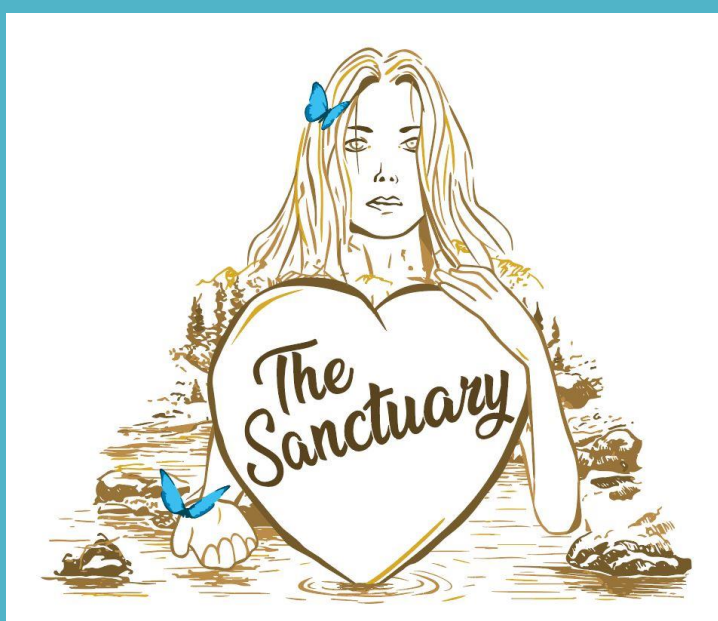




DOSHA QUIZ:



Free downloadable !

DOSHA TEST : WHAT'S MY AYURVEDIC BODY TYPE?

Name: _____

Age: _____

Date: _____



This mind-body questionnaire gathers information about your basic nature : **Prakruti** – the way you were as a child or the basic patterns that have been true most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness.

Prakruti is our unique constitution determined at the moment of conception. It creates a blueprint for our mental and physical traits. The 3 doshas are present in all of us in various proportions but usually 1 is more predominant. Each dosha is a combination of 2 of the 5 elements :Earth, Water, Fire, Air, Space.

In some individuals 2 or 3 doshas may exist in equal proportion. Our prakruti is the same throughout our lifetime but our **Vikruti**, current imbalance of doshas may fluctuate in relation to our diet, emotions, lifestyle as well as the seasons, climate and environment.

Manas prakruti is our mental constitution and manas vikruti our mental imbalances. Understanding our body type allows us to increase self-awareness, know strengths and weaknesses, habits and tendencies, and anticipate imbalance. This self-knowledge is a powerful tool for adjusting our diet, lifestyle and daily routine to prevent illnesses and create a radiant health.



THE DOSHA:



