

# What is your dosha?

## Determine Your Constitution

When answering these questions, go as far back as you can remember, to your youth and early adult years. You want to identify those characteristics that you were born with. This will help in identifying your constitution. Generally pick one per category (though in some there may be more than one) and circle, then add up your score at the bottom to sub-total and then grand total.

### MENTAL PROFILE

	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>	
<b>Mental activity</b>	Quick,,active, restless	Sharp, critical, aggressive	Calm, steady, slow, stable	
<b>Memory</b>	Short term	Generally good	Good long term	
<b>Concentration</b>	Weak	Generally good	Very good	
<b>Ability to learn</b>	Quick to grasp concepts	Moderate ability to grasp new information	Slow to grasp new information	
<i>Dreams</i>	Fearful, very active, flying,	Aggressive, fiery, adventurous	Watery, romance, relationships	
<i>Sleep</i>	Light, interrupted	Sound, medium	Sound, heavy, long	
<i>Speech</i>	Quick, can miss words	Sharp, direct, strong	Slower, clear, melodious	
<i>Voice</i>	High pitched	Medium pitched	Low pitched	
<b>Sub-total</b>				

### BEHAVIORAL PROFILE

	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>	
<b>Eating Speed</b>	Fast	Medium	Slow	
<b>Hunger level</b>	Irregular	Sharp, can be strong	Can easily miss meals	
<b>Food/Drink</b>	Prefers warm	Prefers cold	Prefers dry and warm	
<b>Achieving goals</b>	Easily distracted	Focused and driven	Slow and steady	
<b>Giving/donations</b>	Gives small amounts	Gives nothing or large amounts infrequently	Gives regularly and generously	
<b>Relationships</b>	Many casual	Intense	Long and deep	
<b>Sex drive</b>	Variable, low	Moderate	Strong	
<b>Works best</b>	Supervised	Alone	In groups	
<b>Weather preference</b>	Warm and moist	Cool and dry	Warm and dry	
<b>Reaction to stress</b>	Excites quickly	Medium	Slow to get excited	
<b>Financial</b>	Doesn't save, spends quickly	Saves but big spender	Saves regularly, accumulates wealth	
<b>Routine</b>	Dislikes routine	Likes planning and organizing	Works well with routine	
<b>Sub-total</b>				

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## EMOTIONAL PROFILE

	<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>	
<b>Moods</b>	<b>Changes quickly</b>		<b>Changes slowly</b>		<b>Steady, unchanging</b>	
<b>Reacts to stress with</b>	Fear		Anger		Indifference	
<b>More sensitive to</b>	Own feelings		Not sensitive		Others feelings	
<b>When threatened tends to</b>	Run		Fight		Make peace	
<b>Relations with spouse/partner</b>	Clingy		Jealous		Secure	
<b>Expresses affections</b>	With words		With gifts		With touch	
<b>When feeling hurt</b>	Cries		Argues		Withdraws	
<b>Emotional trauma causes</b>	Anxiety		Denial		Depression	
<b>Confidence level</b>	Timid		Outwardly self confident		Inner confidence	
<b>Sub-total</b>						

## PHYSICAL PROFILE

	<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>	
<i>Amount of hair</i>	Average		Thinning		Thick	
<b>Hair type</b>	Dry, frizzy, thin,		Straight, fine, premature graying		Oily, wavy, thick	
<b>Hair color</b>	Light brown, blond		Auburn, reddish		Dark brown, black	
<b>Skin</b>	Dry, rough or both, dark/sallow, cold		Soft, normal to oily, warm		Oily, moist, fair, thick, cool	
<b>Complexion</b>	Darker		Pink, red		Pale-White	
<b>Eyes</b>	Small, brown, gray, violet, unusual color		Medium, Green, hazel, almond-shaped		Large, dark, blue	
<b>Whites of eyes</b>	Blue/brown		Yellow or red		Glossy/white	
<b>Teeth</b>	Very large or very small		Small -medium		Medium-large	
<b>Weight</b>	Thin, hard to gain		Medium		Heavy, easy to gain	
<b>Elimination</b>	Dry, hard, thin, easily constipated		Many during day, soft to normal		Heavy, slow, thick, regular	
<b>Sweat</b>	Scanty		Profuse		Moderate	
<b>Sub-total</b>						

<b>TOTAL</b>	<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>	

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# Description of Ayurveda Doshas

## By Stephanie Mohr

There are three doshas—Vata, Pitta, and Kapha. These mind-body types express unique blends of physical, emotional, and mental characteristics. In Ayurveda, health is defined as the dynamic state of balance between mind, body, and environment. You can achieve and maintain a vibrant and joyful state of health by identifying your mind-body type and creating a lifestyle that supports your unique nature. This Dosha Quiz will give you a breakdown of your proportion within your unique mind-body constitution. You'll find out your dominant dosha, which reflects the dominant force in your overall mind-body makeup. You'll also learn about your secondary and least dominant dosha and how they play a role in your mind-body physiology.

