

# What Does Your Dosha Say About You?

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## **Quiz: What Does Your Dosha Say About You?**

Diagnose your Dosha to better understand your physical, mental and emotional make-up!

Understanding your own Dosha, or energy type, will make you more sensitive to your client's Dosha, allowing you to be specific in the way you treat, speak and care for a client.

Dosha comes from the study of Ayurveda, Ayurvedic science shows us not only how to cure diseases but also how to prevent their occurrence. Ayurveda classifies people into three categories according to their constitution, or prakruti, which is a combination of the three doshas: vata, pitta and kapha. It is this combination of the three doshas that is responsible for our physical, mental and emotional make-up that makes each of us a unique individual.

Vata: cold, dry, light and mobile by nature.

Pitta: warm, oily and intense by nature.

Kapha: damp and slow by nature.

The condition of our prakruti changes due to incorrect diet, emotional imbalances, too much stress, and incorrect exercise. With these disturbances the balance of the doshas in our body and mind system become imbalanced. This altered state of our health or imbalance in our body and mind is called our vikruti. The difference between the prakruti (balance) and vikruti (imbalance) gives a direction for healing. According to Ayurveda, before one can heal oneself and others, there must be a clear understanding of the three doshas.

## **Guidelines for Determining your Dosha**

Read each statement and check the box if you feel that it describes you. Answer according to whether the statement applies over time rather than just recently. When you have completed each section, total the check marks in each category to produce your scores for each section.

Test 1:Vatta

- You have a small frame and thin body
- Your skin is darker and tends to be dry
- Your hair is dark and tends to be curly
- Your eyes are dark and small
- Your appetite and digestion is irregular
- You tend not to gain weight easily
- You tend to have gas and become constipated easily

- You have an active and creative mind
- You tend to be talkative by nature
- You learn things easily, but forget them easily
- You tend to worry and become anxious under stress
- You do not tolerate cold weather well
- You tend to have cold hands and feet

\_\_\_\_\_ Total score

#### Test 2: Pitta

- Your frame and musculature is moderate
- Your skin tends to be fair and warm to the touch
- Your hair is fine and light in color and may gray prematurely
- Your eyes are penetrating and blue, green or gray in color
- You are determined and competitive by nature
- You enjoy working as your own boss
- You tend to be a perfectionist and become impatient easily
- You enjoy challenge and accomplishment
- You tend to be more intellectual by nature
- You have a strong appetite and good digestion
- You become irritable when hungry
- Your stools are soft and may tend to be loose
- You are fond of cold food and drinks, and prefer a cool and dry climate

\_\_\_\_\_ Total score

#### Test three: Kapha

- Your frame is large and you tend to be overweight
- You gain weight easily and have difficulty losing it
- Your skin is cool, pale and moist
- Your hair is thick, dark and wavy
- Your eyes are large and friendly
- Your appetite and digestion tends to be slow
- You are slow to learn but have an excellent memory
- Your manner is slow and steady with a calm disposition
- You are compassionate but tend toward attachment
- You can skip meals without apparent discomfort
- You have good stamina but tend toward laziness
- You are a sound sleeper and prefer to sleep at least 8 hours
- You are uncomfortable in cool, damp weather

\_\_\_\_\_ Total score

#### Interpretation

Determine the section with the highest score. This is the principle that is predominant for you. For example if pitta is the highest score then you are a pitta type. However if two sections have similar scores, then a combination of two principles dominates your constitution. For example you may be a vata-pitta or a pitta-kapha. For balance, you would use the guidelines for the season in which that quality is predominate. For example, fall for vata, winter for kapha and spring and summer for pitta dosha. These test results will give you some guidelines for basic constitutional types.

This doshic information is the first step to achieving balance on a basic level. To incorporate Dosha diagnosis into your treatments for greater success, sign up for The International Dermal Institute's exclusive class, Ayurvedic Diagnosis for the Skin Therapist.