Dosa Quiz

Determining Which Dosha is Out of Balance

Introduction

The most important factor that determines your healthiest choices (diet, lifestyle) is an understanding of which of the three are out of balance in your body and mind. This is called your *vikruti* in Ayurveda. When your vikruti has been restored to a state of balance, you will return to your natural constitution. This is called your *prakruti*.

Your constitution (prakruti) establishes your tendencies. While it is important to understand your constitution, it is even more important that you understanding your vikruti (current state). In Ayurveda, the choices a person makes is always based on vikruti first and prakruti second.

Instructions

The worksheet /quiz below will help you to determine the state of your doshas. Note each symptom that you experience. Give the symptom 1 point if it is mild, 2 points if it is moderate a nd 3 points if it is severe. Then add up the numbers in each column. The dosha with the highest number indicates your primary doshic imbalance. If the number in two columns are close, you have a dual dosha imbalance. If all three numbers are close, you have a tridosha imbalance.

Please note that any online dosha quiz has limitations. Nothing can replace an evaluation by a competent practitioner of Ayurvedic medicine. This online quiz however will give you are an excellent head start as you begin your journey to take optimum care of yourself.

This quiz was adapted from the book: *Healing Your Life; Lessons on the Path of Ayurveda* by Dr. Marc Halpern.

Vata	Vata points	Pitta	Pitta points	Kapha	Kapha points
Distended abdomen		Burning indigestion		Little appetite	
Gas without much smell		Strong smelling gas		Sluggish digestion. Abdomen feels heavy.	
Constipation		Loose stools		Mucus in stools	

Dry skin or mild acne with black heads.		Reddened skin, rashes or red acne		Large pustules or cysts. Cystic acne	
Does not like cold temperatures		Does not do well in the heat		Water retention and swelling	
Cramping, shooting electrical or chronic pain		Burning or searing pains in the body		Dull, achy pain	
Weak bones (osteoporosis), joint pains or fragile nails		Red or burning eyes		Excess eye excretions	
Spotty hair loss		Inflammation in body		Muscle heaviness	
Tremors, tics and twitches		Infections anywhere in the body		Benign tumors and cysts	
Infertility due to weakness of the egg or sperm		Infertility due to past infections			
Irregular and/or spotty menses		Heavy menses		Extended menses	
Anxiety, worry or overwhelm		Loss of patience, demanding		Melancholy, quieter than usual	
Increased rambling in the voice		Sharp, intense or angry words		Speaks very slowly, hard to find words	
Mood swings or severe depression		Anger, overly critical		Melancholy (mild depression)	
Easily distracted		Intense focus on goals		Slow processing information	
Fatigue (exhausted) due to stresses like worry and anxiety.		Burn out from working too hard and being too focused.		Lethargy (chronic low energy)	
Total Vata:		**Total Pitta:**		**Total Kapha:**	

Your Next Step:

Now that you know your vikruti, it's time to take the actions that will restore your balance. Here we provide you with two resources and some general tips to gain more guidance.

Resources

1. Receive an Ayurvedic Consultation and work with a practitioner who can provide you with the guidance and support you need to make the necessary diet and lifestyle changes to heal your life. (Click here for more information)
2. Read "Healing Your Life: Lesson on the Path of Ayurveda:. In this book, Dr. Marc Halpern will help you learn the diet and lifestyle steps to take to restore proper balance and support your healing journey. (Click here)

Tips For Each Dosha

Vata Dosha Imbalance: Vata dosha imbalances requires greater rest, warmth, deeper nourishment, and regular routines. A vata pacifying diet should be followed that build ojas (stamina, endurance).

Pitta Dosha Imbalance: Pitta dosha imbalance requires time away from work and/or planning. Pitta dosha also benefits from staying cool. Follow a pitta pacifying diet that avoids hot spices. Regular routines are important too. These routines should include time to truly relax.

Kapha Dosha Imbalance: Kapha dosha imbalances requires more motion and less rest. Kapha dosha imbalance benefits from hot spices, exercise, less sleep and a kapha reducing diet (less food, lighter foods, more purifying).

Dual and Tridoshic Imbalances: Dual and Tri-dosha imbalances with moderate or severe symptoms are more difficult to manage and require greater supervision or support. If you have a dual or tridoshc imbalance with moderate or severe symptoms please consider a consultation with an Ayurvedic healthcare professional..