

Ayurveda

Dosha Quiz

Select one option in each section.

The dosha with the highest score is dominant and the second highest is your next dominant.

	Vata	Pitta	Kapha
Body Frame--bone structure, height, overall size	<input type="radio"/> Small	<input type="radio"/> Medium	<input type="radio"/> Large
Body Temperature--your tendency	<input type="radio"/> Cold	<input type="radio"/> Hot	<input type="radio"/> Comfortable
How easy is it for you to gain weight?	<input type="radio"/> Diifcult	<input type="radio"/> Average	<input type="radio"/> Easy
Appetite --how does your hunger range?	<input type="radio"/> Inconsistent	<input type="radio"/> Strong	<input type="radio"/> Steady
Stamina--your energy in a project or activity (physical)	<input type="radio"/> Low-Mild	<input type="radio"/> Average	<input type="radio"/> Enduring
Sleep- ability to stay asleep	<input type="radio"/> Light sleeper	<input type="radio"/> Average	<input type="radio"/> Deep Sleeper
Stress Level or Personality	<input type="radio"/> Anxious	<input type="radio"/> Impatient	<input type="radio"/> Low Stress
Daily Routine	<input type="radio"/> Flexible	<input type="radio"/> Challenging	<input type="radio"/> Consistent
Personality	<input type="radio"/> Creative	<input type="radio"/> Dynamic	<input type="radio"/> Loving

Add Totals

V

P

K