

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

