

TAKE THE AYUVERDA DOSHA TEST AND FIND OUT YOUR DOMINANT BODY CONSTITUTION

Ayurveda is holistic medical system and life science dating from 7000 years ago. The basis of Ayurveda looks at bringing balance between all aspects of the self: the physical, mental, emotional and energetic body. One important component of Ayurveda is the body constitution, represented by one of the three Ayurvedic Doshas. Vata, Pitta and Kapha. Most people will have one dominant dosha, however some may have two equally dominating or sometimes all three. The doshas are governed by the universal elements, fire, water, air, ether and earth. Learning about your Ayurveda dosha or constitution can help you understand yourself better and create harmony and balance in your lifestyle by making lifestyle choices to suit your body's overall state. Take the test below and then [click here](#) to find out more information about each dosha.

**Tip – It is best to take the test twice, once taking in consideration your Prakruti or current state for the last 2-3 months and the second time taking in consideration your Vikruti state meaning how you were for most of your life, in your earlier years from birth.*

1. Which of these best describes your physical body?

- a. Thin, tall/long
- b. Medium sized
- c. Heavy bones/large

2. Which of these best describes your skin?

- a. Dry, thin and pale
- b. Smooth, oily at times, rosy
- c. Thick and oily

3. Which of these best describes your hair?

- a. Thin and straight
- b. Healthy and voluminous
- c. Curly, wavy and thick

4. Which of these best describes your nails?

- a. Thin, dry and they tend to break easily
- b. Soft, pink and smooth
- c. Strong, thick and shinny

5. Which of these best describes your joints?

- a. Weak/fragile and cold
- b. Moderate
- c. Strong and lubricated

6. Which of these best describes your hips?

- a. Thin and small
- b. Moderate
- c. Strong and heavy

7. Which of these best describes your stool movement?

- a. Experience frequent constipation, mostly small blobs
- b. Soft and regular
- c. Sluggish, thick

8. Which of these best describes your appetite?

- a. Sporadic/Irregular
- b. Consistent and strong
- c. Slow and steady

9. How do you react to an unforeseen situation?

- a. I tend to stress out
- b. I can keep composed
- c. I don't really mind

10. When of the following can you relate to the most?

- a. Anxiety, insomnia, stress
- b. Anger, impulsiveness, obsession
- c. Emotional, lazy, sluggish

11. Which of these best describes your speech?

- a. Rapid, sometimes too fast
- b. Moderate and strong
- c. Slow and monotonous tone

12. What season do you feel best in?

- a. Very hot summers
- b. Colder temperatures
- c. Cool weather

13. What is your general walking rhythm?

- a. Very fast
- b. Moderate
- c. Slow

14. Which of these best describes you?

- a. Creative, active and talkative
- b. Determined, driven, high achiever

- c. Nurturing, honest and kind

15. What is your breakfast regime?

- a. Sometimes I am hungry, but most of the time I forget to eat
- b. It's a must for me
- c. I don't eat breakfast because I am not usually hungry in the morning.

16. What are your sleeping patterns like?

- a. I usually sleep very late and I tend to experience a disturbed sleep
- b. I enjoy my sleep, but I don't require much of it
- c. I love sleep and I need my 8 hours (at least) every night

17. How do you react in social settings?

- a. Sometimes I am the social butterfly, other times I keep to myself
- b. I am a social person and I feel confident in most social settings
- c. I love being around people and listening to everyone's stories

How to understand your results...

a= Vata (1 point)

b= Pitta (1 point)

c= Kapha (1 point)

Firstly, give each answer 1 point and add your answers giving you a total for each dosha. If your Prakruti is different from Your Vikruti, you will then want to work on the dominant dosha from your Vikruti in order to bring it back in balance to the Prakruti. Your Prakruti shows your natural constitution from birth, whilst the Vikruti shows the constitution you have in the current state. This can be different due to lifestyle changes such as diet, environmental factors, relationships, career choices etc.