

## What's your dosha? <http://doshaquiz.chopra.com/>



**Vata Imbalance:** When Vata is out of balance, too much air has accumulated in mind, body, and environment. The result is a sense of being “all over the place”, like a cold windy day.

**To Balance Vata:** To balance excess Vata, favor earth and stability.

**Key Phrase:** Nourish yourself and get grounded

### How to balance Vata:

- ✓ Sleep: Get more of it! Go to bed early (by 10pm) and awaken at the same time every day
- ✓ Diet: Eat 3 meals a day, warm/cooked hearty foods, hot drinks; favor sweet, sour, salty; limit raw foods
- ✓ Selfcare: Perform daily self massage with warm oil, stay warm and comfortable in your environment
- ✓ Routine: Create more rhythm and routine in your life, try doing one thing at a time
- ✓ Practice yoga and meditate to quiet the mind; seek serenity and steadiness



**Pitta Imbalance:** When Pitta is out of balance, too much fire has accumulated in mind, body, and environment. The result is a sense of internal and external combustion.

**To Balance Pitta:** To balance excess Pitta, bring in space and coolness

**Key Phrase:** Chill out and have fun

### How to balance Pitta:

- ✓ Routine: Spend time outside connecting with nature, spend time with family and friends
- ✓ Selfcare: Daily morning self massage with oil, schedule space into your day to breathe and relax
- ✓ Exercise: Non-competitive physical activities,
- ✓ Diet: Eat meals on time and don't skip lunch; eat mindfully; avoid caffeine and spicy/acidic foods.
- ✓ Try to be more playful, relax, cool off



**Kapha Imbalance:** When Kapha is out of balance, too much earth has accumulated in mind, body, and environment. The result is a sense of sluggishness, congestion, and dullness.

**How to Balance Kapha:** To balance excess Kapha, bring movement & circulation.

**Key Phrase:** Get invigorated and let go

### How to balance Kapha:

- ✓ Sleep: Awaken at sunrise
- ✓ Diet: Avoid eating when not hungry; favor pungent, bitter, and astringent tastes; eat heaviest meal at noon. Stop eating the “white stuff” (refined sugar and flours)
- ✓ Be spontaneous and try new things, look for ways to try healthy change, express yourself
- ✓ Exercise daily, as vigorously as possible; do vigorous self-massage with warm oil

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**Instructions:** Check each description below that applies to you. Total each section. Follow guidelines for the type you score highest in, or for the two highest if within 2 points of each other.

## Airy Type (Vata)

- My skin is dry and I have a tendency for dry, scaly patches or cracked heels and hands.
- My digestive tract is prone to gas, bloating or constipation.
- When stressed, I tend to feel worried or anxious.
- I can easily get joint pains, a headache or backache.
- I often have trouble getting to sleep and sleep fitfully through the night.
- I usually learn quickly, but also forget quickly.
- I'm creative and spontaneous -- being organized and methodical is not my forte.
- TOTAL**

## Fiery Type (Pitta)

- My skin is sensitive and tends to rashes, rosacea, freckles and sunburn.
- I am experiencing excessive hair loss, premature graying or early wrinkling.
- I am ambitious, focused, learn quickly and am a powerful and articulate speaker.
- I get hungry easily and am very uncomfortable missing a meal.
- When stressed, I can easily feel irritated, angry or aggressive.
- I frequently wake up from 12 AM- 3 AM and have trouble getting back to sleep.
- My digestion is usually good, but can be prone to hyperacidity, loose stools or inflammation.
- TOTAL**

## Earthy Type (Kapha)

- My skin is oily and doesn't wrinkle easily, but can tend to enlarged pores and acne.
- My body often feels stiff, bloated or heavy, especially in the morning.
- I may take longer to learn new things but I rarely forget anything.
- My stomach often feels heavy; food "just sits there."
- I tend to respiratory problems like congestion, bronchitis, allergies, colds or asthma.
- I have a sturdy physique and a lifelong tendency to get overweight.
- My mood is usually stable and nurturing, but when stressed, I tend to feel melancholy, lethargic or lacking in motivation.
- TOTAL**

YOUR DOSHA	VATA	PITTA	KAPHA
Personality Traits	Physically active, busy, hustling	Quick thinker with a sharp tongue; ambitious	Calm and rarely irritated
Effects on appetite	Person often forgets to eat	Never misses a meal	Easily gains weight, even without overeating
Benefits when balanced	Creative, spiritual, abstract thinking	Intelligent, focused, works tirelessly	Strong, trustworthy, loving
Problems when out of balance	Weight loss; insomnia; brittle nails and dry skin, gas	Too hot, ulcers, skin irritations	Obesity, lethargy, congestion, avoids exercise
Foods that can balance doshas	Chicken, seafood, rice, oats, sweet potatoes, bananas, avocados, cream unsalted butter, honey, oranges, lemons, sea salt	Turkey, chickpeas, rice, wheat, coconut, okra, broccoli, zucchini, cauliflower, mangoes, pears, green leafy vegetables (e.g., spinach)	Brussels sprouts, eggplant, leafy greens (e.g., spinach), lentils, apples, papaya, pomegranate, buckwheat, spices (esp. ginger and black pepper)
Foods that can imbalance doshas	Potatoes, beans, cabbage, sprouts, cold or carbonated drinks, crackers, barley, pears, apples	Red meat, fried foods, brown rice, tomatoes, vinegar, yogurt, sour cream, garlic, hot peppers, papaya, BBQ sauce	Seafood, meat, cheese, wheat, tomatoes, sugar, maple syrup, oranges, coconut, potatoes, bananas, ice cream, yogurt