



AYURVEDA RESORT
MANDIRA

Dosha Test



vata

AIR & ETHER



pitta

FIRE & WATER



kapha

WATER & EARTH

Answer the questions below and enter your score for each question in the right column. Once you have finished, add up the scores for each Dosha type.

1 = strongly disagree

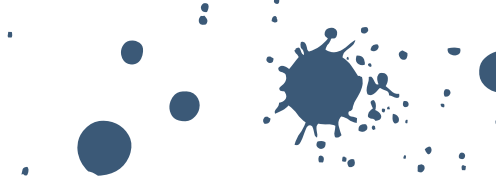
2 = disagree

3 = neutral

4 = agree

5 = strongly agree

Vata



I have a delicate frame and have difficulty gaining weight.

My skin tends to be dry, thin and cool, especially in winter.

I act rapidly.

I find it hard to remember things.

I am full of ideas and have an active mind, but can be restless too.

I pick up new information quickly.

I can be indecisive.

My energy, both mental and physical, comes in bursts; I move quickly and briskly.

My hands and feet get cold easily.

I worry a lot and tend to be anxious.

I don't like cold weather.

I am talkative and speak fast.

My moods fluctuate and my behaviour is highly mood-dependent.

I have trouble falling asleep and frequently wake up in the night.

I am prone to constipation and gas.

I am quick-tempered.

I don't have regular eating or sleeping habits.

I learn fast, but forget equally quickly.

I am light on my feet and tend to walk at a fast pace.

I am enthusiastic and energetic.

I like to travel.

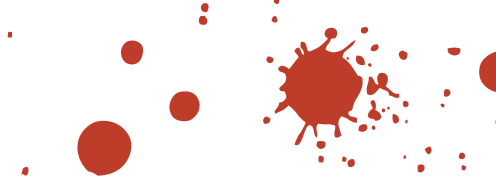
I enjoy getting to know different cultures.

I am not great with money or budgeting.

At work, I am creative, imaginative, flexible, a fast worker and perceptive. I enjoy working on several things at once.

TOTAL SCORE

Pitta



My hair fits one of the following descriptions: blonde, sandy or reddish; hair loss; premature greying; fine; smooth; silky.

I have a good appetite and happily eat large portions of food.

I would describe myself as very hard-working.

I am neat and precise.

I am strong-willed.

I am not good in hot weather, tending to wilt.

I am somewhat impatient.

I can be easily irritated.

I get sweaty easily.

Some describe me as stubborn.

I tend to be a perfectionist.

I feel unwell if I skip a meal or eat later than usual.

My digestion is generally good, and I am more prone to diarrhoea than constipation.

I can flare up quickly, but just as soon forget about whatever made me cross.

I love ice cream and ice-cold drinks.

I love a challenge and pursue my goals with ambition.

Spicy and strongly seasoned foods don't agree with me.

I need to become more tolerant.

When I'm indoors, I tend to feel too warm rather than too cold.

I tend to be critical of others and myself.

I like to exercise to relax.

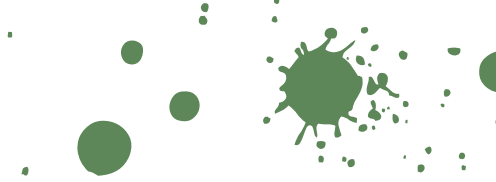
I enjoy competition and measuring myself against others.

Money is important to me.

At work, I am ambitious, dynamic and independent; I have presence, good communication skills and enjoy being in a leadership position.

TOTAL SCORE

Kapha



I have a large frame.

I find losing weight difficult, and put it on more quickly than other people.

I don't mind skipping meals.

I am calm, composed and not easily flustered.

I sleep soundly.

I often feel listless after eating; my digestive system is slow to get going.

I'm generally prone to phlegm, sluggishness, asthma and sinus infections.

I don't like cold, damp weather.

My hair is best described as thick, dark and wavy.

I am not easily upset.

I need at least eight hours sleep a night.

I eat mindfully, methodically and without haste.

I am a cheerful, sociable and warm person.

I have a long memory and seldom forget, so I can harbour resentment.

I am strong and have a lot of stamina.

My skin is pale, smooth and soft.

I learn slowly but have a good memory.

I generally move at a leisurely pace.

I tend to be overweight.

I am relaxed and calm, whether at work or at leisure.

I like to sleep in, and have trouble getting going in the morning.

I love life's pleasures.

I am thrifty.

At work, I am tenacious, persistent, rock solid, well-organised and structured; I like performing routine tasks such as file processing and the like, and I work through my to-do list methodically.

TOTAL SCORE

Enter your respective scores here: the Dosha with the highest score is your dominant Dosha – similar scores indicate you are a mixed type:

Vata	Pitta	Kapha

For a precise analysis of your Dosha type, we recommend a pulse diagnosis and consultation with an Ayurveda specialist:

Ayurvedic Medicine and TCM at the Mandira Bad Waltersdorf, Styria

Find out more about the Doshas:

Vata – Pitta – Kapha: We Balance Your Doshas

Surprising
my Soul