

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 understanding 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.



Vata



Pitta



Kapha

| | | |
|--|--|--|
| <input type="checkbox"/> My natural frame is slight and narrow | <input type="checkbox"/> My natural frame is average with good muscle tone | <input type="checkbox"/> My natural frame is sturdy and strong |
| <input type="checkbox"/> I don't gain weight easily, or I have trouble keeping it on | <input type="checkbox"/> I can gain or lose weight easily, depending what I focus on | <input type="checkbox"/> I tend to gain weight easily and can have difficulty losing it |
| <input type="checkbox"/> I tend to have cold hands and feet and prefer warm environments | <input type="checkbox"/> My body is usually warm and I prefer cool environments | <input type="checkbox"/> My body tends to be comfortable and adapts to most environments |
| <input type="checkbox"/> My hunger fluctuates and I tend to nibble, or sometimes forget to eat | <input type="checkbox"/> I feel ravenous and can get irritable if I eat late; I don't like to skip meals | <input type="checkbox"/> I can delay meals if I need to since I feel full for a while after eating |
| <input type="checkbox"/> Stamina: I start with lots of energy, but lose steam | <input type="checkbox"/> Stamina: Average; I can push myself with 'mind-over-matter' if needed | <input type="checkbox"/> Stamina: Excellent, but I usually don't like to test it |
| <input type="checkbox"/> I move quickly relative to others | <input type="checkbox"/> My movements are purposeful | <input type="checkbox"/> I'm in no hurry and take a slower pace |

QUESTIONS CONTINUE ON NEXT PAGE

| | | | | | |
|--------------------------|---|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Over my lifetime, I am generally a light sleeper who is awoken easily | <input type="checkbox"/> | Over my lifetime, I sleep soundly for shorter periods of time | <input type="checkbox"/> | Over my lifetime, I generally enjoy deep, long sleep |
| <input type="checkbox"/> | Daily Routine: Flexible and spontaneous—I like to mix it up | <input type="checkbox"/> | Daily Routine: Goal oriented & challenging—I like long, productive days | <input type="checkbox"/> | Daily Routine: Predictable & Steady—I like routine and structure |
| <input type="checkbox"/> | Choices: Spontaneous, based on feelings, I second guess myself | <input type="checkbox"/> | Choices: Precise, researched options, confident decisions | <input type="checkbox"/> | Choices: I take my time or let others make the decisions |
| <input type="checkbox"/> | Temperament: Enthusiastic—I enjoy trying new things | <input type="checkbox"/> | Temperament: Purposeful—I am goal-oriented | <input type="checkbox"/> | Temperament: Easygoing—I like to go with the flow |
| <input type="checkbox"/> | Under stress I become anxious and worried | <input type="checkbox"/> | Under stress I become irritated and impatient | <input type="checkbox"/> | Under stress I become withdrawn and unmotivated |
| <input type="checkbox"/> | I am creative and energetic—people have called me active | <input type="checkbox"/> | I am strong-minded and passionate—people have called me intense | <input type="checkbox"/> | I am content and calm—people have called me laid-back |
| <input type="checkbox"/> | Projects: Dabbler—I have multiple projects at once, which can go unfinished | <input type="checkbox"/> | Projects: Dedicated—I focus on what I'm doing until it's complete | <input type="checkbox"/> | Projects: Steady—I can stick with something for a long time |
| <input type="checkbox"/> | In groups, I prefer coming up with new ideas | <input type="checkbox"/> | In groups, I prefer leading and holding the vision for the group | <input type="checkbox"/> | In groups, I prefer supporting the team |

= **Vata Total** = **Pitta Total** = **Kapha Total**

Results

1. **Return to page 1** and add the numbers down each of the three dosha columns (14 boxes per column), which spans two pages.
2. 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 _____ - _____