chopra

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 unmderstanding 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

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

QUESTIONS CONTINUE ON NEXT PAGE

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☐ Under stress I become anxious and worried	☐ Under stress I become irritated and impatient	☐ Under stress I become withdrawn and unmotivated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

☐ = **Vata Total**   ☐ = **PittaTotal**   ☐ = **KaphaTotal**

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 _____ - _____