

## Dosha Quiz

| Observations    | V                        | P                        | K                        | Vata  | Pitta  | Kapha                               |
|-----------------|--------------------------|--------------------------|--------------------------|---|--|-------------------------------------|
| Body frame      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Slim, very tall or very short, protruding bones               | Medium build   | Heavy, big bones, large frame       |
| Body weight     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Low   | Can eat a lot, yet medium                                  | Gains weight easily                 |
| Jawline         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Thin, squared, bony   | Tapered, sharp   | Round, double chin                  |
| Cheeks          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wrinkled, sunken  | Smooth, flat   | Round, plump                        |
| Eyes            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Small, sunken, dry, active, black, brown, nervous             | Sharp, bright, gray, green, yellow/red, sensitive to light | Big, beautiful, blue, calm, loving  |
| Nose            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Uneven shape, deviated septum                                 | Long, pointed (sharp) red nose-tip                         | Short rounded, button nose          |
| Lips            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Dry, rough, cracked, black/brown tinge                        | Red, inflamed, yellowish                                   | Smooth, oily, pale, whitish         |
| Teeth           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Stick out, big, roomy, thin gums                              | Medium, soft, tender gums                                  | Healthy, white, strong gums         |
| Skin            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Thin, dry, cold, rough, dark                                  | Smooth, oily, warm, rosy                                   | Thick, oily, cool, white, pale      |
| Hair            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Dry, brown, black, knotted, brittle, scarce                   | Straight, oily, blonde, gray, red, bald                    | Thick, curly, oily, wavy, luxuriant |
| Nails           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Dry, rough, brittle, break easily                             | Sharp, flexible, pink, lustrous                            | Thick, oily, smooth, polished       |
| Neck            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Thin, tall  | Medium   | Big, folded                         |
| Chest           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Flat, sunken  | Moderate   | Expanded, round                     |
| Belly           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Thin, flat, sunken  | Moderate   | Big, pot-bellied                    |
| Hips            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Slender, thin   | Moderate   | Heavy, big                          |
| Joints          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Cold, cracks easily, tight                                    | Moderate   | Large, lubricated                   |
| Appetite        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Irregular, scanty   | Strong, unbearable, hangry                                 | Slow but steady                     |
| Digestion       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Irregular, forms gas  | Quick, causes burning                                      | Prolonged, forms mucous             |
| Favorite tastes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Sweet, sour, salty  | Sweet, bitter, astringent                                  | Bitter, pungent, astringent         |
| Thirst          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Changeable  | Always thirsty   | Rarely thirsty                      |
| Elimination     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Constipation or changes throughout the day/week               | Loose stools, burning, undigested food, quick              | Dense, oily, slow                   |
| Energy level    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hyperactive, spends energy at once and is often left depleted | Moderate, steady   | Slow, reserves their energy         |
| Mental activity | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Hyperactive   | Moderate   | Slow, dull                          |
| Emotions        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Anxiety, fear, uncertainty                                    | Anger, hate, jealousy                                      | Calm, greedy, attachment            |
| Faith           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Often needs convincing  | Believes what their taught                                 | Skeptical                           |

|                                   |  |  |   |  |
|-----------------------------------|--|--|---|--|
| How do you respond to a question? | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Replies quickly but may give a faulty response, speaks before they think | Accurate response, thinks before they think | Slow, exact response, often knows an answer but chooses not to respond |
| Memory                            | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Recent good, remote poor   | Distinct                                    | Slow and sustained   |
| Dreams                            | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Quick, active, many, fearful   | Fiery, war, violence                        | Soft: lakes, snow, romantic  |
| Sleep                             | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Light, insomnia  | Little but sound                            | Deep, sleeps a lot   |
| Speech                            | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Rapid, unclear   | Sharp, penetrating                          | Slow, monotonous   |
| Financial                         | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Poor, spends everything  | Spends money on luxuries                    | Rich, saves a lot  |

Total: Vata: \_\_\_\_\_ Pitta: \_\_\_\_\_ Kapha: \_\_\_\_\_

