

# What's Your Doshha?

*an Ayurvedic assessment to determine your whole being*



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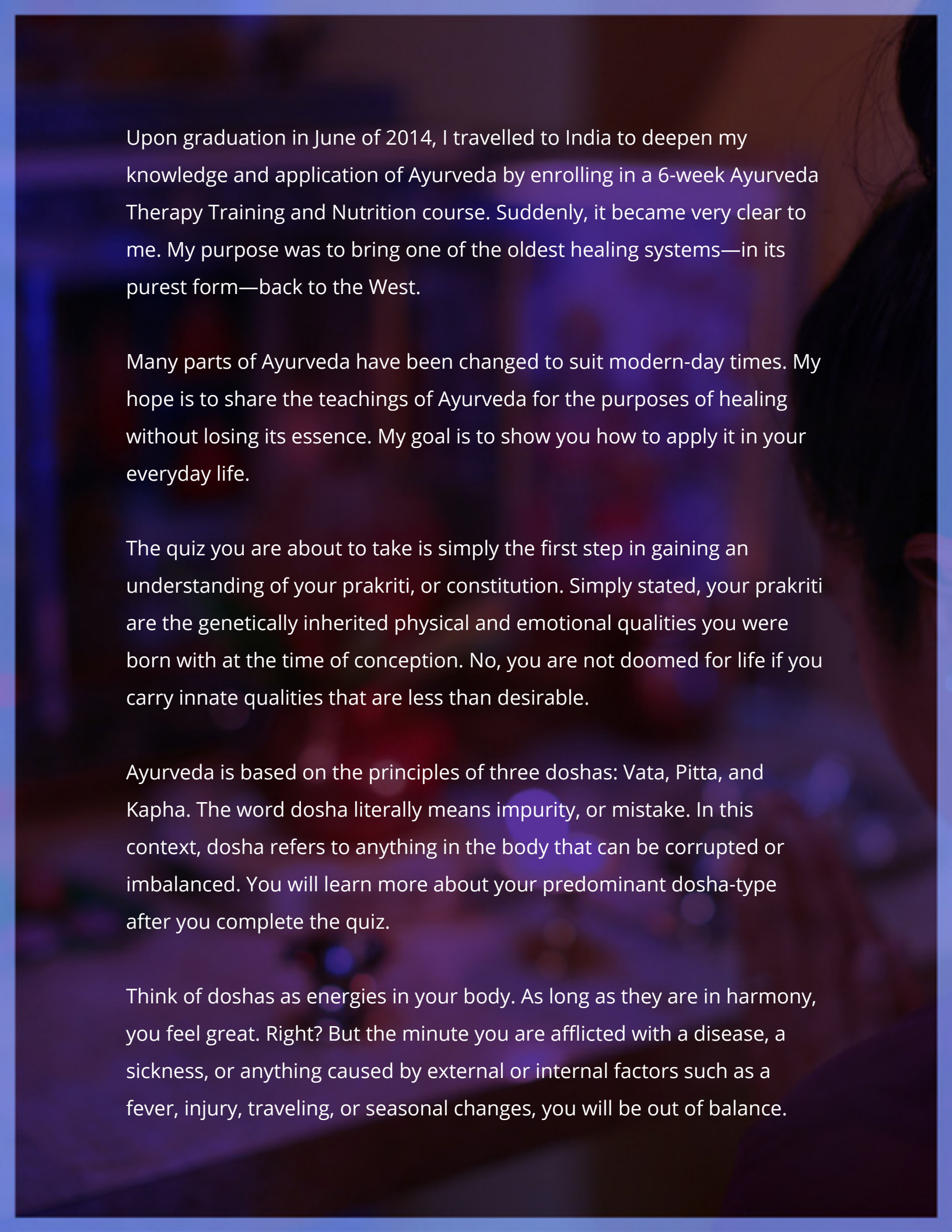
## **I didn't stumble across Ayurveda by accident.**

I was raised in an Indian immigrant family in the United States. So, I've always been aware of this 5,000 year-old system of healing, which roots stem from Ancient India.

In December of 2002, I was diagnosed with bipolar disorder (also known as manic depression). I was in my early twenties. At the time, I thought I was completely screwed for life and would have to take medication forever.

What I know now—and honestly believe at the very core of my being—is that all diseases start in the mind. I am now living medication-free and have deepened my application and knowledge of non-Western methods to heal myself. I am grateful to my parents, my family and friends who have always supported me, especially during my darkest hours.

