



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

☐

I am well organized and detail oriented

☐

I proceed methodically and like to do things at my own pace

☐

### Personality

I am creative and imaginative

☐

I am efficient and disciplined

☐

I am calm, caring and patient

☐

### Frame

I am thin, lanky, and slender with prominent joints and thin muscles

☐

I have a medium symmetrical build with good muscle development

☐

I have a large, round or stocky build. My frame is broad, stout or thick

☐

### Fingers & Toes

I have long tapering fingers and toes

☐

My fingers and toes are medium in length

☐

My fingers and toes are short and squarish

☐

### Eyes

My eyes are small and attractive

☐

I have a penetrating gaze

☐

I have large pleasant eyes

☐

### Complexion

My skin is dry, rough or thin

☐

My skin is sensitive, reddish in color and prone to irritation

☐

My skin is thick, moist and smooth

☐

### Hair

My hair is dry, brittle or frizzy

☐

My hair is fine with a tendency towards early thinning or graying

☐

I have abundant, thick and oily hair

☐

### Memory

My short-term memory is good, but I forget quickly

☐

I have good short and long term memory. I am very logical and rarely forget

☐

I take my time to learn things, but once learned, I rarely forget

☐

### Sleep Pattern

I am a light sleeper with a tendency to awaken early

☐

I am a moderately sound sleeper, usually needing less than eight hours to feel rested

☐

My sleep is deep and long. I tend to awaken slowly in the morning

☐

### Body Temperature

My hands and feet are usually cold and I prefer warm environments

☐

I am usually warm, regardless of the season, and prefer cooler environments

☐

I am adaptable to most temperatures but do not like cold, wet days

☐

### Emotions

I tend towards anxiety, fear, and nervousness when stressed

☐

I tend towards irritability and anger when stressed

☐

I tend to become withdrawn, depressed or attached when stressed

☐

### Money

I spend impulsively. Money is there to be used

☐

I plan my spending. Money is for achieving a purpose

☐

I spend reluctantly, and love to save

☐

### TOTAL

Your Dominant Dosha: \_\_\_\_\_

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