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### KAPHA

- Qualities (gunas): heavy, slow, cold, oily, liquid, smooth, dense, soft, static, cloudy, hard, gross
- Elements: Earth + water
  - Season: Winter + spring season
  - Responsible for: Structure and lubrication

Kapha's nature is Earth and Water giving its definitive qualities, kapha comprises all our cells, tissues and organs. Lubrication of joints and organs, strong muscles and bones, cellular secretions, and memory retention are all part of Kapha's function. Kapha's have a larger body frame, deep voice, fair skin, oily hair, large, dark attractive eyes and strong white teeth, well lubricated joints and a soft pleasing look. With a larger frame and strong heavy bones, Kaphas have strong vital capacity and stamina and tend to be healthy. They have a steady appetite with slow metabolism and digestion. They can comfortably skip a meal or work without food, while it is difficult for a pitta person to concentrate without eating. Congestion and cough in the sinuses, throat and head are common, because Kapha is responsible for mucus. Kaphas who maintain health and balance generally enjoy a longer life span than the other doshas, who often 'burn out'.

They are calm in nature and have a gentle mind. Kapha is love, compassion, care, kindness and forgiveness, they are the ultimate good friend. Love sitting, relaxing, being at home, excellent cooks, and enjoy deep relationships. By nature they are peaceful, patient, tolerant, caring, compassionate and forgiving. Kapha types are stable, solid, faithful, and their minds are calm and steady.

Because of the heavy and cloudy qualities of Kapha, they often wake sleepy and foggy in the morning and need coffee or tea to get going. They are not morning people, but also might feel like taking a nap after lunch, however day time sleeping creates imbalance for Kapha.

In general Kapha types don't like exercise even though vigorous exercise would be best, they tend to prefer slow movement. Kapha types eat slow, move slow, act slow, taking their time, but gracefully.

They may be slow to comprehend, but once they know something they know it forever. They have excellent memories and can retain information permanently. A forgiving Kapha will forgive you, but they will never forget!

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They are good savers, planners and can be very creative because they think things through without rushing. They are stable and grounded which helps to earn and save money, extravagances are minor, mostly spending on little treats.

The difficult time of year for kapha is winter and early spring, when the weather is wet, heavy, cloudy and cold. Kapha accumulates in the system and leads to physical, emotional, and mental imbalances of the kapha variety. Physical problems will tend to be related to the water principle, such as colds, flu, sinus congestion and other diseases involving mucus. Sluggishness, excess weight, diabetes, water retention, and sinus headaches are also common.

#### COMMON KAPHA DISORDERS OF THE BODY

Obesity, Diabetes, colds and flu, yeast conditions, sinus congestion, anorexia and bulimia, lymphatic system disorders, excessive sleeping, water retention/bloating, allergies, excess phlegm and mucous conditions, intolerance of cold and damp, asthma, low thyroid function, heart disease.

#### QUALITIES OF BALANCED KAPHA INDIVIDUALS

Compassionate, patient, sweet, forgiving, gently, emotionally stable, loving, inherent desire to help others, calm, mild mannered, loyal, nurturing, accepting of others, strong stamina and endurance, romantic, homebodies; love to feed and entertain, sensual, community oriented, strong long-term memory, good listeners, deeply satisfied with life.

#### QUALITIES OF AN IMBALANCED KAPHA INDIVIDUALS

Greedy, unchanging; set in ways, hoard material things, unable to say no, easily attached to people and things, easily taken advantage of, possessive, take on other people's problems, fearful of letting go, overly passive, lethargic, unable to express thoughts and emotions, envious, give up easily, slow to understand/grasp things, depressed for long periods of time, introverted, complacent: living life on the surface.

