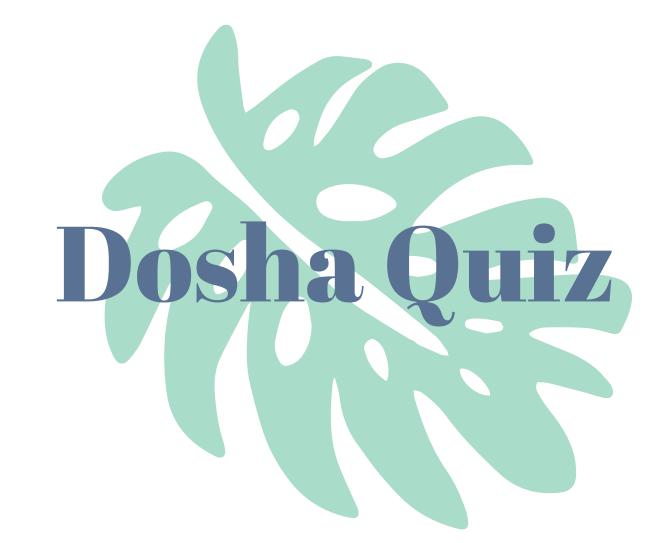




- Try to answer the questions regarding yourself in general rather than your current state of being.
- Know that not one dosha is better than the others.
- Know that all three doshas (the 5 elements) reside within you. Your dominant dosha will give you insight to the qualities that make you unique as 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:



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:

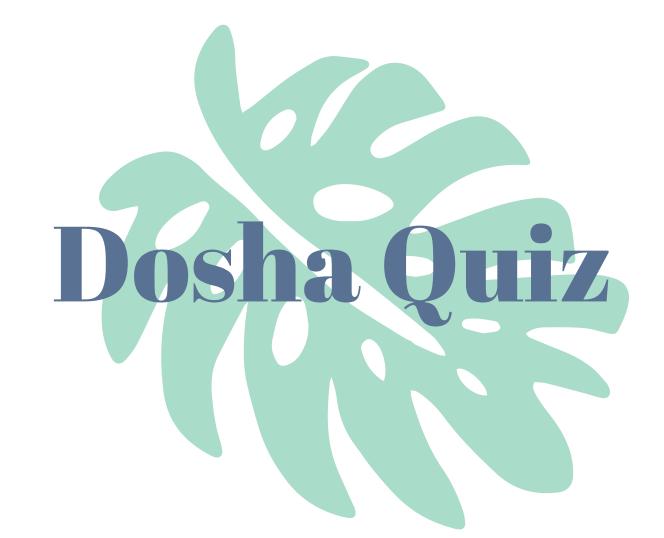
- V ____ Darker
- P ____ Pink or red
- K _____ Pale or white

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



Hair Quality:



- P _____ Fine, soft, straight, silky and oily; can go gray or bald early
- K _____ Abundant, think, oily and lustrous

Hair Color:

- V _____ Blond or light brown
- P ____ Red or Auburn
- K _____ Dark brown or black Face Shape:

Face Shape:

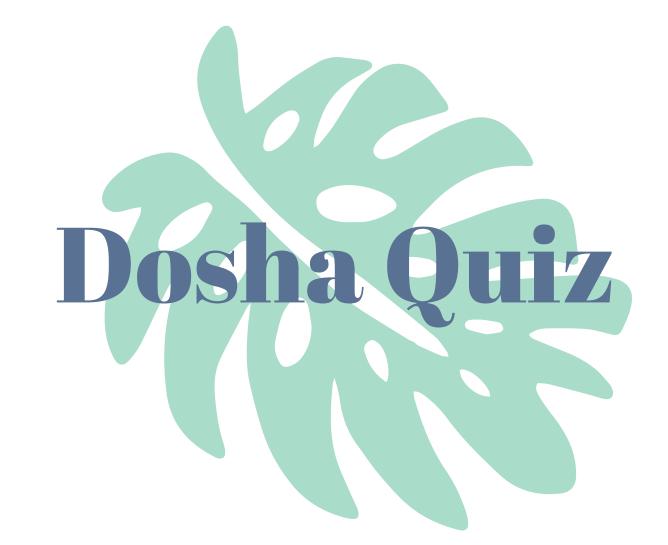
- V ____ Small, thin and long
- P ____ Medium-sized and oval
- K _____ Large and round

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



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
- Loose and flexible
- Large and padded Κ

Veins and Tendons:

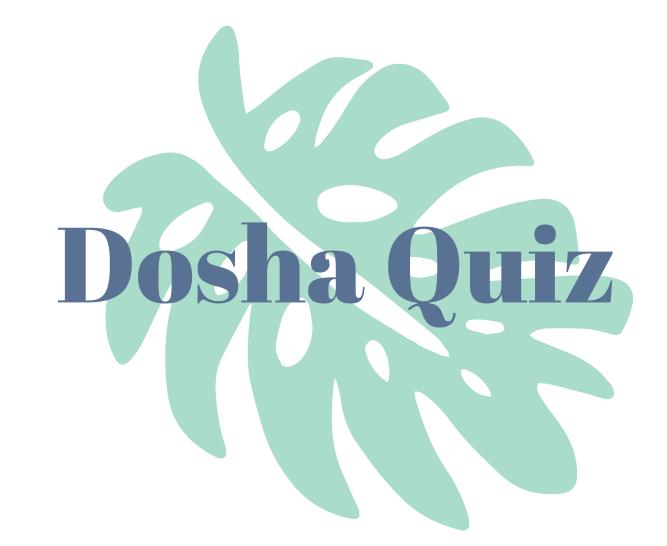
- V _____ Very Prominent
- P ____ Moderately Prominent
- K _____ Hardly noticeable

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.



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
- ____ Bloated 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:



- 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



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



- 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.



- 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.



- 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).