



AYURVEDA RESORT  
MANDIRA

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# Dosha Test

KAPHA



PITTA



VATA



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:

<b>VATA</b>	<b>PITTA</b>	<b>KAPHA</b>

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**

SUNRISING MY  
*soul*