In January of 2014, I made the decision to go to vegetarian culinary school in Austin, Texas at The Natural Epicurean Academy of Culinary Arts. It was there I learned five culinary modalities: Vegetarian, Vegan, Raw, Macrobiotic, and Ayurvedic cuisine.



Upon graduation in June of 2014, I travelled to India to deepen my knowledge and application of Ayurveda by enrolling in a 6-week Ayurveda Therapy Training and Nutrition course. Suddenly, it became very clear to me. My purpose was to bring one of the oldest healing systems—in its purest form—back to the West.

Many parts of Ayurveda have been changed to suit modern-day times. My hope is to share the teachings of Ayurveda for the purposes of healing without losing its essence. My goal is to show you how to apply it in your everyday life.

The quiz you are about to take is simply the first step in gaining an understanding of your prakriti, or constitution. Simply stated, your prakriti are the genetically inherited physical and emotional qualities you were born with at the time of conception. No, you are not doomed for life if you carry innate qualities that are less than desirable.

Ayurveda is based on the principles of three doshas: Vata, Pitta, and Kapha. The word dosha literally means impurity, or mistake. In this context, dosha refers to anything in the body that can be corrupted or imbalanced. You will learn more about your predominant dosha-type after you complete the quiz.

Think of doshas as energies in your body. As long as they are in harmony, you feel great. Right? But the minute you are afflicted with a disease, a sickness, or anything caused by external or internal factors such as a fever, injury, traveling, or seasonal changes, you will be out of balance.

Once you get the results of your quiz, you can then make lifestyle changes to lead a happier, healthier and more peaceful life.

**What I have and continue to humbly learn is this:**

**With practice, you can change anything in your life.**

Sometimes, the only practice you need is to accept and embrace yourself as you are. Because who you are is simply beautiful.

It gives me great pleasure to compile these commonly asked questions to help you determine your dosha- type, understand its effect on your health and well-being, and offer suggestions to help you live an optimal life.

*This quiz is not a substitute for medical advice. Always seek the advice of your health care provider with any questions you may have regarding a medical condition or treatment, and before starting a new health care regimen.*

To your path of healing,

A handwritten signature in white ink that reads "Vasavi Kumar". The signature is fluid and cursive, with the first name "Vasavi" being larger and more prominent than the last name "Kumar".

**Vasavi Kumar, MSW, MEd**

Coonor, India

August 2014

# Instructions

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Click the best answer describing each of your physical, digestive, and mental/emotional/social tendencies. If more than one answer is applicable for each characteristic, choose the one that applies most based on your **natural** tendencies.

At the end of the quiz, add your total scores to determine your predominant dosha-type and follow the instructions for interpreting your results.

# Physical

	Vata	Pitta	Kapha
<b>Body Frame</b>	Thin as a child. Difficulty in gaining weight.	Medium as a child. Gains weight around the waist, thighs, and butt. If he/she puts their mind to it, they can lose weight.	Big as a child. Gains weight easily. Difficulty losing weight. Gains weight all over the body.
	■	■	■
<b>Body weight</b>	Loses weight easily.	Consistent weight.	Gains weight easily.
	■	■	■
<b>Chin</b>	Thin, angular chin.	Tapering, sharp chin.	Rounded double chin.
	■	■	■
<b>Cheeks</b>	Wrinkled and sunken in.	Smooth and flat.	Rounded and plumped cheeks.
	■	■	■
<b>Eyes</b>	Small, sunken, dry, active, black, nervous and brownish.	Sharp, bright, gray, green, sensitive to light.	Big, beautiful, blue, calm and loving.
	■	■	■
<b>Nose</b>	Uneven shape, deviated septum.	Long, pointed, red nose tip.	Short, rounded button nose.
	■	■	■
<b>Lips</b>	Dry, easily cracked, blackish, brownish tinge.	Reddish, gets inflamed very easily. Prone to cold sores.	Smooth, oily, pale, whitish, with moisture.
	■	■	■
<b>Teeth</b>	Sticks out, big, thin gums, space in between teeth, sensitive to heat and cold.	Medium teeth, soft, even, tender gums.	Healthy, white, strong gums, large and even teeth.
	■	■	■
<b>Skin</b>	Dark complexion, thin, dry, cold, rough.	Very fair complexion, smooth, oily, warm, rosy.	Thick and oil skin, cool, white, little bit of pale tinge.
	■	■	■
<b>Totals:</b>	Vata Score: _____	Pitta Score: _____	Kapha Score: _____

