

What's My Dominant Dosha?



To find out your dominant dosha/s choose the most appropriate description/s of yourself (below). Tick the closest description to what you are now (rather than what you were a few years ago).

Add up all the ticks down the three columns and put the score for each column at the bottom. The dominant score should reflect the dominance of the dosha/s within your unique constitution.

This is only a rough guide to establishing your Dosha. For a more precise diagnosis, please consult an Ayurvedic practitioner.



alessandraaguilar.com
siriusveda@gmail.com
@siriusveda_

VATA

PITTA

KAPHA

FRAME

Tall or short, thin, small-boned poorly developed physique.

Medium, medium-boned, moderately developed physique.

Large, stocky, stout, large-boned, well developed physique.

SKIN ON FACE

Tendency to dryness.

Normal / sensitive.

Normal / oily.

WEIGHT

Below average, loses weight easily, prominent veins and bones.

Moderate, good muscles, concerned about maintaining the right weight.

Heavy, gains weight easily.

HEIGHT

Below or above average.

Medium height.

Average to tall.

SKIN TEXTURE & TEMPERATURE

Thin, dry, cold, rough, cracked, prominent veins.

Warm, moist, pink, with moles, freckles, acne.

Thick, white, moist, cold, soft, smooth.

HAIR

Scanty, coarse, dry, brittle, dry, brown, slightly wavy.

Moderate, fine, soft, straight, oily, blond, red, early greying / balding.

Normal / oily. Abundant, oily, thick, very wavy, lustrous, dark.

FAECES

Scanty, dry, hard, difficult or painful, gas / abdominal tendency to constipation.

Abundant, loose, yellowish, diarrhoea, with burning sensation.

Moderate, thick, sluggish, sometimes pale in colour, sometimes mucus in stool.

ACTIVITY

Quick, fast, erratic, hyperactive.

Medium, motivated, purposeful, goal-setting.

Slow, steady, stately, strong.

STRENGTH / ENDURANCE

Below or above Low, starts enthusiastically but depletes quickly, low endurance, tires easily..

Medium, determined, can push themselves to work long hours, intolerant of heat.

Strong but lethargic, once started good endurance.

APPETITE & EATING HABITS

Irregular, skips meals.

Strong, regular, cannot miss meals, may eat frequently due to tendency to hypoglycaemia.

Low but loves food and can overeat, can go for long periods without eating.

SPEECH

Fast, talkative, can jump from one subject to another, interrupts.

Moderate, convincing, clear, detailed, precise.

Slow, steady, definite, not talkative, melodious, soothing, can be dull.

MENTAL NATURE

Quick, flexible, adaptable, restless, changeable, indecisive.

Intelligent, penetrating, practical, organised, efficient, intense, discriminating, ambitious, competitive, critical.

Slow, steady, methodical, patient, calm, peaceful, dull.

UNDERSTANDING & MEMORY

Can grasp things quickly but also forgets quickly, enjoys doing lots of things at once, learns through listening, can lose focus.

Analyses and digests material easily, focused and discriminating, finish what they start, learns through reading / visual aids, sharp / clear memory.

Grasps things slowly but once learnt, retains information well, methodical, may learn through association.

EMOTIONAL TENDENCIES

Lively, intuitive, creative, friendly, anxious, fearful, insecure, changeable, talks about their feelings.

Perceptive, warm, confident, strong, determined, ambitious, irritable, intolerant, critical, controlling, prone to anger, keeps feelings to themselves.

Calm, content, resilient, loyal, stable, dependable, compassionate, sentimental, over attachment, obsession, complacent, in denial.

CREATIVITY

Inventive, great imagination, rich in ideas, good at starting but difficulty in completing projects.

Inventive, technical, gets things done.

Methodical, business- minded.

SLEEP

Light, tends towards insomnia, easily interrupted, irregular, 5 - 6 hours.

Moderate, may wake up but will fall asleep again, 6 - 8 hours.

Long and deep, difficulty in waking up, over 8 hours.

HOBBIES / INTERESTS

Travelling, art, music, plays, parks, being in nature, jokes, stories, trivia, artistic activities, dancing, going out, philosophy, esoteric subjects.

Sports, keeping fit, walking, jogging, debates, politics, research, luxury, style, looking good.

Likes water, sailing, flowers, cosmetics, business ventures, relaxing, staying at home, good food, cooking.