



This is a basic dosha test. You can add .5 or one point to each category that you identify with. Yes, you could identify with two things in the same category. When completed, add your points and see what is the strongest. It's also good to ask someone who knows you well to answer for you and then compare.

Although this test will provide some clarity, it is best to speak with an Ayurvedic practitioner/ Yoga Therapist.

Aspects of Doshas	Vata	Pitta	Kapha
Body Frame	Slim with thin muscle and bony	Medium and symmetrical with good muscle development	Large with thick and strong muscles or stocky and round with excess weight
Height	Tall or short	Average	Usually short but can be very tall
Weight	Low and hard to put on weight	Average and easy to lose or put on but tends to be steady	Heavy and difficult to lose
Skin	Dry and thin - quick to wrinkle	Ruby and wam with moles or freckles	Thick, soft and oily
Hair	Dry and kinky	Soft, oily and early grey	Thick, soft and abundant
Teeth	Small and crooked	Moderate and bleeding gums	Large, white and healthy
Eyes	Small and dry	Penetrating easily inflamed	Large with bright white sclera
Appetite	Variable and small	Constant and excessive	Slow and moderate
Thirst	Variable	Constant	Rarely
Sleep	Interrupted and variable- Light sleeper	Sound and moderate	Deep and long with difficult time waking up
Dreams	Many - Fearful and active	Occasional - Fiery, active and violent	Rarely - Romantic
Weather Sensitivities	Cold, dryness and wind	Heat and Sun	Cold and damp
Activity	Hyperactive and fast	Moderate pace and goal oriented	Slow and steady



Aspects of Doshas	Vata	Pitta	Kapha
Stamina	Weak - Goes hard too fast and gets fatigued	Strong and constant	Excellent
Speech	Fast	Sharp and direct	Slow and deep
Immune Function	Low and variable	Good	Strong
Digestion	Gas and erratic	Steady and strong	Slow and sluggish
Mind	Agitated and restless	Sharp and aggressive	Calm and steady
Positive traits	Adaptable and positive	Focused and determined	Peaceful and content
Negative Traits	Worried and anxious	Angry and impatient	Depressed and attached
Wealth	Spends frivolously	Moderate- spending on goals	Wealthy and good with money or property
Personality	Creative and kind.	Efficient and direct	Caring and patient
In conflict I...	Get scared	Stand up and engage	Get depressed and heavy
Mood	Fluctuates	Steady and intense	Calm and romantic or dark
Memory	Quick but forgets easily	Clear and fast	Slow but never forgets
Faith	Uncertain - quick to change	Well understood and determined	Slow to believe and slow to change

Don't wait until you have the time or energy to take care of yourself;
Take care of yourself and feel your time and energy expand to new possibilities!

To Possibilities!
Sylvie