# Physical

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	Vata	Pitta	Kapha
<b>Feet and Hands</b>	Cold hands and feet. ■	Warm hands and feet with sweating. ■	Cool but not cold. ■
<b>Hair</b>	Lacks luster, dry, brown, black, knotted, brittle, split ends, sparse. ■	Straight, oily, blonde, early grayness, slight reddish tinge, hair falls out easily, early baldness, fine hairs. ■	Thick, curly, oily, lots of hair, luxurious, and wavy. ■
<b>Nails</b>	Dry, rough, brittle, breaks easily. ■	Sharp, flexible, pink, lustrous. ■	Thick, oily, smooth, polished. ■
<b>Fingers</b>	Long ■	Medium ■	Short ■
<b>Neck</b>	Thin and long ■	Medium ■	Big and folded ■
<b>Chest</b>	Flat and sunken ■	Moderate ■	Broad and large chest ■
<b>Breasts</b>	Small breasts ■	Moderately developed breasts ■	Hanging breasts ■
<b>Belly</b>	Thin, flat, sunken ■	Moderate ■	Big, pot-bellied ■
<b>Belly button</b>	Small, irregular protruding out ■	Oval, superficial ■	Big, deep, rounded, stretched ■
<b>Hips</b>	Slender and thin ■	Moderate ■	Wide and heavy ■
<b>Joints</b>	Cold and cracks easily ■	Moderate ■	Large and lubricated ■
<b>Totals:</b>	Vata Score: _____	Pitta Score: _____	Kapha Score: _____

# Digestion

	Vata	Pitta	Kapha
<b>Appetite</b>	Irregular and scanty ■	Strong and bearable ■	Slow and steady ■
<b>Metabolism</b>	Irregular and forms gas easily ■	Quick and sometimes causes burning sensation in the stomach, strong digestion. ■	Slow, heavy, and, prolonged digestion, sometimes forms mucus. ■
<b>Food temperature</b>	Prefers warm ■	Prefers cold ■	Prefers warm and dry ■
<b>Diet</b>	Either indulges in rich foods or strict diet ■	Loves proteins, caffeine, hot, spicy and salty foods ■	Loves sweets, dairy products, bread, and pastries ■
<b>Thirst</b>	Changeable, sometimes they drink too much. Sometimes they don't drink at all. ■	Often very thirsty and drinks a lot of water, often too much. ■	Sparse, doesn't drink a lot of water. ■
<b>Bowel movements</b>	Irregular, sometimes constipated ■	Loose stools, sometimes twice daily, not formed stools ■	Sluggish, once a day, well-formed stools ■
<b>Totals:</b>	Vata Score: _____	Pitta Score: _____	Kapha Score: _____



# Mental, Emotional, and Social

	Vata	Pitta	Kapha
<b>Physical activity</b>	Active ■	Moderate ■	Slow ■
<b>Mental activity</b>	Hyperactive ■	Moderate ■	Dull and slow ■
<b>Emotions</b>	Anxiety, fear, and uncertainty, easily excited, does without thinking, daydreams, loves someone out of fear, fear of darkness, and closed space ■	Anger, hate, jealousy, excellent in learning, understanding, and concentration, leadership qualities, good wisdom, sticks to principles, may give wrong answers but with confidence, perfectionist, likes perfumes and jewelry ■	Love, compassion, calm, greedy, possessiveness, attachment, loves eating, sitting, doing nothing ■
<b>Planning</b>	Dislikes routine ■	Enjoys planning and organizing ■	Works well with routine if someone makes it for them ■
<b>Mood</b>	Mood changes quickly ■	People often call you intense or "too much" ■	Steady emotions ■
<b>Decision making</b>	Changes frequently, difficulty in decision making ■	Rapid decision making ■	Takes time to make decisions but sticks with it once it's made ■
<b>Thinking</b>	Picks up things quite quickly but forgets just as quickly ■	Organized thinker ■	Prefers to plan ■
<b>Totals:</b>	Vata Score: _____	Pitta Score: _____	Kapha Score: _____

