



*Optimal health through practical diet and lifestyle coaching*

## DOSHA QUIZ

According to Ayurveda, a science of natural healing based on the Vedic culture of India, each of us has a certain fundamental energy that governs our body-mind and our environment. This is referred to as our constitution or dosha. Each person's dosha should be considered when choosing the best food, exercise, and habits. Optimal health is attainable when the environment within us and around us is balanced, yet dynamic, and when we eat and live according to our individual needs. Take this short quiz to find your dosha and how to maintain balance. Learn more about how to determine your unique needs with a consultation at [Energize Body & Mind](#).

### DOSHA QUIZ INSTRUCTIONS:

For each trait on the left, check the column that most describes you. Choose the description that most describes you over the course of your life, not just how you're feeling now. That which best describes you over the course of your life is your primary dosha. How you are feeling now may indicate how your doshas are balanced at this time. For now, we are looking for your primary dosha.

TRAIT	COLUMN #1	COLUMN #2	COLUMN #3
<b>Build</b>	Naturally thin as a child	Naturally medium, well proportioned	Ample, stocky, may have been plump as a child
<b>Hair</b>	Dry, rough, wiry	Fine, oily, light, prone to early greying and baldness	Thick, curly, wavy, oily
<b>Weight</b>	Hard time gaining weight	Can gain or lose weight easily if desired	Gain weight easily, hard to lose
<b>Skin</b>	Dry, chaps easily, thin, rough	Oily, smooth, rosy, prone to rashes, moles, and freckles	Thick, cool, oily, smooth, often pale
<b>Teeth</b>	Big, protruding, roomy gums	Medium, sometimes discolored, tender gums	Healthy, white, strong gums
<b>Eyes</b>	Small, active, sunken, dry, often dark	Sharp, bright, penetrating, sensitive to light, often green or amber	Large, attractive, calm, thick lashes
<b>Neck</b>	Thin, long	medium	Thick, often with folds
<b>Mouth</b>	Small, teeth prone to decay	Yellow teeth, prone to decay, canker sores common	Large, strong, with white teeth
<b>Appetite</b>	Variable, irregular	Strong. You can get irritable if you miss a meal	Moderate, feel ok if you skip a meal

For more diet and lifestyle tips specific to you, refer to [The Optimal Health Cookbook: Your Guide to Real Food Made Easy](#) and contact me for a consultation at [EnergizeBodyandMind@gmail.com](mailto:EnergizeBodyandMind@gmail.com) or visit my website at [www.energizebodyandmind.com](http://www.energizebodyandmind.com)



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TRAIT	COLUMN #1	COLUMN #2	COLUMN #3
<b>Appetite 2</b>	Like to snack and nibble	Like high protein foods	Like fatty foods, bread, starch
<b>Digestion</b>	Irregular, prone to gas	Good, strong metabolism, prone to heartburn	Slow, prone to mucus formation
<b>Elimination</b>	Dry, hard, prone to constipation	Easy, regular, tend toward soft and loose stool	Regular, oily, thick
<b>Exercise</b>	Likes to be physically active	Likes vigorous exercise and competitive sport	Avoids physical exertion, prefers leisurely activities
<b>Movement</b>	Quick movements, hyperactive	Moderate, determined	Slow, sedentary
<b>Routine</b>	Dislikes routine	Like routine, especially if you created it	Does well with routine
<b>Nature</b>	Variable, changeable	Intense	Consistent
<b>Response</b>	Quick, sometimes to a fault, creative thinker	Accurate. Initiator, leader	Slow, exact. Keeps things running smoothly
<b>Memory</b>	Good short-term, poor long-term	Distinct	Sustained and slow
<b>Emotions</b>	Tend toward anxiety and fear when stressed	Tend toward anger, hate, jealousy, frustration, when stressed	Calm, tend toward greed and attachment when stressed
<b>Temperment</b>	Flexible	Determined	Avoids difficult situations
<b>Opinions</b>	Change mind easily	Like to share your opinions	Slow to change your mind
<b>Sleep</b>	Light sleeper, prone to insomnia & interrupted sleep	Usually sleep well	Deep, prolonged sleeper. Often snore

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TRAIT	COLUMN #1	COLUMN #2	COLUMN #3
<b>Dreams</b>	Short, active, fearful dreams; you often don't recall	Vivid, colorful, violent dreams that you usually recall	Pleasant dreams, though you only remember if significant
<b>Speech</b>	Fast and often unclear	Direct and often sharp	Slow and deliberate, sometimes monotonous
<b>Illness</b>	Prone to nervous disorders	Prone to fever, rash, inflammation	Prone to mucus and fluid retention
<b>Money</b>	Spends money easily	Spends money on luxuries or purposeful items	Saves money easily

## DOSHA QUIZ ANSWERS

**NOTE:** The words dosha and constitution are interchangeable in this capacity.

Count how many check marks you made in each column. The column with the most checks is your primary dosha. If you have two columns that are equal or nearly equal, you may have a dual dosha and can follow tips for both. If you have equal, or nearly equal, check marks in all three columns you may be tridoshic. This is rare, but possible.

If you checked the first column the most, your primary dosha (your constitution) is **VATA**

If you checked the second column the most, your primary dosha (your constitution) is **PITTA**

If you checked the third column the most, your primary dosha (your constitution) is **KAPHA**

## HERE ARE SOME GUIDELINES FOR EACH DOSHA

### VATA

Balanced Vata individuals tend to be active, both physically and mentally, creative, and expressive, often in motion.

Vata out of balance tend to exhibit anxiety, confusion, chaos, dry skin, constipation, insomnia, aching joints, gas, and bloating. Vata imbalances are often seen during the fall and winter months and as we age.

