

YOUR BODY

What is your dosha?



What dosha rules your body? This quiz determines the predominant element or "dosha" in your body. Place an "x" next to the sentence that best describes you. If you simply can't decide, choose The Wind (Vata). The column with the highest number of x's is your predominant dosha.

	The Wind (Vata) air + space	The Fire (Pitta) fire + water	The Earth (Kapha) earth + water
Frame	I tend to be thin.	I have a medium build and tend to have a more athletic structure.	I have a heavy build and am strong.
Weight Gain	When I gain weight, which is hard to do, it tends to settle on my belly.	I can gain and lose weight easily.	I gain weight very easily and lose it with difficulty.
Bones	If you were to hug me, you would feel my skeletal structure. My bones are brittle and fragile.	I am well-proportioned and tend toward an athletic build.	My bones are heavy and larger.
Skin Condition	My skin tends to be thin, dry, rough and cool.	My skin is fair and tends to have issues; rashes, acne, blackheads, whiteheads or blotching.	My skin is pale and smooth with very few marks. My pores are almost invisible.
Nails	My nails tend to be dry, brittle or flaky.	My nails are strong and flexible.	My nails are strong and thick.
Menstrual Cycle (for women in child-bearing years. All others simply skip.)	My periods tend to be irregular. I don't bleed a lot and it tends to be dark red. I get really bad cramps and sometimes constipation.	I have regular periods, with a heavy flow that is bright red. I feel like my periods last an extended time and I may experience mild cramping and loose bowels.	My periods are regular with a light, average flow. I experience bloating and mild cramps during my period.
Appetite	My appetite is irregular. I may go all day without eating and not realize it.	My digestion is very strong as well as my appetite. I like routine meals and get grumpy if I don't eat.	I have a stable appetite. I can skip meals.
Cravings	I love salty crunchy snacks.	I crave iced beverages and cold food.	I crave sweets and starches.
Digestion	My digestion is unpredictable. I can be normal, constipated, have diarrhea or gas and bloating from day to day.	I have strong digestion. When I do have issues it tends to be heartburn, indigestion or loose bowels.	My digestion is slow and steady. Food feels heavy in my belly.
Temperature	My hands and feet tend to be cold. I tend to be cold overall.	I tend to be hot.	My skin is cool to touch, but I do have cold hands and feet.
Total your "x"s.	The Wind (Vata) air + space	The Fire (Pitta) fire + water	The Earth (Kapha) earth + water

Many people struggle with the body portion of the dosha quiz because they have been living out of balance for a very long time and don't really know the answers anymore. Just like with the mind, you may find that two or more elements describe you almost equally. All of the doshas are present in you body and it's quite common to have an even split between two. Less common is to have the doshas split almost equally between all three, but it does happen.