



# Ayurveda & The Doshas





# Dosha Quiz

## As you take the quiz:

- Try to answer the questions regarding yourself in general rather than your current state of being.
- Know that not one dosha is better than the others.
- Know that all three doshas (the 5 elements) reside within you. Your dominant dosha will give you insight to the qualities that make you unique as well as the imbalances you are more likely to experience.
- Different seasons, weather, time of day, stress, and life events can all cause imbalances within the doshas.
- When you receive your breakdown, total all of your V's, P's, K's. Whichever is the highest is your dominant dosha.

**V's = Vata**

**P's = Pitta**

**K's = Kapha**

**Body Frame:**



# Dosha Quiz

## Body Frame:

V \_\_\_ Small and thin

P \_\_\_ Medium height, with moderately developed muscles

K \_\_\_ Large; big with well-developed muscles

## Weight:

V \_\_\_ Light; difficulty gaining weight, prone to losing weight

P \_\_\_ Moderate: easy to gain or lose weight

K \_\_\_ Heavy: gains weight easily

## Skin Complexion:

V \_\_\_ Darker

P \_\_\_ Pink or red

K \_\_\_ Pale or white

## Skin Texture/ Temperature:

V \_\_\_ Dry, rough and cracked with prominent veins; cold hands and feet

P \_\_\_ Normal to oily; warm and soft with freckles

K \_\_\_ Cool, oily and moist



# Dosha Quiz

## Hair Quality:

V \_\_\_ Course, dry and frizzy

P \_\_\_ Fine, soft, straight, silky and oily; can go gray or bald early

K \_\_\_ Abundant, thick, oily and lustrous

## Hair Color:

V \_\_\_ Blond or light brown

P \_\_\_ Red or Auburn

K \_\_\_ Dark brown or black

## Face Shape:

## Face Shape:

V \_\_\_ Small, thin and long

P \_\_\_ Medium-sized and oval

K \_\_\_ Large and round

## Eyes:

V \_\_\_ Small and active

P \_\_\_ Small-medium with a penetrating gaze

K \_\_\_ Medium-large and kind

## Teeth:

V \_\_\_ Very large or very small; sometimes crooked

P \_\_\_ Small to medium

K \_\_\_ Medium to large; often very even



# Dosha Quiz

## Tongue Width:

- V \_\_\_ Narrow, long and thin; space between tongue and teeth
- P \_\_\_ Oval with a pointed tip; same width as teeth
- K \_\_\_ Thick with a round tip; wider than space of teeth

## Joints:

- V \_\_\_ Prominent and crack a lot
- P \_\_\_ Loose and flexible
- K \_\_\_ Large and padded

## Veins and Tendons:

- V \_\_\_ Very Prominent
- P \_\_\_ Moderately Prominent
- K \_\_\_ Hardly noticeable

## Quality of Hands:

- V \_\_\_ Fine, dry cold; long fingers
- P \_\_\_ Symmetrical; pink and warm
- K \_\_\_ Large; thick and short fingers, cool

## Fingernails:

- V \_\_\_ Thin, rough, fissured, cracked, darkish
- P \_\_\_ Strong and pinkish
- K \_\_\_ Thick, smooth and white.



# Dosha Quiz

## Digestive Strength:

- V \_\_\_ Variable or weak; often has allergies; erratic
- P \_\_\_ Strong; able to digest almost anything
- K \_\_\_ Medium to slow, but steady

## Digestive Disturbances:

- V \_\_\_ Intestinal gas and constipation
- P \_\_\_ Acidity or burning, diarrhea
- K \_\_\_ Bloating feeling or heaviness, nausea

## Defecation:

- V \_\_\_ Dry, hard stools; difficult or painful bowel movements; gas, tends towards constipation
- P \_\_\_ Abundant, loose stools, sometimes yellowish; tends towards diarrhea
- K \_\_\_ Moderate, solid stools, sometimes pale in color; mucus may be present in stools

**Vata Total:**

**Pitta Total:**

**Kapha Total:**



# What is Ayurveda

- Sister science to yoga - Known as the “common sense” science.
- A 5,000 year old healing modality that promotes preventative health.
- Believes we are each made up of our own unique combination of the 5 elements: air, space, fire, water, and earth.
- This combination of the 5 elements are categorized into 3 energies known as the doshas: vata, pitta, and kapha.
- Knowing our dosha can help us cultivate optimal health through diet, exercise, and lifestyle.
- Revolves around the concept that like increases like, meaning to create balance we should bring in the opposite qualities of our imbalanced dosha.
- Believes poor digestion aka weak agni is where the majority of diseases stem from.





# **The Doshas & their Elements**

**Vata**

Air & Space

**Pitta**

Fire & Water

**Kapha**

Earth & Water





# The Doshas & their Qualities

## **Vata**

Cold, dry, light, rough, mobile

## **Pitta**

Hot, oily, light, sharp, mobile

## **Kapha**

Cold, oily, heavy, sticky, stable



# The Vata Dosha

- **Known as:** The mover
- **Features:** Generally, vata people have a smaller frame, protruding joints (crack a lot), and are either short or tall. They tend to have an oval face, smaller eyes, darker and dry skin.
- **Personality:** Vata's love to move, talk, and talk with their hands. They tend to be inconsistent, intuitive, artistic, and imaginative.
- **When imbalanced, psychologically prone to:** Distractions, fear, alienation, anxiety, delusions, worry, depression, and insomnia.
- **When imbalanced, physically prone to:** Bloating, aches and pain in the hips, back, and joints, poor circulation, muscles spasms, constipation, asthma, exhaustion, depletion, and dizziness.



# The Pitta Dosha

- **Known as:** The Processor
- **Features:** Generally, pitta people have a medium frame and are of medium height with well defined muscles. They have sharper features, medium eyes, and are prone to early greying and receding hairline/baldness
- **Personality:** Pitta's love to be right, so they can to be stubborn, opinionated, and argumentative. The sharp and light qualities of pitta people, also make them intelligent, witty, and easily irritated or angered.
- **When imbalanced, psychologically prone to:** Antisocial and overly critical, self-centered, aggressive, impatient, competitive, and easily agitated.
- **When imbalanced, physically prone to:** Rashes, inflammation, boils, skin cancer, heartburn, ulcers, anemia, jaundice, and hair loss.



# The Kapha Dosha

- **Known as:** The glue
- **Features:** Generally, Kapha people tend to have a larger frame and are full-bodied. They tend to have a rounder faces, big round eyes, and thick hair.
- **Personality:** Kaphas love to love. They are caring, nurturing and tend to want to make everyone around them happy. Kapha can also be lazy, prone to daydreaming, and easily become attached to people, places or ideas.
- **When imbalanced, psychologically prone to:** Procrastination, lethargy, excessive sleep, and problems letting go.
- **When imbalanced, physically prone to:** Poor circulation, mucus, heart disease, arthritis, swollen glands, bone spurs, water retention, and weight gain (usually in the stomach and thighs).