	<u>Vata Dosha</u>	<u>Pitta Dosha</u>	<u>Kapha Dosha</u>
<u>Body Frame</u>	* <u>Slender</u> , <u>tall</u> or short, light & <u>prominent bone structure</u>	* <u>Medium build</u> , <u>muscular</u> , <u>moderate bone structure</u>	* <u>Heavier</u> , stout frame, short, <u>bulkier muscles</u> , dense bone structure
<u>Weight</u>	* <u>Lean</u> , <u>low</u> body fat, hard to gain or <u>maintain weight</u>	* <u>Medium body fat</u> , gains or loses <u>weight easily</u>	* <u>Heavier</u> , gains <u>weight easily</u>
<u>Body temperature</u>	* <u>Generally cold</u>	* <u>Warmer</u> , sensitive to heat	* <u>Usually cold & moist</u>
<u>Climate preference</u>	* Aversion to dry & <u>cold</u> , prefers <u>warm & humid environment</u>	* Aversion to <u>heat</u> , prefers <u>cooler temperatures</u>	* Aversion to <u>damp & cool</u> , prefers <u>warm & dry climate</u>
<u>Skin</u>	* <u>Dry</u> , rough, thin, <u>dark</u> , cold, <u>wrinkling</u> , <u>dull complexion</u>	* <u>Light</u> , smooth, oily, <u>rosy</u> , warm, sensitive, bushes <u>easily</u> , <u>freckles</u> , <u>ruddy complexion</u>	* <u>Soft</u> , smooth, oily, moist, thick, shiny, fair, cool, <u>clammy</u> , pale complexion
<u>Face</u>	* <u>Thin</u> , small, long, <u>wrinkled</u> , <u>prominent features</u>	* <u>Moderate</u> , sharp contours	* <u>Large</u> , soft, rounded features
<u>Eyes</u>	* <u>Small</u> , sunken, active, dry, <u>dull</u> , <u>dark</u> , brown, black, gray, violet, <u>slate blue</u>	* <u>Medium light</u> , <u>bright</u> , hazel, green, gray, light or <u>electric blue</u> , intense, piercing	* <u>Large</u> , <u>wide</u> , attractive, calm, <u>compassionate</u> , lustrous, cool, <u>blue</u> or <u>brown</u>
<u>Appetite</u>	* <u>Variable</u> , usually eats small meals at <u>irregular intervals</u>	* <u>Strong</u> , enjoy eating, eats regular, <u>hearty meals</u>	* <u>Low</u> , can easily skip a meal, prone to <u>emotional eating</u>
<u>Thirst</u>	* <u>Variable</u>	* <u>Frequent</u>	* <u>Sparse</u>
<u>Digestion</u>	* <u>Irregular</u>	* <u>Quick</u> , efficient	* <u>Slow</u> , prolonged
<u>Symptoms of imbalance</u> :	* <u>Irregular appetite</u> , bloating, abdominal pain, indigestion, constipation, <u>gas</u>	* <u>Strong appetite</u> , intense cravings, hyperglycemic, ulcers, hyperactivity, <u>diarrhea</u> , <u>nausea</u> , <u>vomiting</u> , <u>gastritis</u> , <u>colitis</u>	* <u>Heaviness</u> , lack of appetite, nausea, lethargic, <u>obesity</u> , <u>diabetes</u> , sluggish, <u>metabolism</u>
<u>Voice and speech</u>	* <u>Low</u> , weak, breathy, hoarse voice: talkative, rapid speech	* <u>Sharp tongue</u> , articulate, intense, penetrating, loves to <u>debate</u>	* <u>Slow</u> , steady, deep, clear, sweet, pleasant, melodious, low pitch
<u>Stamina</u>	* <u>Less stamina</u> , energy fluctuates, easily fatigued	* <u>Moderate stamina</u> , enjoys physical activities, fatigues with heat	* <u>Slow to start</u> but strong endurance & stamina
<u>Immunity</u>	* <u>Poor</u> , weak, variable	* <u>Moderate</u> , prone to infection	* <u>Strong</u> , robust
<u>Sleep</u>	* <u>Light</u> , disturbed, interrupted, variable, prone to <u>insomnia</u> , may sleep walk or sleep talk	* <u>Sound or scanty</u> , falls back asleep easily if <u>woken</u> wakes up alert, up late likes	* <u>Heavy</u> , deep, easy, prolonged, wake up rested & alert, enjoys sleep, tends to <u>hypersomnia</u>
TOTALS:	<u>Vata</u> :	<u>Pitta</u> :	<u>Kapha</u> :



VIKRUTI SUBDOSHA QUESTIONNAIRE



These questions are intended to assess your current life situation, including any recent stresses, illnesses, or life changes. It is most helpful if you answer these questions according to what has been true for you over the past few weeks and months.

