

WHAT'S YOUR A DOSHA?

A Dosha is an Ayyurvedic or Ancient Indian medicine term based on fundamental energy of life based on 3 Doshas: **PITA, KAPHA, VATA**. Ultimate goal it to be "Tri-Dosha" - equal balance of the three, in harmonious balance.

PITA

Determined, Strong Willed
 Passionate, Tough-minded
 Red Hair, Freckles, Blonds
 Fire & Water
 Normal Body weight

KAPHA

Strong, Calm, Soft
 Sensuous, Heavy Body
 Dark, Wavy, Curly Hair
 Earth & Water
 Over weight, thick

VATA

Creative, Quick-witted
 Soft Hearted, Romantic
 Curly Hair, Dry skin
 Wind
 Thin, underweight

WHAT'S YOUR DOSHA? Circle / underline one per question.

	VATA	PITTA	KAPHA
1. My hair texture	dry, curly, wavy	straight, fine	thick, full of body
2. My hair color	med./lite brown	blond, red, grey	dark, black
3. My skin tends	on dry side	delicate, sensitive	oily, smooth
4. Complexion	darker	freckled, reddish	lighter
5. For my height	smaller bones	average bones	larger bones
6. My weight	thin, hard to gain	average	heavy, gains easy
7. My energy level	fluctuates	moderate, high	steady
8. Temperature	dislikes cold	dislikes heat	dislikes damp cold
9. Hunger level	vary, no interest	intense	emotional eater
10. Food preference	warm, moist, oily	cold	warm, dry
11. I generally eat	quickly	moderately fast	slowly
12. Sleep patterns	interrupted, light	sound, moderate	deep, long
13. Sex interest	strong if involved, low	moderate to strong	slow to awaken
14. Most sensitive to	noise	bright light	strong odors
15. Reaction to stress	anxious, fearful	irritated	mostly calm
16. Emotional moods	change easy	intense, quick temper	even, slow temper
17. Trait describes you	vivacious	determined	easygoing
18. This evaluation made you feel:	indecisive	annoyed	sleepy

ADD HOW MANY FOR: _____

You are: _____ www.herbalelements.net