# Mental, Emotional, and Social

CONTINUED

	Vata	Pitta	Kapha
<b>Personality</b>	Creative and imaginative	Loves to be efficient, perfectionist, intelligent	Steady, calm, grounded, and patient
	■	■	■
<b>Faith in God, Spirit, Universe, or Higher Energy</b>	Variable	Extremist	Constant
	■	■	■
<b>Intellect</b>	Quick but faulty response	Accurate response	Slow and exact response
	■	■	■
<b>Memory or recollection</b>	Short term memory is better than long term memory	Distinct memory, logical, and rational	Slow and sustained memory. Takes time to read or learn but stays with them once its learned
	■	■	■
<b>Dreams</b>	Quick, active, many dreams, fearful	Fiery, war, violence	Lakes, snow, romantic
	■	■	■
<b>Sleep</b>	Scanty, broken up, short sleepers, sometimes sleeplessness	Little but sound	Deep and prolonged
	■	■	■
<b>Speech</b>	Rapid and clear	Sharp and penetrating	Slow and monotonous
	■	■	■
<b>Finance</b>	Spendthrift, impulsively spends money without thinking	Spends on luxury items, plans and spends money to achieve a higher purpose	Rich, good money preservers, great at saving, spends reluctantly, can be miserly
	■	■	■
<b>Totals:</b>	Vata Score: _____	Pitta Score: _____	Kapha Score: _____

# Mental, Emotional, and Social

CONTINUED

	Vata	Pitta	Kapha
<b>Sex</b>	Least sexual desire, takes time to get aroused ■	Moderate, easy to arouse ■	Steady and romantic ■
<b>Climate</b>	Dislikes cold and dry climate ■	Prefers cold climate, well ventilated areas, and dislikes hot ■	Moderate climate. Not too cold, not too hot. Dislikes humidity. ■
<b>Menstruation</b>	Irregular and scanty flow, pain, and cramps ■	Heavy bleeding, irritable ■	Slight cramps and normal ■
<b>Relationships</b>	Secretive, can be self-destructive, nervous, dynamic, communicative, feelings and emotions rapidly changing, doesn't hold grudges, fights but forgets ■	Very selective in making friends but creates warm friendships, makes enemies easily, experiences hate, can be vindictive, can be destructive, can be irritable, most of the time angry, perceptive, caring, aggressive about opinions and feelings, gives opinions even if they are not asked, anger comes quickly but transforms to competitiveness ■	Loyal with many friends, experiences apathy, can be uncaring, feels victimized, attached, desirous, harmonious, devoted, avoids giving opinions even in difficult situations, needs to push hard to get angry. Once Kapha gets angry, he/she will never forgive or finds it very hard to forgive ■
<b>Social life</b>	Make friends easily and often ■	Friends are mostly work related ■	Friends are long lasting and often forever ■
<b>Totals:</b>	Vata Score: _____	Pitta Score: _____	Kapha Score: _____

# Congratulations!

**You completed the quiz.**

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Tally up your scores from all three sections:

How many VATA characteristics applied to you? \_\_\_\_\_

How many PITTA characteristics applied to you? \_\_\_\_\_

How many KAPHA characteristics applied to you? \_\_\_\_\_

## Interpreting Your Quiz Results

If most of your answers were Vata-related, your predominant constitution is VATA.

If most of your answers were Pitta-related, your predominant constitution is PITTA.

If most of your answers were Kapha-related, your predominant constitution is KAPHA.

If your answers are evenly split between two or three doshas, you are bi- or tridoshic.

# So what's next?

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You can take the quiz again to determine your vikruti (current state) by checking the answer best describing your **current** tendencies. By taking the quiz twice, you can gain a greater understanding of your tendencies—both in its natural and current states—to help you balance your dosha.

*Example: If you scored high as a Pitta-type in your natural state and increased your Pitta tendencies in your current state, I would recommend a Pitta-pacifying diet to help you reduce your aggravated Pitta.*

Now that you know your dosha-type and its effect on your health and well-being, I've put together a guidebook that can help you make immediate changes towards improving your lifestyle, health and well-being.

Here's what's inside the book:

- A guideline to balance and maintain the diet and lifestyle of each dosha.
- A detailed description of the qualities and personality of each dosha.
- Effects that each dosha has on your mental, emotional, and physical state.
- Digestion information and nutritional recommendations for each dosha: What foods to eat, what foods to reduce, and recommended meal plans for each dosha.

The book is beautiful, vibrant, and full of life. Just like you. Are you ready to live a happier, healthier and more peaceful life?



[YOU CAN BUY THE BOOK HERE](#)

Namaste.

**Vasavi**