What DOSHA are you?

Please make sure to answer the questions based on your generic nature.

Q1. What is your skin type?

V: Dry

P: Oily

K: Neither dry nor Oily / Combination of both

Q2. How would you describe your hair?

V: Dry

P: Oily

K: Neither dry nor Oily / Combination of both

Q3. How would you describe your teeth?

V: Crooked

P: Yellow

K: White & Strong

Q4. How would you describe your appetite?

V: I am hungry often, but I can eat small quantities

P: I am hungry at regular times and I eat fast and medium quantities

K: I can skip a meal, but I can also overeat

Q5. What food tastes do you prefer the most?

V: Salty

P: With lots of spices or flavors

K: Sweet

Q6. How is your digestion or 💩 ?

    V: Tendency to get constipated

    P: Very regular (I 💩 at the same time of day), could be loose at times

    K: Slow and irregular (I 💩 regularly but whenever it could be at different times of the day)

Q7. How physically active do you consider yourself?

    V: I am a super active bunny rabbit

    P: Well I am moderately active

    K: Uhhh, I would love to chill on a couch longer!

Q8. How is your emotional temperament?

    V: I have the tendency to get anxious, fearful and overwhelmed

    P: I have the tendency to get heated up, or irritated

    K: I am generally calm, but I also tend to get attached to things, places and people

Q9. How would you describe your memory?

    V: Short Term Memory is good

    P: Both Short Term and Long-Term Memory are great

    K: Short Term is not the best, but Long Term is great

Q10. How are you with beliefs?

    V: I can vary in my beliefs or opinions

    P: I am quite stuck on my beliefs and principles and do not change easily

    K: I am steady in my beliefs but not too stuck. Over long time I could change

Q11. How are your sleeping patterns?

    V: I am a light sleeper. Sometimes I have trouble falling asleep but little sleep is ok for me

    P: I have no issues falling asleep, I can sleep little but I sleep deep

    K: I love to sleep long hours and I am not the most active in the morning

Q12. What type of dreams do you generally get?

V: Flying or falling

P: Angry or Violent

K: Just random scenes of daily life, or dreams related to love or water

K: I do not dream or do not remember my dreams ever

Q13. What time do you generally wake up?

V: 4-6 am

P: 6-8 am

K: After 8

Q14. What time do you generally go to bed?

V: Before 10 pm

P: 10 pm – 12 am

K: Post 12am

Q15. Which of these do you most commonly suffer from?

V: Headaches, stress and anxiety

P: Diarrhoea, Pimples

K: Phlegm, common colds, allergies

Count the number of V, P and K as per your answer. If you have the most V you are Vata Dosha, If you have the most P you are Pitta Dosha, and if you have the most K , you are Kapha Dosha.

If you had an equal of V-P as your highest answers you are mixed Vata-Pitta and similarly for P-K or V-K.

If you had an equal of all V, P and K you are tri Dosha or Vata-Pitta-Kapha

If you want to know more about Ayurvedic Doshas, what they mean and how to life an Ayurvedic Lifestyle in the Modern World, you can check out my course on Udemy: Ayurvedic Living in the Modern World