

# DOSHA - QUIZ

	VATA	PITTA	KAPHA		VATA	PITTA	KAPHA
<b>Body type</b>	Thin frame, lean muscles, protruding joints, tall or smaller than average	Medium built, symmetrical, good developed muscles, average height	Solid and robust frame, more rounded and soft shaped	<b>Sleep</b>	Light, sensitive. easily disturbed sleep, may experience nightmares.	Moderate need for sleep, generally good - but can be disturbed by stress	Deep and good sleep, may be difficult getting up in the morning.
<b>Weight</b>	Can be underweight, easier to loose that gain weight	Medium, easy to maintain a stable weight	Can be overweight, difficulty loosing weight	<b>Circulation/ body-temperature</b>	Cold extremities - hands and feet (cold and dry)	Generally warm with good circulation	Cooler extremities, hands and feet - often clammy
<b>Skin</b>	Dry, thin, rough, cold, visible veins, wrinkly, tans easily	Warm, slightly oily, acne reddish, sensitive, freckles, moles	Soft and smooth, pale, oily, moist/clammy, clogged pores	<b>Preferred climate</b>	Prefers warm and humid Dislike cold and windy weather	Cooler climate, prefer the shade. Dislike hot and humid climate	Warm and dry climate. Dislike of cold and rain/humid weather.
<b>Hair</b>	Thin and fine, dry and frizzy	Fine, straight, oily, hairloss or early graying.	Thick and wavy, oily	<b>Mental and physical activity</b>	Active mind, restless body, trouble sitting still, fiddling	Sharp, present and direct. Like to be physical active	Relaxed and easy going, more sedate, prefers less/slow activity
<b>Nails</b>	Dry, flaky and rough	Soft and pink	Strong, smooth, pale	<b>Memory</b>	Good short term memory, not so good long term	Generally good and clear memory,	Good longterm memory, less short term. Good with details
<b>Teeth</b>	Uneven, big or small, gaps	Medium size, yellowish, sensitive gums	Strong, white, healthy gums	<b>Voice/speech</b>	Thin and cracked voice, quick and talkative, jumping subjects	Clear and direct, sharp voice, honest and to the point. May dislike small talk.	Calm and low voice, listens and thinks before talking
<b>Appetite/ hunger</b>	Irregular, often no regular meal routine. Snacking	Sharp hunger, need for regular and solid meals	Little physical hunger, no problem skipping meals	<b>Work and interacting</b>	Prefers variation to routine. Like working with others, may need attention/follow ups	Works best alone, prefers being in charge and taking on more responsibility. Good leaders	Prefers working in small teams, with clear instructions and responsibilities. Likes routine
<b>Digestion</b>	Sensitive, irregular, IBS, feeling bloated (colon)	Sharp, quick, may experience reflux and ulcers	Slow and regular	<b>Organizing, mindset</b>	Creative with lots of ideas, prefer to start projects and may jump to new ones before finishing what they started.	Determined and well organized, able to stay focused from beginning to end	May take some time to get started, and then good at seeing it through/ finishing projects
<b>Excretion/ stool</b>	Tendency toward constipation, dry/clumpy, hard to pass, dark color	Regular and quick, soft and watery. May experience diarrhea	Slow but regular, heavy, bulky and slimy	<b>Money and finances</b>	Quick to spend money, not so good at saving.	Saves, but may splash out on «investments» and good quality	No problem saving money, important to feel safe and secure
<b>Urin</b>	Often but little each time, «nervous bladder»	Larger amount, may have strong colour and smell	Moderate, can be whitish/sludgy	<b>Emotional stress / imbalanced state</b>	Sensitive, mood swings. anxious, nervous, worry, low self esteem, compulsive	Impatient, irritable, frustrated, judgmental, jealous, angry, hot tempered	Withdrawn, passive, depressed, melancholy, greedy, possessive, avoids conflict
<b>Sweat</b>	Little, not even after physical exercise. Little smell	Sweat easily, specially when hot. Hormonal sweat, with strong «fleshy» smell	Prone to sweatiness, also without physical activity. Cold sweat (clammy)	<b>General personality</b>	Lively, creative, social, enthusiastic, loves change and movement. Dislike routines and feeling «stuck»	Well directed, ambitious, warm, intelligent, can be demanding, Focused, determined, High expectations of self and others,	Calm, stable and relaxed. Content, patient, caring and loyal. Dislike stress and sudden changes
				<b>TOTAL</b>	<b>VATA</b>	<b>PITTA</b>	<b>KAPHA</b>