



## Dosha Quiz

*The way you've always been - try not to get bogged down into how you feel this minute. Instead answer the questions based on how you've been on average throughout your whole life.*

**Tick all that apply**

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### Part A

- I'm tall, lanky or rather short
- My skins can be dry
- I can make spontaneous big changes in my life
- In new relationships I jump in with both feet
- I can be anxious about the future
- Excess weight tends to gather around my midriff
- Sometimes I forget to eat meals
- My digestion can be irregular and gassy
- Routines are difficult for me
- My sleep can be broken/ difficult to fall asleep
- I can change my mind quite easily
- I'm known for being a tad forgetful
- I am a creative/ideas person

**TOTAL:**

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### Part B

- My body is neither large nor small but average build
- My skin can be rosy/prone to redness
- I'm focused on perfection
- I like to win and can be competitive even with myself
- My hair is thin
- I can be impatient and quick to anger
- I sleep well
- I like to be busy
- I have a strong appetite
- My digestion can be acidic and burning
- Excess weight gathers evenly on my body
- I like to research and know all the facts before making a decision
- I am passionate

**TOTAL:**

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### Part C

- I like eating but can skip meals sometimes
- My skin can be oily
- I'm loyal to friends and loved ones
- When in love I am fully committed
- My body has a little extra cushioning
- I like having a lie in/sleep deeply
- I prefer to have a schedule to follow
- I'm a homebody
- I can be lazy (though it can be hard to admit!)
- My hair is thick
- I can be prone to mucus build up
- I'm known as a peacemaker
- My memory is excellent

**TOTAL:**

## Mostly A - Vata

Ayurvedic qualities include: dry, light, cold, mobile, subtle and rough.

Vata is related to the energy of movement: vibrations, motion, circulation, creative thoughts in the mind. Air and space are the forces that join together to form Vata energy.

When Vata is balanced we feel enthusiastic, creative, adventurous, intuitive. When imbalanced this can show up as feeling anxious, scattered, an overactive mind, anxiety, feelings of overwhelm, poor digestion, periods of insomnia, addictive behaviours.

Bring balance with: warm cooked moist food e.g soup, damp warm smells, dress warmly especially with hats and scarves in windy cold weathers, mellow music, restorative yoga or focus on building strength in your yoga practice. There is a need for stillness and meditation. Colours include green and yellow.

Use essential oils such as basil, oranges geranium and lavender.

## Mostly B - Pitta

Ayurvedic qualities include: oily, sharp, hot, light, liquid and acidic.

Pitta is related to building heat and digestion; more basically this can be thought of as the energy of transformation. Fire and Water are the elements that form Pitta energy.

When Pitta is balanced we feel cheerful and get lots done. Pitta people tend to make good leaders, are good at getting things finished and feel energetic.

When imbalanced excess Pitta can feel angry, irritable, judgemental, there can be rashes on the skin, burning feelings (acid digestion, or skin), inflammation.

Bring balance with: cooling off in water, some raw foods, cool sweet smells, fun creative (and perhaps outdoor!) yoga, visualisation, cool breathable clothing, loving kindness meditation. Colours include blue and green.

Use essential oils such as sandalwood, peppermint and jasmine.

## Mostly C - Kapha

Ayurvedic qualities include: moist, heavy, cold, dull, soft and static.

Kapha is considered rather static and the solid nature of the body and can be summarised as nourishment, lubrication and construction. Water and Earth are the elements that combine to form Kapha energy.

When Kapha is balanced we feel content, have a good memory and strong immune system. When out of balance with excess Kapha energy we can feel heavy, lethargic, struggle with change and feel overly attached to people and objects. It can be easy to gain weight, be over protective, complacent and resistant to change.

Bring excess Kapha back into balance with light fresh foods (especially green veggies), light warm smells, light, loose clothing, energising music and flow or vinyasa yoga practice.

The colours are red and orange.

Use essential oils such as ginger, eucalyptus and clove.

## Combinations or when you're equal in all three Doshas

Lots of people tend to be dominant in a single dosha but others are combinations of two, or even more rarely, tridoshic where they're equal in all 3 doshas. Doing a variety of dosha tests and repeating them a few times over a few weeks can help to identify your true dosha or combination of doshas.

As a dual-doshic person myself I found it very confusing when you read tips that are complete opposites to one another under the different doshas. Over time you learn to know which dosha is out of balance and then it becomes easier to identify how to bring the balance back.