



Ayurveda is a vast, ancient healing system. Ayurveda teaches us we are composed of the same five elements found throughout nature. This quiz will help determine your dosha (elemental makeup). Knowing your dosha can help us to tailor your lifestyle for optimal health, wellness and vitality. It gives insight into our tendencies and how the qualities express themselves in our lives. This is where our opportunity for change and inner awakening and balance lies.

Email your answers to jessie.james@alongthemiddlepath.com to receive your results.

Physical characteristics

1. Complexion

- A. Skin is dry, prone to wrinkles, tans easily.
- B. Reddish, sensitive skin, sunburns easily
- C. Smooth skin, well moisturized, clear, tans rather than burns

2. Body Type:

- A. Slim, hard to gain weight
- B. Medium frame gain or lose easily
- C. Larger Frame, gain weight easily with difficulty losing

3. Hair:

- A. Dry, brittle, falls out easily
- B. Straight, thin, premature graying, balding patterns
- C. Abundant and thick, may be curly or wavy

4. Nails

- A. Dry, brittle, prone to breaking
- B. Smooth, pink, flexible
- C. Thick, smooth, strong

5. Eyes:

- A. Dry, may twitch or tendency to dart
- B. Easily irritated, red, sensitive to sunlight
- C. Large, round, clear

Physiological

6. Sleep:

- A. Difficulty falling asleep, wake often through the night, light/easily disturbed
- B. Moderately sound, generally wake energized
- C. Deep sleep, slow to wake in the morning

7. Sweat:

- A. Hardly sweat
- B. Profuse sweat with little to moderate activity
- C. Little sweat with moderate activity

8.Temp:

- A. Hands and feet tend towards cold, always with layers
- B. Warm, no matter the season, prefer a cool environment
- C. Cold but adapts to most temperatures, dislikes damp, wet

9.Appetite:

- A. Variable, tend to be a grazer
- B. Large appetite, good digestion
- C. Modest appetite, can easily skip meals

10.Speech:

- A. Fast, sometimes unclear
- B. Clear and precise
- C. Slow, deep, monotonous

Emotional

11.Under stress I:

- A. Tend to be anxious
- B. Tend to get irritable or aggressive
- C. Remain calm or tend to withdraw

12. Personality traits:

- A. Spontaneous, quick
- B. Organized and deliberate
- C. Move slowly, slow to react

13. Those close to me are likely to say I am:

- A. Talkative, fun and charismatic
- B. Highly motivated, goal oriented, competitive
- C. Caring, loving and compassionate