



# Modern Day Dosha Quiz

This quiz is designed to help you get to know yourself. Be honest, have fun and simply check or tally up which statements from each section apply to you. When you're finished jump over to the Simple Ayurveda Free Facebook Group to share your results and meet other Ayurveda enthusiasts!

Disclaimer: The information presented here is meant to spark your creativity and interest in your own well being. It is not meant to diagnose, treat or provide health advice. Anything you read here should not substitute for advice from a medical doctor. Carry on!

## Part One: The Way I've Always Been

### Section A

- \_\_\_\_\_ I'm tall and lanky OR pretty short.
- \_\_\_\_\_ I'm the type to spontaneously move across the country.
- \_\_\_\_\_ I jump into relationships easily.
- \_\_\_\_\_ I worry about the future.
- \_\_\_\_\_ I needed braces as a kid.
- \_\_\_\_\_ My weight tends to gather in my mid-drift area.
- \_\_\_\_\_ I don't notice or mind if I skip a meal.
- \_\_\_\_\_ Routines are a struggle.
- \_\_\_\_\_ I change my mind easily.
- \_\_\_\_\_ I have serious creative vision.

## Section B

- \_\_\_\_\_ My body is average-sized.
- \_\_\_\_\_ I'm a perfectionist.
- \_\_\_\_\_ My friends say I'm witty.
- \_\_\_\_\_ I like winning.
- \_\_\_\_\_ I love a good thickening shampoo for my thin hair.
- \_\_\_\_\_ I can be impatient.
- \_\_\_\_\_ Weight gain tends to distribute evenly in my body.
- \_\_\_\_\_ I like to know the facts when I make a decision.
- \_\_\_\_\_ Some may say I'm bossy, I prefer the word efficient.
- \_\_\_\_\_ I'm passionate!

## Section C

- \_\_\_\_\_ I'm happy with a fruit plate for breakfast.
- \_\_\_\_\_ When I love, I love hard.
- \_\_\_\_\_ My shape has a little extra cushion.
- \_\_\_\_\_ I enjoy sleeping in.
- \_\_\_\_\_ I like a set schedule.
- \_\_\_\_\_ I'm happy living in my hometown.
- \_\_\_\_\_ I admit it, I can be lazy.
- \_\_\_\_\_ I need the right stylist that can manage my thick hair.
- \_\_\_\_\_ I'm a peacemaker among my friends and loved ones.
- \_\_\_\_\_ I have a great memory.

# *The Way I've Always Been*

Tally Your Score

Section A \_\_\_\_\_ Section B \_\_\_\_\_ Section C \_\_\_\_\_

# Part Two: What's Happening Now?

## Section A

- \_\_\_\_\_ It's fall/early winter right now as I take this quiz.
- \_\_\_\_\_ I'm still unpacking from my last move.
- \_\_\_\_\_ I spend way too much time on my phone.
- \_\_\_\_\_ I drink way too much coffee.
- \_\_\_\_\_ I've hit menopause or the male equivalent.
- \_\_\_\_\_ I'm having some crazy/intense dreams lately.
- \_\_\_\_\_ My lips are chapped/chap easily.
- \_\_\_\_\_ I usually wake at least once during the night.
- \_\_\_\_\_ I have cold hands and/or feet.
- \_\_\_\_\_ I get odd pains that can't be explained easily.

## Section B

- \_\_\_\_\_ The weather is warm or hot outside right now where I live.
- \_\_\_\_\_ I'm working toward a promotion or big project at work.
- \_\_\_\_\_ All of my Pinterest boards are organized into categories.
- \_\_\_\_\_ I enjoy cocktails more than 2-3 times a week.
- \_\_\_\_\_ My dreams are pretty realistic.
- \_\_\_\_\_ I burp excessively.
- \_\_\_\_\_ I get hangry!
- \_\_\_\_\_ I'm on a diet or a cleanse right now.
- \_\_\_\_\_ I can be moody or experience intense PMS.
- \_\_\_\_\_ I suffer from inflammation.

## Section C

- \_\_\_\_\_ It's currently spring or rainy season where I live.
- \_\_\_\_\_ I have all of my childhood mementos packed at my house or a relative's house.
- \_\_\_\_\_ I'm living in jogging pants....wouldn't dream of squeezing into jeans.
- \_\_\_\_\_ I can't stop thinking about an ex.
- \_\_\_\_\_ I crave sweets.
- \_\_\_\_\_ I'm not a fan of small talk.
- \_\_\_\_\_ I don't remember any recent dreams.
- \_\_\_\_\_ I get the chills easily.
- \_\_\_\_\_ I have allergies or excess mucus.
- \_\_\_\_\_ I sleep in when I can.

## What's Happening Now?

Tally Your Score

Section A \_\_\_\_\_ Section B \_\_\_\_\_ Section C \_\_\_\_\_

## What does it all mean?

Ayurveda describes the universe and everything in it as being made up five elements. We are part of nature so we are made up these elements.