#### GUIDELINES TO BALANCE KAPHA

- Eat in a loving environment
- Get plenty of Exercise
- Avoid heavy food
- Keep active
- Vary routine
- Avoid dairy foods
- Avoid iced foods and drinks
- Avoid fatty or oily foods
- Eat light dry foods
- Do emotional housekeeping daily
- Make a distinction between being nice and being taken advantage of
- Go to bed early, rise early, no naps
- Spend time with interesting and motivated people
- Surround yourself with bright, vivid colors like red, orange, gold and purple

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# PITTA

Qualities (gunas) hot, sharp, light, liquid, mobile, oily

- a. Elements: Fire + Water
- b. Season: Summer Season
- c. Responsible for: Energy of transformation

Pitta represents the fire principle in the body, literally everything that enters the body must be digested or cooked. . . from a conversation to a strawberry popped in the mouth. In addition to the gastric fire, pitta also includes enzymes and amino acids that play a major role in metabolism, and even the neurotransmitters and neuropeptides involved in thinking. Some of pitta's responsibilities are regulating the body heat through chemical transformation of food and giving a person appetite, vitality, learning, and understanding.

Pitta types have a medium build, usually on the athletic side, gain weight easily but also lose easily. They have fair shiny skin and bright eyes, good digestion and a strong appetite, can't miss meals very easily. Thinner hair, gray, baldness in men, sharp memory and understanding nature.

They often have a probing mind and can become irritable. Excess urine, sweat and thirst and sometimes loose stools. Pitta is spreading, like with a rash, acne or inflammation and pittas want to spread their name and fame all over the world. They have soft oily skin, acidic PH, sensitive teeth and excess salivation. Often have burning sensations, heartburn and strong feelings of hate and anger. Stinky sweat and feet with red skin, flushed cheeks, eyes, and nose.

Pitta individuals are alert and intelligent and have good powers of comprehension and concentration. Their intellects are penetrating and keen, and their memories are sharp. They have good, logical, investigating minds. They love to go deeply into problems and find solutions. Their minds are always at work, and they like to solve problems and puzzles of all kinds. They also tend to be good speakers. They are lovers of knowledge and have a great capacity for organization and leadership.

They have good administrative abilities and like to be in a leadership role. They are good planners and are ambitious and disciplined. Aggressive by nature, they easily take charge of situations. They may become political figures. They have a lot of charisma. People are attracted to them.

Pittas are often wise, brilliant people, but they can also have a controlling, dominating personality. They have a tendency toward comparison, competition, and aggressiveness, and they are meticulous and perfectionistic. Everything has to be done on time, and correctly! They tend to be critical, especially when pitta dosha is aggravated; if there is no one to criticize, pitta people will criticize and judge themselves.

A number of factors can increase pitta to the point of aggravation. One is simply eating too much spicy food, including black pepper, cayenne pepper, curry peppers, and jalapeño peppers. Pitta can also be increased by sour and citrus fruits, such as grapefruits and sour oranges. Eating rancid yogurt, smoking cigarettes, and drinking sour wine can also be harmful. Eating fatty fried food, or oily food such as peanut butter, can create nausea or headaches for a pitta.

In hot humid weather pitta dosha can easily become aggravated. Heat builds up in the system, and pitta individuals become more susceptible to the heat-related ailments.

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### COMMON PITTA DISORDERS OF THE BODY:

Hot flashes, hyperacidity, skin rashes, psoriasis, ulcers, inflammation, heartburn, diarrhea, liver disorders, canker sores, sore throat, tonsillitis, excess hunger/thirst, appendicitis, bad breath, hemorrhoids, bloodshot eyes, hepatitis, eye disorders, infection, intolerance to heat, food allergies (especially to nuts)

### QUALITIES OF BALANCED PITTA INDIVIDUALS:

Highly intelligent with penetrating ideas, confident, able to understand new concepts quickly, courageous, willful, determined, and ambitious, funny, high achievers, geared for success, joyful, natural leaders, emotionally observant, articulate, with clear direct speech, sharp memory, perform well under pressure, organized, great planners, able to focus on single objective at hand, strong sense of discernment.

### QUALITIES OF IMBALANCED PITTA INDIVIDUALS

Overly intense, manipulative, stubborn, arrogant, jealous, materialistic, hot-headed, tendency to erupt with anger, loud and aggressive, controlling of others, overly competitive, egotistical, enjoy power trips, critical and judgmental, like to be the center of attention, suppressive of emotion, demeaning (especially to Vatas or Kaphas).

