

Dosha Quiz for Your Current Ayurvedic Condition

Based upon an evaluation provided by Dr. Vijay Jain, MD.

Ayurveda (traditional Indian Medicine meaning “life wisdom”) says we are a blend of five elements: space, air, fire, water, and earth. These elements combine to make up three doshas: **VATA** (space and air), **PITTA** (fire and water), and **KAPHA** (earth and water). When the doshas are out of balance, health suffers. Indicate whether each statement applies to your life over the past 30-60 days. Your imbalance is the dosha with the highest total.

Vata	Yes
I have been feeling worried or anxious.	
I've been having difficulty falling asleep or have been awakening easily.	
I feel restless if I'm not constantly on the move.	
My digestion is irregular with frequent gas or bloating.	
My bowel movements are hard, dry, or occur less than once per day.	
My daily schedule of eating meals, sleeping, and awakening varies from day to day.	
I tend to be impulsive.	
I often forget things after a short period of time.	
I have a lot of initiative but have trouble following through.	
I generally have a number of physical concerns.	
My dreams are anxious, fearful, intense, and/or involve flying.	
I have trouble gaining weight.	
TOTAL SCORE	
Pitta	Yes
I have been feeling irritable or impatient.	
I tend to be critical and intolerant of errors and am easily frustrated over other people's incompetence.	
My skin feels hot and irritated, or breaks out easily.	
I have been having acid indigestion or heartburn.	
I tend to be compulsive and have difficulty stopping once I have started on a project.	
Spicy foods, while I might enjoy them, usually do not agree with me.	
I am strongly opinionated and tend to share my point of view without being asked.	
I often feel as if I am overheated or have a low-grade fever.	
When provoked, I can be sarcastic or biting.	
My dreams are passionate, often about my career, and/or violent.	
I have a strong and consistent appetite.	
I gain and lose weight easily.	
TOTAL SCORE	
Kapha	Yes
I am currently overweight and have difficulty losing extra pounds.	
I have slow digestion and feel heavy after eating.	
I commonly experience sinus congestion or excessive phlegm in my respiratory tract.	
I continue to remain in a relationship even though it is no longer nourishing me.	
I often deal with conflict by withdrawing.	
I easily accumulate clutter in my life.	
I have difficulty getting going in the morning.	
I like to maintain a routine and resist changing my pace.	
Given a choice, I prefer to watch, rather than participate in, an athletic activity.	
I regularly feel drowsy or sluggish after a meal.	
My dreams are peaceful, full of love, and/or often involve water.	
My endurance is high even though I don't exercise on a regular basis.	
TOTAL SCORE	