



WHAT IS MY DOSHA



FIND OUT YOUR DOMINANT DOSHA

Check off which column best describes you now

	VATA	PITTA	KAPHA
Constitution	Thin build difficult to gain weight	Medium build with good muscular development	Strong and big boned. Difficult to lose weight
Skin	Dry, rough	Smooth, reddish	Oily, damp, smooth
Hair	Dry, frizzy	Fine, reddish prematurely, grey or balding	Thick, oily, coarse
Climate	Thin build difficult to gain weight	Aversion to heat	Aversion to cold & humidity
Apetite	Irregular. Able to eat a large quantity	Intense, Irritated if doesn't eat when hungry	Good. Likes to eat but can skip meals easily



VATA

PITTA

KAPHA

Digestion

Irregular

Very good

Slow

Thirst

Variable

Very thirsty

Rarely satisfied

Intestinal
Functioning

Irregular, tendency
to be constipated

Easy & regular,
tendency towards
diarrhea

Regular, sometimes
slow

Sleep

Light, tendency
towards insomnia

Sound sleep

Heavy, tendency to
over sleep

Recurring
Illness

Nervousness,
anxiety, gases,
constipation

Fever, skin
inflammation

Liquid retention,
congestion

Mental
Activity

Awake, active mind,
fast, creative. Easily
changes mind.
Talkative

Sharp intelligence.
Efficient, decisive.
Passionate in the
expression of own
ideas. Leader

Serene, stable,
tranquil. Does not
change mind with
ease.



VATA

PITTA

KAPHA

Memory

Easily learns, easily forgets

Good in general

Slow to learn but once learned it's forever

Reaction to stress

Changeable, very affected, fearful

Quick to anger, critical, irritable

Stable, not easily affected

Movements

Quick

Exact & confident

Slow & steady

Character & mood

Changeable, enthusiastic, tendency to worry

Firm, energetic, passionate, impatient

Serene, sweet, affectionate

Total

