

Discover your Ayurveda Dosha

Everyone is a **mixture** of all three doshas, but one or two will be dominant. To find out which type you are, please tick the description that is the **closest** for you. Sometimes you may think you could be more than one dosha. In these cases, choose the one with the characteristic that is the strongest for you. For example, my hair is brown, fine, very slightly wavy and as yet not grey despite my age. However, if I had just one option to describe my hair, the most noticeable characteristic is how fine (in weight not glory!) it is, so I am Pitta for this one. Note: "Tend" = Tendency. Please also see notes below.

	VATA	PITTA	KAPHA
Height & Build*	Short or tall. Slight, usually thin	Medium. Average or athletic build	Short. Big boned. Tend. overweight
Skin colour	Dark	Pinkish, fair or yellow white	Pale, whitish
Skin texture	Thin, dry, tendency to be rough	Warm, soft, moist, prone to rashes	Thick, smooth, oily, smooth
Hair quality & colour	Dry, wavy, curly or frizzy. Brown.	Soft and fine. Light – may grey early	Thick, shiny and wavy. Black or dark
Forehead size: 4 fingers*	Small: Less than 4 fingers	Medium: 4 fingers exactly	Broad: More than 4 fingers
Shape of eyes	Small	Medium	Large
Colour of eyes	Brown or hazel	Blue, green or grey	Dark brown or black
Eyebrows*	Thin	Scanty – thinly spread	Thick
Shape of nose	Short	Long and may be sharp	Large nostrils
Shape of lips	Thin	Medium	Full lips
Lips: texture / colour	Brownish: dry	Pinkish red: soft	Pinkish white: soft
Teeth: colour / spacing*	Small with gaps. Tend. grind teeth	Medium: yellowy. Tend. bad breath.	Big and strong: white
Colour of tongue	Dark red, blackish	Red or pinkish	Whitish pink
Shape of ears	Very small ear lobes	Medium ear lobes	Big ear lobes
Shape of nails	Small nails: narrow. Brittle	Medium. Soft	Large and white. Hard
Neck	Thin, long	Medium	Large, thick
Hair on body	Hairy	Light. Little or no hair	Medium

	VATA	PITTA	KAPHA
Temperature of hands and feet	Cool	Warm	Cold
Temperature preferred	Warm to hot	Cool and dry	Uncomfortable in cool and damp
Quantity of sweat	Very little	A lot	Medium
Odour of sweat	No odour	Quite smelly	Medium – smell is not foul
Appetite and the strength of your thirst	Variable, erratic. Sometimes skips meals. Moderate thirst	Strong. Needs lots of food. Rarely misses meals. Strong thirst	Constant. Doesn't need much food, but craves it. Not very thirsty
Food taste preference	Pungent, astringent, bitter	Sour, salty, pungent	Sweet, sour, salty
Bowel movements	Dry, tend. constipation and wind	Regular, yellowish. Tend. diarrhea	Regular, solid, well formed
Disease tendency	Nervous system. Joints. Aches. Pains	Skin rash. Inflammation. Heartburn	Congestion. Asthma. Allergies
Nature of sleep	Tendency to wake-up often	Moderate but good sleeper	Deep sleeper. Needs lots of sleep
Dreams	Flying, moving or doesn't remember	Fire. Rainbows. Nightmares	Lots of dreams. Pleasant
Type of voice	Low tone, hoarse, whispery	Moderate, high pitch, sharp, strong	Deep tone, pleasant
Work capacity	Fast: speed over quality	Neat. Punctual. Perfectionist	Slow. Methodical. Consistent
Moods/Social	Moody. Talkative. Lively. Can be shy	Driven. Outgoing. Positive. Assertive	Calm. Patient. Makes friends easily
Memory	Flighty: fast to learn but also forgets	Grasps quite quickly. Rarely forgets	Excellent memory. Never forgets
How quick to anger	Quickly aroused. Quick to forgive	Moderate. Finds it hard to forgive.	Slow. Forgives easily
Emotions when stressed	Anxious. Worried. Nervous	Tend. to anger. Irrational. Jealous	Depressed. Self-pity. No motivation

Notes and items marked *

- I have sometimes abbreviated "Tendency" to "Tend"
- For your build, also consider how you were as a child as this may be more accurate than now.
- To measure your forehead, keep 4 fingers together and place your hand on your forehead. Push your thumb out of the way and lay your index finger at the edge of your hairline. Now look at how much space remains (if any) between your baby finger and your eyebrows.
- Eyebrows – in their unplucked state.
- Teeth – please consider their natural state i.e. before any braces or dental correction work was done to your teeth.

Red Dandelion Coaching

The Jasmine House, 4 Spring Gardens, Fortuneswell, Portland, Dorset DT5 1JG 01305 821799 • jennie@reddandelion.co.uk • www.reddandelion.co.uk