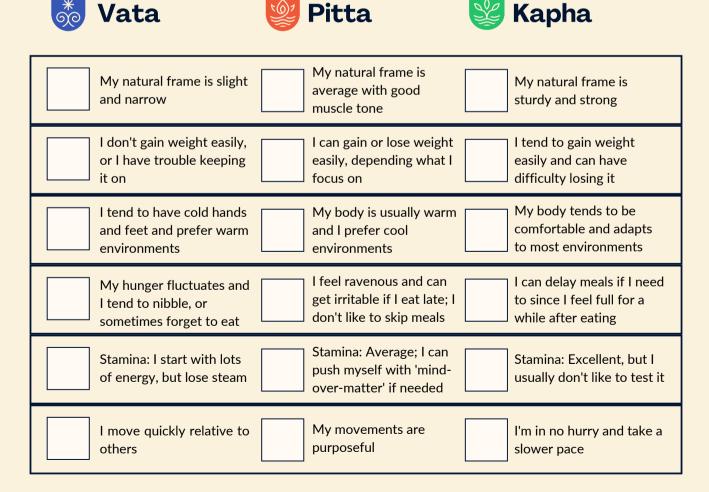


Prakruti Quiz

The three Doshas—Vata, Pitta, and Kapha—are a central element of Ayurveda and the basis of what makes it such a personalized approach to health. Identifying your dosha-type in this quiz is the first step toward unmderstanding yourself and creating your Ayurvedic lifestyle.

Instructions

- 1. In each row, rank each characteristic with a 5, 3, or 1, with 5 being the most like you. You may only use each number once per row.
- 2. Answer according to how you have felt and acted most of your life, or at least in the past few years.
- 3. If you developed an illness in childhood or as an adult, think of how things were for you before that illness, if possible.
- 4. On the second page, total the numbers in each of the three dosha-types.



Over my lifetime, I am generally a light sleeper who is awoken easily	Over my lifetime, I sleep soundly for shorter periods of time	Over my lifetime, I generally enjoy deep, long sleep
Daily Routine: Flexible and spontaneous—I like to mix it up	Daily Routine: Goal oriented & challenging—I like long, productive days	Daily Routine: Predictable & Steady—I like routine and structure
Choices: Spontaneous, based on feelings, I second guess myself	Choices: Precise, researched options, confident decisions	Choices: I take my time or let others make the decisions
Temperament: Enthusiastic—I enjoy trying new things	Temperament: Purposeful—I am goal- oriented	Temperament: Easygoing —I like to go with the flow
Under stress I become anxious and worried	Under stress I become irritated and impatient	Under stress I become withdrawn and unmotivated
I am creative and energetic—people have called me active	I am strong-minded and passionate—people have called me intense	I am content and calm— people have called me laid-back
Projects: Dabbler—I have multiple projects at once, which can go unfinished	Projects: Dedicated—I focus on what I'm doing until it's complete	Projects: Steady—I can stick with something for a long time
In groups, I prefer coming up with new ideas	In groups, I prefer leading and holding the vision for the group	In groups, I prefer supporting the team
= Vata Total	= PittaTotal	= KaphaTotal
Results		
 Return to page 1 and add the numbers down each of the three dosha columns (14 boxes per column), which spans two pages. The two doshas with the most points make up your dosha-type. Your goal is to represent this in the format "Pitta-Kapha". For example, if you have 54 points in Pitta, 50 points in Kapha, and 14 points in Vata, then your dosha-type is "Pitta-Kapha". 		
My dosha-type is		