VATA

Not at all	1
Occasionally	3
Often	5



MIND			
1. I've been having difficulty with mental clarity or the ability to focus my attention.	1	3	5
2. I've been feeling overwhelmed, worried, or anxious.	1	3	5
3. My life has been turbulent and chaotic.	1	3	5
4. I've been starting new projects, but have difficulty completing them.	1	3	5
5. I've been having difficulty falling asleep or have been awakening easily.	1	3	5
6. I've been having a hard time making decisions.	1	3	5
7. I've been having trouble following through on commitments I've made.	1	3	5
8. I've been feeling restless if I'm not constantly on the move.	1	3	5
9. I've been acting impulsively or inconsistently.	1	3	5
10. I've been more forgetful than usual.	1	3	5
BODY			
11. I've had a dry throat, have felt the need to frequently clear my throat, or have a dry cough.	1	3	5
12. I've been experiencing gas, cramping, or bloating after meals.	1	3	5
13. My appetite has been inconsistent.	1	3	5
14. I've been suffering from chronic pain.	1	3	5
15. My skin has been dry or flaking.	1	3	5
16. My bowel movements have been hard and dry or are irregular.	1	3	5
17. Men: I've been having trouble getting sexually aroused, maintaining erections, or experiencing orgasms. Women: My menstrual cycle has been uncomfortable or irregular or I am experiencing vaginal dryness.	1	3	5
18. I've been getting light-headed when I get up quickly.	1	3	5
19. My hands and feet have been uncomfortably cold.	1	3	5
20. I've been having muscle twitches, cramps, or heart palpitations.	1	3	5





PITTA

Not at all	1
Occasionally	3
Often	5



MIND			
1. I've been feeling discontented with my life.	1	3	5
2. I've been judgmental and critical of others.	1	3	5
3. I've been feeling jealous of others.	1	3	5
4. I've been expressing anger towards others easily.	1	3	5
5. I've been feeling irritable or impatient.	1	3	5
6. I've been compulsive, with difficulty stopping once I've started a project.	1	3	5
7. I've been strongly opinionated, freely sharing my point of view without being asked.	1	3	5
8. I've been frustrated by other people.	1	3	5
9. I've been feeling the need to out-compete others.	1	3	5
10. I've been ruminating over situations from the past.	1	3	5
BODY			
11. I've been feeling overheated or have been experiencing hot flashes.	1	3	5
12. I've been having headaches accompanied by light sensitivity or distorted vision.	1	3	5
13. My eyes have been itchy, irritated, red, or watery.	1	3	5
14. I've been having more than two bowel movements per day.	1	3	5
15. My appetite has been excessively strong.	1	3	5
16. I've been getting reflux/heartburn or have an ulcer.	1	3	5
17. I've been sensing the accumulation of toxins (from food, air, water, alcohol, cigarettes, or drugs) in my system.	1	3	5
18. I've been diagnosed with some form of liver malady.	1	3	5
19. I've been diagnosed with high blood pressure or coronary heart disease.	1	3	5
20. My skin has been itchy, irritated, prone to breakouts, or I've been diagnosed with an inflammatory skin condition.	1	3	5





