patterns you can be predisposed to and serve as a great prevention tool.

So I encourage you to get started by printing this guide and finding your own Dosha type! Feel free to share this link with others whom you think might benefit from this guide!
PRAKRITI OR DOSHA TYPE QUIZ

Check mark your answers based on your usual self or how you are all the time and not your current state of health or feelings. If two points for the same category appeal to you, you can check mark both. Add the totals for each of Vata, Pitta, Kapha at the end for your Dosha type. You could have a single dominant Dosha, be a combination of two or have all three Doshas Balanced.

Physical Characteristics

1. Built & Frame:
   v) Thin built, small frame
   p) Medium
   k) Heavy built, large frame

2. Body weight
   v) Trouble gaining weight
   p) Maintains a steady weight
   k) Easily gains weight

3. Complexion
   v) Olive or brown
   p) Fair, copper colour, reddish or yellowish tinge
   k) Fair, pale, bluish tinge or porcelain

4. Skin
   v) Thin, rough and cold; dry skin through all seasons
   p) Smooth warm, acne prone, moles and freckles, burns easily in the sun, early wrinkles
   k) Smooth, soft, thick, clear, lustrous, late onset of wrinkles

5. Hair thickness
   v) Dry, thin, brittle, frizzy, black/ brown color
   p) Medium, straight, early greying or balding, blonde, silver, copper color
   k) Thick, lustrous, oily, wavy or curly, black/ brown color

6. Face Shape
   v) Oval
   p) Angular Pointed/ well defined jaw line
   k) Round

7. Forehead
   v) Small
   p) Medium
   k) Large

8. Eyes
   v) Small, dry, dull, brown in color. Stay half open when asleep
   p) Medium, sharp, intense green or blue in color. Turn red when angry or alcohol intake
   k) Big, round, shiny, bright, dark colored

9. Nose
   v) Uneven shape, deviated septum
   p) Long pointed, tip of the nose often red
   k) Short, rounded, button nose

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10. Teeth
v) Big, crooked, roomy, teeth stick out
p) Medium size, yellowish
k) White, strong, even

11. Hands
v) Dry, rough hands slender fingers
p) Moist, warm or pink hands medium fingers
k) Firm, thick hand thick fingers

12. Nails
v) Dry brittle
p) Soft
k) Strong and smooth

13. Chest
v) Small, Flat
p) Moderate
k) Broad

14. Joints
v) Small, prominent bones, cracking noise
p) Moderate
k) Large, sturdy, lubricated

15. Veins and Tendons
v) Prominent
p) Flaccid tendons and Ligaments
k) Well covered

**Physiological Characteristics**

16. Sweat
v) Barely sweats on any activity
p) Profuse sweat even on minimum activity
k) Minimal sweat on moderate activity or summer

17. Thirst
v) Variable
p) Strong
k) Minimum

18. Appetite
v) Variable appetite Anxious when hungry
p) Strong, cannot skip meals Angry, irritable when hungry
k) Steady, regular, can go without meals

19. Digestion
v) Irregular
p) Quick
k) Slow
20. Indigestion leads to
v) Constipation, gases and bloating
p) Heart burn, acid reflux
k) Mucous

21. Bowel movement
v) Dry, often constipated
p) Loose, often 2-3 times a day
k) Loose, sluggish, 1/day

22. Preferred tastes
v) Sweet, Salty, Sour
p) Sweet, bitter, astringent
k) Bitter, pungent, astringent

23. Preferred climate
v) Warm, humid
p) Cold and dry
k) Warm and dry Can tolerate extremes

24. Voice
v) Weak, hoarse
p) Strong and loud
k) Deep, melodic

25. Speech
v) Fast, diffuse speech Talkative Easily deviates from topic
p) Fast, clear speech Precise, articulate Impressive communicator
k) Slow, clear, Quiet Monotonous

26. Endurance
v) Low
p) Moderate
k) High

27. Sleep
v) Short, disturbed Toss and turn
p) Moderate, sound, can go back to sleep if wakes up at night
k) Long, deep, can easily sleep for 8-10 hours

28. Dreams
v) Multiple, quick, fearful Often sees Wind, air
p) Fiery, often conflicting Often sees Fire
k) Slow, happy romantic Often sees Water

29. Nature/ Temperament
v) Anxious, nervous Worries too much
p) Often irritable and angry Go getter
k) Relaxed Caring and nurturing
30. Actions
  v) Quick, Spontaneous
  p) Very precise Organized
  k) Slow pace, graceful

31. Activities
  v) Very active, multi-tasker
  p) Planned and calculated activities
  k) Slow and Steady. Cannot multitask

32. Courage
  v) Easily scared
  p) Very Courageous
  k) Moderate

33. Speech
  v) Fast, diffuse speech Talkative Easily deviates from topic
  p) Fast, clear speech Precise, articulate Impressive communicator
  k) Slow, clear, Quiet Monotonous

34. Mind
  v) Constant thoughts, restless
  p) Impatient
  k) Calm, Peaceful

35. This phrase defines me
  v) Jack of all trades master of none
  p) Its my way or the highway
  k) I’d rather conserve my energy

36. Faith or beliefs
  v) Variable
  p) Strong dedication
  k) Consistent

37. Intellectual response
  v) Quick, not detailed
  p) Accurate, timely competitive
  k) Paced but exact

38. Memory
  v) Good short term quick to forget
  p) Medium but accurate
  k) Good long term memory. Slow to grasp but never forgets

39. Shopping style
  v) Impulsive buyer
  p) Brand concious
  k) Money saver
40. Relationships
v) Flexible and easy adaptability to different people
p) Passionate
k) Rigid, not adaptable

41. Friendships
v) Short term, multiple friends
p) Chooses friends on basis of their values and merits
k) Slow to make new friends, fiercely loyal

42. Interests & hobbies
v) Anything related to movement and expansion like Art, dancing and travel
p) Anything related to status, intense feelings like Sports, politics
k) Anything related to calmness and sedentary activities, knitting, pottery.

43. If you had to describe yourself which one word applies to you most
v) nomad
p) leader
k) happy-go-lucky

44. I like
v) creativity, artistic endeavours, moving all the time- dance, yoga, travel
p) intense passion- sports, politics
k) calm and relaxing activities- knitting, pottery, reading books, poetry

45. My life motto is
v) To express myself- art, creativity, dance
p) To leave my mark on the world and be famous
k) To help, support and nurture others

Score

Vata  Pitta  Kapha

My Dosha Type is

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Manjiri Nadkarni
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