

TEST FOR DETERMINING YOUR DOSHA TYPE

Tick every statement for each question in each dosha section that applies to you

0 = doesn't apply, 1 = applies partly, 2 = applies completely

| question | Vata | | Pitta | | Kapha | |
|--|---|-------------|---|-------------|--|-------------|
| how is your body built? | light and delicate-boned | 0 1 2 | medium body type, sporty, brawny muscular | 0 1 2 | heavy, sturdy, strong, round figure | 0 1 2 |
| what is the nature of your hair? | delicate, thin, dryish | 0 1 2 | thin, high hairline, sparse/balding | 0 1 2 | strong, dense, rather greasy | 0 1 2 |
| what are your hands like? | delicate, small, sensitive | 0 1 2 | warm, mid-sized, angular, brawny | 0 1 2 | big, calm, strong, round shape | 0 1 2 |
| what weight do you have? | very light, I lose weight easily | 0 1 2 | medium weight | 0 1 2 | relatively high, I gain weight easily | 0 1 2 |
| how would you describe your inner nature? | quick in my thoughts, lots of ideas, flexible | 0 1 2 | strong will, venturesome | 0 1 2 | calm, strong, unshakeable | 0 1 2 |
| how would you describe your emotional world? | sensitive, cheerful, bright, shifting | 0 1 2 | emotional, humorous, passionate | 0 1 2 | gentle, sympathetic, faithful, satisfied | 0 1 2 |
| how do you react to something new? | quickly excited, enthusiastic | 0 1 2 | critical or committed | 0 1 2 | rather reluctant, observant at first | 0 1 2 |
| how do you ingest and retain new information? | very quickly even just through hearing | 0 1 2 | quickly, through images and repeated reading | 0 1 2 | slowly, best through practical experience | 0 1 2 |
| a question about your way of life: | I am artistic, playful and subtle | 0 1 2 | I like to campaign for things and take initiative | 0 1 2 | I am a comfortable type, live pragmatical and prefer the approved | 0 1 2 |
| how decisive are you? | I can be crazy about many different directions | 0 1 2 | I make my decisions dead on target | 0 1 2 | I need my time | 0 1 2 |
| how and how quickly do you get your tasks done? | actively, agile, very quickly, inventive | 0 1 2 | concentrated, motivated, dead on target with a lot of enthusiasm and vigour | 0 1 2 | slowly, considerably and methodically | 0 1 2 |
| a product is being developed. Which type of teamplayer are you? | giving ideas, composing texts, doing research, communicating | 0 1 2 | visual and graphical layout, presentation of the product | 0 1 2 | the skilled manual part, the practical implementation | 0 1 2 |
| what do you like eating most? | I prefer small meals, mildly seasoned, I'm sensitive and picky | 0 1 2 | I love eating spicy and savoury | 0 1 2 | I love good, rich food and fine smells | 0 1 2 |
| do you like travelling? | I change places easily, I love travelling and do it a lot | 0 1 2 | I love adventurous travels and challenges | 0 1 2 | I'm more settled down, I don't like long and far away travels | 0 1 2 |
| you need to catch the train and are running late. how do you move? | I get uneasy and get going with lightening-speed, and super swift | 0 1 2 | I get overly excited and I drive very risky | 0 1 2 | although it's urgent, I take it easy and drive at a non-hecktic pace | 0 1 2 |

total:

Vata.....

Pitta.....

Kapha.....