### VATA DIET

Foods that pacify (balance) Vata are warm, moist, and spicy. Vata types usually have the easiest time finding foods that help balance them. Some of the best choices are warm soups, warm quinoa, basmati rice, fruits that are sweet, moist, and ripe such as avocado, banana, berries, mango, peaches. Generally, dairy and meat are better suited for Vata types than Pitta or Kapha, as long as you're not intolerant or allergic, and your digestion is good. Most spices, nuts, and seeds help to balance Vata.

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Foods that aggravate Vata (creating an imbalance if eaten often) are dry and cold. Examples of foods to avoid are frozen food and drink, dried fruit, jerky, popcorn, most beans/legumes (mung beans and red lentils are ok), raw apples, pears, watermelon. While salads and raw foods often contain high amounts of nutrients, vata should be careful not to overeat them, especially in fall and winter.

### **Vata Lifestyle**

Lifestyles and habits that can throw Vata out of balance include eating Vata aggravating foods, eating on the go, going to bed late, frequent travel, running around all the time (over-extending yourself), excessive sensory stimulation, excessive physical activity, suppression of creativity, attempting to fit into societal norms.

Lifestyle tips to balance Vata include routine (if you don't like routine try creating a set time for at least one thing, such as eating meals at a regular time each day), rest, keeping warm, meditation, massage, calm music, going to bed early, working in (such as Qi Gong, Yoga (relaxing, slow paced yoga, not fast paced; hot yoga is ok for Vata), swimming, or leisurely walking), wearing bright warm colors, and napping. You can also use lavender and cinnamon essential oils with sesame oil as a carrier, try an internal cleanse (under supervision of a trained professional), take warm baths or steam baths/showers, and allow yourself to create. Be especially mindful of these tips during the fall and winter. By simply slowing down and taking a break from rigorous exercise and electronic devices, Vata types can recharge and find balance.

## **PITTA**

Balanced Pitta individuals tend to be joyful, perceptive, with sharp intellect, and they have a strong will, abundant courage, determination, and drive.

Pitta out of balance tends to exhibit anger, jealousy, ego, excess intensity, rashes, breakouts, canker sores, sore throats, ulcers, conjunctivitis, inflammation, excessive sweating, and heartburn. Pitta imbalances are more often seen during the summer and when we are young adults to middle-aged.

### **PITTA DIET**

Foods that pacify (balance) Pitta are cooling, astringent, and bitter. Many pittas require a bit more protein than the other doshas. Some good food choices include fruits such as avocado, figs, limes, watermelon, coconuts, and dates, most vegetables, raw foods (especially in summer), beans and legumes if you easily digest them, almonds (without skin), white meat chicken and turkey, and bison. While pitta types should avoid or minimize most spicy/hot food, there are some spices that are balancing for pitta such as cumin, coriander/cilantro, fennel, saffron, dill, mint, parsley, fresh basil, and saffron.

Foods that aggravate Pitta (can create imbalance if overeaten) are hot and spicy and oily. Examples of foods to avoid are alcohol, caffeine, excess red meat, most nuts and spices, most sour fruit, and condiments that are too spicy, salty, or sour/pickled. While most vegetables are ok, pitta should not overdo pungent or spicy tastes such as garlic, mustard greens, radish, turnips, spinach, eggplant, and tomatoes.



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### **PITTA LIFESTYLE**

Lifestyles that can throw Pitta out of balance include eating Pitta aggravating foods, over-working, excessive heat, intense fasting, excessive competitive behavior, and watching violent or aggressive movies/TV.

Lifestyle tips to balance Pitta include cooling down after a workout, engaging in calming physical activity such as Qi gong, Tai chi, relaxing yoga (avoid hot yoga), swimming, walking, wearing cooling colors, giving of yourself (such as volunteer work), taking a cool shower or swim. You can also use essential oils such as sandalwood and rose with coconut oil as a carrier, and engage in introspection and journaling.

### **KAPHA**

Balanced Kapha individuals tend to be strong, with good stamina, patient, mild mannered, grounded and at peace, and blessed with robust health.

Kapha out of balance tends to be clingy, lazy, depressed, obese, stuck in a rut or set in their ways, possessive, greedy, and unable to let go. Common ailments when out of balance are sinus congestion, excess mucus and phlegm, water retention, asthma, and low thyroid function and can be exacerbated in winter and spring.

### **KAPHA DIET**

Foods that pacify (balance) Kapha include fresh vegetables, spices, herbs, berries, millet, amaranth, quinoa, toasted oats, salads. When eating protein, choose lower fat proteins like fiber-rich beans, freshwater fish, or white meat poultry.

Foods that aggravate Kapha (can create imbalance if overeaten) are cold, oily, heavy, and fried. Avoid excessive fat, salt, and sweets, most nuts, heavy meat, wheat, bread, and dairy. Avoid or minimize sweet fruit, avocado, coconut, sweet potatoes, olives, rice, soy (except soy milk), and salty condiments.

### **KAPHA LIFESTYLE**

Lifestyles that can throw Kapha out of balance include eating Kapha aggravating foods, overeating, emotional eating, inactivity, too much time indoors, obsessing over money or material objects, napping and over-sleeping, and lazing around watching TV.

Lifestyle tips to balance Kapha include getting plenty of stimulating exercise (such as running or vigorous yoga), avoiding naps, practice letting go (non-attachment), occasional fasting, cleansing, or detoxing, being aware of boundaries so as not to be taken advantage of, dancing, and changing your routine. You can also try essential oils of myrrh, eucalyptus, and cedar with sesame as a carrier oil, alternate a sauna with a cold shower, or try something new and challenging.

*Quiz designed by Energize Body & Mind*