



take the quiz

What's your dosha?

Ayurvedic theory is based upon a tri-dosha system. Everyone is typically dominant in one of the three doshas (Vata, Pitta or Kapha). Ayurveda works to bring your dosha into harmony so you can enjoy perfect health. Each person's journey to this destination of harmony is different. That's why it's important that you determine what your dominant dosha is, so you can gain the most from your Vida experience. Just complete the following quiz.

Please check the statements that best describes you:

VATA

PITTA

KAPHA

Character Trait	I like to keep busy and hate being bored <input type="radio"/>	I am well organized and detail oriented <input type="radio"/>	I proceed methodically and like to do things at my own pace <input type="radio"/>
Personality	I am creative and imaginative <input type="radio"/>	I am efficient and disciplined <input type="radio"/>	I am calm, caring and patient <input type="radio"/>
Frame	I am thin, lanky, and slender with prominent joints and thin muscles <input type="radio"/>	I have a medium symmetrical build with good muscle development <input type="radio"/>	I have a large, round or stocky build. My frame is broad, stout or thick <input type="radio"/>
Fingers & Toes	I have long tapering fingers and toes <input type="radio"/>	My fingers and toes are medium in length <input type="radio"/>	My fingers and toes are short and squarish <input type="radio"/>
Eyes	My eyes are small and attractive <input type="radio"/>	I have a penetrating gaze <input type="radio"/>	I have large pleasant eyes <input type="radio"/>
Complexion	My skin is dry, rough or thin <input type="radio"/>	My skin is sensitive, reddish in color and prone to irritation <input type="radio"/>	My skin is thick, moist and smooth <input type="radio"/>
Hair	My hair is dry, brittle or frizzy <input type="radio"/>	My hair is fine with a tendency towards early thinning or graying <input type="radio"/>	I have abundant, thick and oily hair <input type="radio"/>
Memory	My short-term memory is good, but I forget quickly <input type="radio"/>	I have good short and long term memory. I am very logical and rarely forget <input type="radio"/>	I take my time to learn things, but once learned, I rarely forget <input type="radio"/>
Sleep Pattern	I am a light sleeper with a tendency to awaken early <input type="radio"/>	I am a moderately sound sleeper, usually needing less than eight hours to feel rested <input type="radio"/>	My sleep is deep and long. I tend to awaken slowly in the morning <input type="radio"/>
Body Temperature	My hands and feet are usually cold and I prefer warm environments <input type="radio"/>	I am usually warm, regardless of the season, and prefer cooler environments <input type="radio"/>	I am adaptable to most temperatures but do not like cold, wet days <input type="radio"/>
Emotions	I tend towards anxiety, fear, and nervousness when stressed <input type="radio"/>	I tend towards irritability and anger when stressed <input type="radio"/>	I tend to become withdrawn, depressed or attached when stressed <input type="radio"/>
Money	I spend impulsively. Money is there to be used <input type="radio"/>	I plan my spending. Money is for achieving a purpose <input type="radio"/>	I spend reluctantly, and love to save <input type="radio"/>
TOTAL			

Your Dominant Dosha: _____