

Dosha Quiz

The three doshas are known as: Vata, Pitta, and Kapha. To find out your dominant dosha, take the Dosha Quiz below:

Frame

- A. I am thin and slender with prominent joints and lean muscles.
- B. I have a medium, symmetrical build with good muscle development.
- C. I have a large or stocky build.

Hair

- A. My hair is dry, brittle or frizzy.
- B. My hair is fine, thin, or prematurely gray.
- C. My hair is thick and wavy.

Eyes

- A. My eyes are small and active.
- B. I have a penetrating gaze.
- C. I have large pleasant eyes.

Joints

- A. My joints are thin, prominent and have a tendency to crack.
- B. My joints are loose and flexible.
- C. My joints are large, well knit and firm.

Body Temperature

- A. My hands and feet are usually cold and I prefer warm environments.
- B. I am usually warm, regardless of the season, and prefer cooler environments.
- C. I am adaptable to most temperatures but do not like cold, wet days.

Under Stress...

- A. I become anxious or worried.
- B. I become irritable, intense, or aggressive.
- C. I become withdrawn or depressed.

Sleep

- A. I am a light sleeper with a tendency to awaken easily.
- B. I am a moderately sound sleeper, usually needing less than 8 hours to feel rested but have vivid dreams.
- C. My sleep is deep and long. I tend to awaken slowly in the morning.

Weather

- A. My least favorite is cold weather.
- B. My least favorite is hot weather.
- C. My least favorite is damp weather.

Weight

- A. I tend to lose weight easily.
- B. I maintain my weight easily.
- C. I gain weight easily.

Appetite

- A. On a daily basis, my appetite varies and I have delicate digestion.
- B. I feel uncomfortable if I skip a meal and I can eat almost anything.
- C. I like to eat, but can skip meals easily. I have a slow digestion.

Bowel Movements

- A. Tend to be hard with occasional constipation.
- B. Tend to be loose with occasional diarrhea.
- C. Tend to be well formed or sticky with occasional constipation.

Personality

- A. I am lively and enthusiastic by nature. I like change.
- B. I am purposeful and intense. I like being efficient and in control.
- C. I am easy going and caring. I like to support others.

Activity

- A. I like to be active and it can be hard to sit still.
- B. I enjoy activity that has a purpose, especially competitive.
- C. I like leisurely activities and staying home.

Walk

- A. I walk quickly.
- B. I have a determined walk.
- C. I walk slow and steady at a leisurely pace.

Moods

- A. My moods change quickly, with a tendency towards anxiety.
- B. My moods change slowly, but I can become angry easily.
- C. My moods are mostly steady and most things don't bother me.

Memory

- A. I learn quickly and forget quickly.
- B. I have a good memory.
- C. I learn slowly but have a good long-term memory.

Organization

- A. I am good at getting things started, but not at getting things done.
- B. I am very organized and can focus on a project from start to finish.
- C. I need help getting things started, but I am good at seeing things to the finish.

Money

- A. I spend money almost as quickly as I make it.
- B. It is important for me to have money and I spend it on expensive, luxury items.
- C. I don't like to spend money and prefer saving it for a rainy day.

In relationships I usually ask...

- A. What is wrong with me?
- B. What is wrong with you?
- C. Are you sure there is something wrong?

Out of balance, I feel like...

- A. A leaf in the wind.
- B. A raging inferno.
- C. A bump on a log.

My motto in life is...

- A. Throw caution to the wind and live for today.
- B. No pain no gain.
- C. Don't worry, be happy.

Count how many times you chose A, B, and C:

A's: _____

B's: _____

C's: _____

If you have mostly A's: You are primarily Vata.

If you have mostly B's: You are primarily Pitta.

If you have mostly C's: You are primarily Kapha.

If you have a pretty close score in two areas, then you are likely a mix of those two types, with your higher score being the slightly stronger dosha. If you have an almost exact three-way split, you are what is called tri-doshic, a balance between all three types (this is unusual but possible). After the descriptions of the doshas below, I will explain how to manage the sometimes-conflicting recommendations when you have high or nearly equal numbers for two doshas or all three doshas. Let's begin by talking about what it means to be each type.

Vata

In the slide presentations I give, I choose some characters that represent classic versions of each dosha. The classic vata type is Audrey Hepburn or, if you prefer cartoon characters, the Road Runner. Vatas tend to be slight, wiry, and fine-boned, but there are exceptions, especially when vata is out of balance and develops digestive problems (i.e., a dumb gut). In this case, they can develop subcutaneous, squishy, loose fat. This is not natural for this type of body frame. To learn more about vata including all the ways to bring vata back into balance, read Chapter 9 of my book, **The Prime**, and you'll understand all the secrets of keeping vata healthy and happy.

Pitta

Pittas are high achievers, ambitious and driven. Martha Stewart is a good example of a pitta, and Yosemite Sam is a good example of an out-of-balance pitta. Too much pitta energy can cause anger, irritability, and a red face. When pittas gain weight, it tends to be inflammatory weight, with lymphatic accumulation and Fake Fat. On *The Prime*, pittas in particular drop weight quickly as lymph begins to move more quickly and inflammation cools. To learn more about pitta including all the ways to bring pitta back into balance, read Chapter 9 of my book, **The Prime**, and you'll understand all the secrets of keeping pitta healthy and happy.

Kapha

Kapha is the relaxed, mellow, chill dosha, and people who are pre-dominantly kapha have a let-it-be approach to life that naturally isn't prone to stress, anxiety, irritation, or any of the emotions that tend to put people off. Oprah Winfrey is a good example of a kapha type. She has a calming, positive presence that makes people feel good. A cartoon example is Winnie the Pooh—a cheerful, happy, likable bear who is perhaps overly fond of honey. Physically, kaphas tend to have the most difficulty keeping weight off. They are usually big-boned and sturdy and they can go for long periods without eating. However, they truly enjoy their food, and sugar and dairy in particular are weaknesses that only make their weight accumulation worse. To learn more about kapha including all the ways to bring kapha back into balance, read Chapter 9 of my book, *The Prime*, and you'll understand all the secrets of keeping kapha healthy and happy.