Ether (Space) \* Air \* Fire \* Water \* Earth

The five elements form together in three vital energies.

Vata: Ether + Air

Pitta: Fire + Water

Kapha: Water + Earth

# Let's Get to Know You

Ayurveda describes your natural way of being as your prakriti. You were born with special combination of the three energies. We all have vata, pitta and kapha within us in our own proportions.

Check back to your score from the first section.

## *The Way I've Always Been*

Section A/Vata \_\_\_\_\_ Section B/Pitta \_\_\_\_\_ Section C/Kapha \_\_\_\_\_

This is the way you are when your lifestyle and daily habits are in alignment with your true nature. Most of us have either one or two dominant doshas. A small percentage of the population has an even amount of all three doshas. This is called tri-doshic. Keep reading for what it looks like to live as the highest version of yourself.

### **Mostly Vata**

Hello vata! You are a creative free spirited type that lives life to your own tune. You are made up of a significant portion of space and air which allows ideas and impressions to flow easily through you. You are less attached to physical items and maybe even relationships than the other doshas. You thrive in independent work. Maybe you're a free lancer, scientist, computer programmer, designer or chef. Grounding activities like gardening or meditating in nature will help get you out of your own head and into your body to find the perfect balance of life.

### **Mostly Pitta**

Hello pitta! You are a natural born leader whether you are a teacher, small business owner or department head. You are made up of a significant portion of fire and water- you know how to transform and make things happen. You have ambition, a sharp memory and a love of learning. The water element keeps you from burning out, however you will have to respect that flow and practice staying calm and easy going when things don't go your way. Spending time near natural bodies of water will help you honor that part of your soul. So will soothing activities like yin Yoga or listening to relaxing music. Playing with children or animals might help you enjoy the lighter side of life.

## Mostly Kapha

Hello kapha! You are a loving, supportive, compassionate being. You are made up of primarily water and earth which means you are strong and stable. Kaphas are loyal to their friends and devoted to their family. Who wouldn't want a kapha for a parent? You might be a therapist, nurse practitioner or massage therapist. Kaphas are amazing at working one on one with clients or patients. The grounding nature of your dosha means you will have to break a daily sweat to stay balanced. Try switching things up with a dance class, power Yoga class or a jog in nature to keep things fresh and fun.

## What's Happening Now?

Section A/Vata \_\_\_\_\_ Section B/Pitta \_\_\_\_\_ Section C/Kapha \_\_\_\_\_

Ayurveda refers to your current imbalance as your vikriti. Many things can contribute to an elevated dosha including the season, your stage of life, diet and lifestyle. It's possible to have a dosha imbalance that's completely different than your prakriti (your natural state). Keep reading for a few simple tips to balance where you're at today.

### Vata

Vata is the dosha that falls out of balance most easily. It is made up of air and space after all. Some things that increase vata are screen time, travel, the season of fall, light dry airy foods like crackers, popcorn or chips, caffeine, dehydration, and multi-tasking. Feeling scattered is a symptom of excess vata as are dry chapped lips, random pains that move around your body, restlessness and poor circulation.

Ayurveda 101: like attracts like and opposites create balance. More popcorn + coffee = scattered thoughts and irregularity in your body. You can balance vata by choosing warm cooked foods, doing one thing at a time, creating a calm, organized home and work place, and sticking with a regular schedule for sleeping and eating. Try a barefoot walk in the grass to ground yourself.

Keep it simple: take five slow breaths between tasks or activities.

## Pitta

Pitta is made up of fire and water. Pitta escalates during warm weather, your 20's and 30's when you're building a family or an empire, and when you're passionate about life. None of these things are bad, they just need balance. Alcohol, caffeine, spicy foods, competitive activities, mid-day sun and even a hot shower elevate pitta. Signs of excess pitta include inflammation, irritability, a receding hairline and powerful body odor. Ayurveda 101: like attracts like and opposites create balance. Spicy food + marathon + wine = heat, heat, heat. Cool off your fire with a soothing mint tea, relax in the shade and focus on eating mild foods. Tame your fire with coconut water, cucumber, watermelon and cilantro.

Keep it simple: breathe in through your nose, exhale and smile to yourself. Life is good!

## Kapha

Kapha is made up of water and earth. Kapha increases during the spring when it's cool and wet outside. Excess kapha can build up from from sleeping in, napping, living a sedentary lifestyle, and eating sugary or fried foods. Symptoms of elevated kapha dosha are low motivation, stagnation, mucus, congestion and sugar cravings. Ayurveda 101: like attracts like and opposites create balance. French fries + an afternoon nap = sludge. Perk yourself up with stimulating spices, waking with the sun or a spontaneous dance party. Try something new!

Keep it simple: create flow and enjoy movement every day.

*There you have it!*

"Constitutional analysis is the foundation of your road to personal enhancement." - Dr. Robert E. Svoboda

Don't forget to stop by the Simple Ayurveda Facebook Community Group to share your results and chat about lifestyle tips, recipes, self care, Ayurveda + travel and much more!