### GENERAL GUIDELINES FOR BALANCING PITTA

- Avoid excessive heat
- Avoid excessive oil
- Avoid excessive steam
- Limit salt intake
- Eat cooling, non-spicy foods
- Drink cool (but not iced) drinks
- Exercise during the cooler part of the day
- Spend time in nature
- Meditate daily
- Laugh and smile more :)
- Learn to appreciate others, love them no matter what Eat in a peaceful environment

# VATA

Qualities (gunas): dry, light, cold, rough, subtle, mobile, clear

- a. Elements: Air + Ether/space
- b. Season: Fall/early winter
- c. Responsible for: Energy of movement

Vata is the principle of mobility that regulates all activity in the body, from how many thoughts one might have during a given period to how efficiently food moves through the intestines. The Vata quality is responsible for joy, happiness, creativity, speech, sneezing, and elimination, to name just a few functions. Vata is in charge of the vital essence, prana.

Vata person is generally tall and thin, light flexible body with a smaller frame, dry hair, dry skin, hoarse voice. Tend towards constipation and light sleeper. Cold hands and feet, poor circulation, hates the cold and loves hot. Subtle energy is fear, anxiety, insecurity. Vata types are fast walking, fast talking, fast at everything. Can do many things at a time. Often have a scattered mind, many dreams and restless eyes. However Vata has clarity, clear quick thinkers, understand and grasp concepts easily, they might also forget easily. They have good imaginations and enjoy daydreaming. Vata individuals are loving people but may love someone out of fear or loneliness. They are very active and usually make good money, but also spend it quickly and have a hard time saving.

Vata individuals have a variable appetite and thirst and variable digestive strength. They are attracted to astringent food such as salads and vegetables, but their bodies actually need sweet, sour and salty tastes. They tend towards constipation and scanty urine.

Vata types tend towards fasting or eating little, but this actually aggravates Vata dosha.

Vata types are often in a rush and do not like sitting idle but prefer constant activity. They also like to do a lot of traveling. They are attracted to jogging, jumping, and vigorous activity, but because they tend to have less stamina, they can easily get strained or over tired. Vata individuals sleep less than the other body types and have a tendency toward interrupted sleep or insomnia, especially when Vata is aggravated.

Vata types tend to be worriers. One of the main psychological qualities of vata individuals is readiness to change or, the reverse, difficulty with stability and commitment. They often change jobs, housing or towns and get easily bored.

Vata types are drawn to behavior that includes travel, erratic hours, continual stimulation and frequent change.

Like Air quality, vata types have a hard time settling down and staying grounded. When their Vata becomes aggravated, it is difficult to calm them down. Sticking to a routine is difficult for them, but it is vital if they are to remain healthy.

## COMMON VATA DISORDERS OF THE BODY:

Arthritis, high or low blood pressure, cracking or popping joints, bladder/urinary disorders, muscle stiffness, headaches, dry, scaly skin, insomnia, constipation, dizziness, ringing in the ears, gas and bloating, premature aging, improper nutrient assimilation, chronic fatigue, heart disease, low energy,

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depleted life force, lower back pain, intolerance of coldness and dryness, food allergies (especially wheat and dairy)

#### QUALITIES OF BALANCED VATA INDIVIDUALS:

Creative, strong communicators, artistic, adaptable, alert, emotionally sensitive, enthusiastic, imaginative, perceptive, spiritually inclined, spontaneous, heightened intuitive abilities, compassionate, sensitive to subtle energies, charismatic, multifaceted in interests and abilities.

#### QUALITIES OF IMBALANCED VATA INDIVIDUALS:

Overly active thinkers, restless, cannot sit still, inclined towards fear, anxiety, depression, earn easily and spend impulsively, “spacey”, ungrounded, addictive personality, emotionally delicate and thin skinned, quick to judge or make decisions, shy and introverted, disorganized, poor planners, lack confidence and boldness, tend to procrastinate, moody and emotionally volatile, talk fast and breathlessly, grasp things quickly, but soon forget, interrupt or zone-out in conversation, impatient.

#### GENERAL GUIDELINES FOR BALANCING VATA:

- Keep warm
- Keep Calm
- Avoid raw food
- Avoid cold foods
- Avoid extreme cold temperatures Eat warm foods and spices Keep a regular routine
- Eat in a peaceful environment
- Meditate daily
- Incorporate bright warm colors into your surroundings, orange, green
- Massage body daily with oil, like sesame
- Take time to rest during the day
- Follow creative and artistic passions
- Spend time with engaging and grounded people



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