

Dosha Checklist

Fill out this form with your long term tendencies in mind, not how you necessarily feel today. Create a tally for all the dot points that resonate under the three categories of Vata, Pitta, and Kapha.

We are always changing and moving through the doshas (literally, imbalances), it shifts with the seasons, with the stages of life, and with lifestyle changes. We all have all three doshas within us, but when we have an idea about which one is predominant we can work towards balance. This quiz will give you insight into your long term tendencies and imbalances which we call in Ayurveda your "constitution" or "prakriti"

Vata Dosha

Elements: air & Ether

Qualities: lightness, dryness, mobility, change, roughness, quickness

Physiological: force behind the nervous system, respiration, and elimination

Imbalanced Vata: dry skin, constipation, premature wrinkles, anxiety, fear, or feeling spaced out.

Balanced Vata: Enthusiasm for life, healer, inspired writers and artists, and enthusiastic speakers.

- You have a slimmer frame with fine bone structure and unpronounced muscles
- You tend to have a hard time putting on weight
- You have drier skin
- You tend towards constipation and/or gas when your digestion is off.
- You have premature wrinkles.
- You have been called spacey or even an airhead.
- You have a wonderfully creative mind and can change your mind easily.
- Your speech is fast, with an exuberant or nervous tone, and you can be a drama queen when you talk.
- You are capable of original thought, and you are an artist, musician or inventor.
- You have thinner, finer hair, small eyes, and more brittle nails.
- Your voice has been called "airy" and may have a thinner, higher tonality.
- Your appetite varies and your eyes are often bigger than your belly.
- You are a super quick learner, but if you are out of balance it can go in one ear and out the other unless you really focus.
- You like airy foods like crackers, popcorn, chips and toast.
- You have a tendency to multitask.
- When you are out of balance, you tend towards anxiety and nervousness, or fear and depression.
- You tend to worry about things

- You have an urge towards deep spiritual practice, esotericism, and/or ascetism.
- You are drawn towards psychedelic drugs and/or plant medicine.
- You have a strong intuition and maybe even psychic abilities.
- Your resting pulse ranges from 80-100 beats per minute
- Your sleep is light and when you are out of balance you are prone to early morning insomnia
- You bite your nails
- You feel too cold more often than too hot
- You have an irregular menstrual cycle or scanty flow
- You spend money as fast as it comes in
- You have quick, active and/or fearful dreams

Pitta Dosha

Elements: fire and a little water

Qualities: sharpness, oiliness, lightness, heat and mobility

Physiological: digestion and metabolism

Imbalanced Pitta: fever, loose stools, skin rash or acne, or the heated emotions of anger and frustration. Can become overly critical and compulsive.

Balanced Pitta: Pitta carries the gift of discernment that can cut through the smokescreen, allowing you to see situations clearly.

- You have a naturally muscular/toned body, with a medium bone structure
- You have a more angular face, with deep set, moderately sized eyes.
- You have slightly oily skin, with a rosy or ruddy complexion.
- Your skin is sensitive, possibly prone to acne and rashes.
- You tend toward looser stools when digestion is off.
- Your hair started turning grey early.
- You have been called intense.
- You have a wonderfully sharp, focused mind and often feel like you know the best way to do things.
- You have leadership qualities and it is difficult for you to be a follower in group settings.
- You have finer hair that is light in colour.
- Your appetite is strong and you have been known to get angry or irritated when hungry.
- You are often thirsty.
- When you are out of balance you crave spicy foods.
- When you become mentally or emotionally out of balance, you tend towards intensity, anger, or irritation. You can also be highly critical of others and yourself.
- Your menstrual cycle is regular with a medium to moderate flow.
- You feel too hot more than you feel too cold.
- Your speech is moderately paced, your tone is sharp or intense, and your words can be combative or judgemental.
- Your resting pulse ranges from 70-80 beats per minute.
- You have very colourful dreams, sometimes with fiery elements like war or violence.
- You love spending money on luxuries

Kapha Dosha

Elements: Earth and Water

Qualities: stability, heaviness, density, wetness, and coolness.

Physiological: force behind the lymphatic system and the mucus membranes

Imbalanced Kapha: Gains weight easily and has a hard time losing it. Quality of holding on which can turn into gripping or a codependent attachment.

Balanced Kapha: Luscious, well-lubricated, sturdy, and dependable.

- You have a thicker build and rounder face.
- It can feel like you gain weight just by looking at food.
- You have rounder body features in general.
- Your cheeks are plump and your nose is fleshy.
- Your eyes are large, round, and beautiful.
- You have great skin. It is soft and well hydrated. When out of balance you can have cystic acne.
- You have strong and healthy gums and teeth.
- Your hair is thick, curly, wavy, and/or has a polished look.
- Your joints are large and well lubricated. They don't ache or crunch. You are not prone to inflammation.
- You are rarely super thirsty.
- Your appetite is predictable, but not necessarily big.
- You tend towards slower digestion and may feel heavy after eating.
- Your stools tend to be large and bulky, possibly even with mucus.
- You sweat a lot, but it smells sweet.
- You have been called earthy or grounded. Your friends know that they can always count on you.
- You are a total love bug, but you can get possessive and sentimental when out of balance.
- You are generally calm and consistent.
- When out of balance you may be a hoarder.
- Your body temperature tends to be cool, but not cold.
- Your period is regular with a heavy to average flow.
- You sleep heavily when in balance. You love sleeping late and it can be hard to get out of bed in the mornings.
- Your speech moves at a slow pace, your tone is soft, and your words are usually sweet.
- Your resting pulse ranges from 60-70 beats per minute.
- Your dreams are romantic. You dream of sex, snow, and watery places like cool mountain lakes.
- You are good with finances and know how to save money.

Tally of points:

Vata _____ Pitta _____. Kapha _____