KAPHA

Not at all	1
Occasionally	3
Often	5

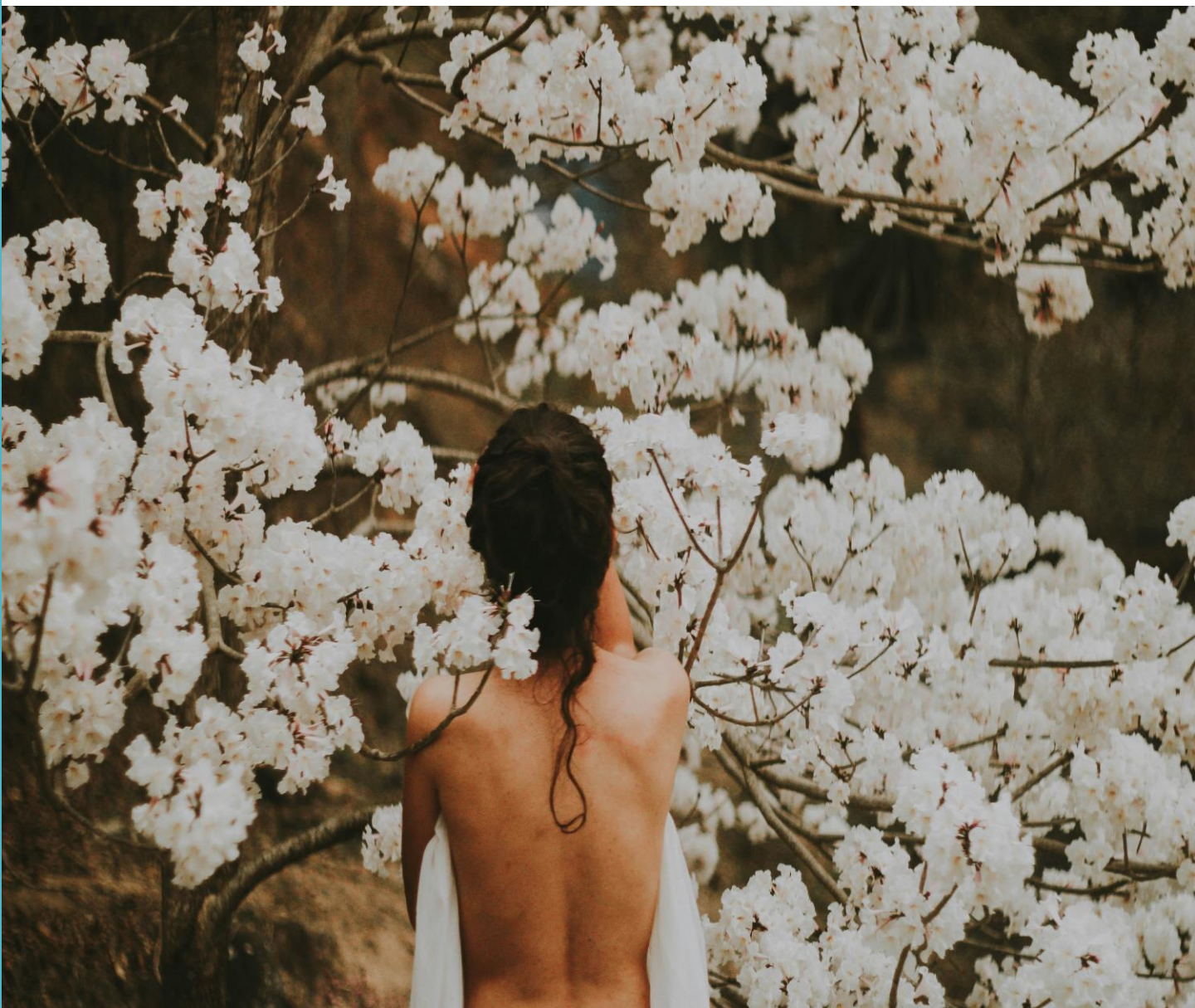


MIND			
1. I've been dealing with conflict by withdrawing.	1	3	5
2. I've been accumulating clutter in my life.	1	3	5
3. I've been resistant to changing my routine.	1	3	5
4. I've been having difficulty leaving a relationship, job, or situation even though it is no longer nourishing me.	1	3	5
5. My short-term memory has been of concern to me.	1	3	5
6. I've been intending to be more physically active, but have difficulty exercising regularly.	1	3	5
7. I've been eating more out of my emotional rather than nutritional needs.	1	3	5
8. I've been having difficulty getting going in the morning.	1	3	5
9. I have not been confident in my ability to cope with challenges.	1	3	5
10. I've been having a hard time moving beyond the past.	1	3	5
BODY			
11. My ankles tend to swell.	1	3	5
12. I tend to be sluggish or lethargic in the morning.	1	3	5
13. I have a lot of phlegm or mucous production	1	3	5
14. I feel nauseated or full for an extended time after eating.	1	3	5
15. I am more than 10 pounds over my ideal weight.	1	3	5
16. I have high cholesterol or atherosclerotic heart disease.	1	3	5
17. I have been having episodes of asthma or wheezing.	1	3	5
18. I fall asleep easily after meals.	1	3	5
19. I have a tendency to have elevated blood sugars.	1	3	5
20. I have frequent sinus congestion or respiratory infections.	1	3	5



TOTALS:

VATA-MIND SCORE # 1-10: _____ VATA-BODY SCORE # 11-20: _____
PITTA-MIND SCORE # 1-10: _____ PITTA-BODY SCORE # 11-20: _____
KAPHA-MIND SCORE # 1-10: _____ KAPHA-BODY SCORE # 11-20: _____



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hope you enjoy this
downloadable.

