

# Discover Your Dominant Dosha

## *A Simple Ayurveda Self-Assessment Worksheet*

**What Are Doshas?** According to Ayurveda, every individual is born with a unique combination of three biological energies: **Vata** (Movement and creativity), **Pitta** (Transformation and intelligence), and **Kapha** (Stability and nourishment).

**Instructions:** For each question below, select the option that describes you most often on a regular basis. Tally your total checks for V, P, and K at the end of the sheet.

### DOSHA SELF-ASSESSMENT MATRIX

#	CHARACTERISTICS	OPTION A (VATA)	OPTION B (PITTA)	OPTION C (KAPHA)
1	My body frame is generally:	<input type="checkbox"/> Thin / Light	<input type="checkbox"/> Medium / Athletic	<input type="checkbox"/> Broad / Sturdy
2	My appetite is naturally:	<input type="checkbox"/> Variable / Fluctuating	<input type="checkbox"/> Strong / Sharp	<input type="checkbox"/> Steady / Constant
3	My skin tends to feel:	<input type="checkbox"/> Dry / Rough	<input type="checkbox"/> Warm / Sensitive	<input type="checkbox"/> Soft / Moist
4	My energy levels operate in:	<input type="checkbox"/> Sudden Bursts	<input type="checkbox"/> Intense Focus	<input type="checkbox"/> Enduring Stamina
5	Under stress I naturally feel:	<input type="checkbox"/> Anxiety / Worry	<input type="checkbox"/> Irritation / Anger	<input type="checkbox"/> Sluggishness / Calm
6	My sleep pattern is usually:	<input type="checkbox"/> Light / Interrupted	<input type="checkbox"/> Moderate / Sound	<input type="checkbox"/> Deep / Heavy

#	CHARACTERISTICS	OPTION A (VATA)	OPTION B (PITTA)	OPTION C (KAPHA)
7	My natural learning style:	<input type="checkbox"/> Quick learn / forget	<input type="checkbox"/> Quick understanding	<input type="checkbox"/> Strong retention
8	My style of communication:	<input type="checkbox"/> Fast / Talkative	<input type="checkbox"/> Direct / Precise	<input type="checkbox"/> Calm / Measured
9	The weather that bothers me:	<input type="checkbox"/> Cold / Dry climates	<input type="checkbox"/> Extreme Heat	<input type="checkbox"/> Dampness / Humid
10	My inherent natural tendency:	<input type="checkbox"/> Creativity / Change	<input type="checkbox"/> Leadership / Drive	<input type="checkbox"/> Compassion / Balance

### YOUR TALLY SCORE CALCULATION

VATA total counts:

\_\_\_\_\_

PITTA total counts:

\_\_\_\_\_

KAPHA total counts:

\_\_\_\_\_

## UNDERSTANDING YOUR RESULTS

### MOSTLY VATA

*Creative • Energetic •  
Adaptable*

Balance comes through establishing a solid daily routine, consistent warmth, nourishing grounding foods, and prioritizing adequate rest intervals.

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**SELF-REFLECTION:**

*Do I create enough stable rhythm and anchoring elements in my active daily life?*

### MOSTLY PITTA

*Focused • Driven •  
Intelligent*

Balance comes through practicing mindful moderation, incorporating cooling therapies, cultivating patience, and spending quiet time in natural settings.

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**SELF-REFLECTION:**

*Do I consciously allow appropriate space for non-doing, rest, and fluid ease?*

### MOSTLY KAPHA

*Calm • Loyal • Steady*

Balance comes through vigorous physical movement, dynamic mental stimulation, avoiding stagnant patterns, and readily embracing lifecycle transitions.

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**SELF-REFLECTION:**

*Where can I consciously invite more proactive personal growth, action, and momentum?*

### **IMPORTANT HEALTH NOTE**

This worksheet offers an introductory baseline to Ayurvedic doshas and is a self-reflection milestone. It is not a substitute for a formal, comprehensive individual *Prakriti* physiological evaluation with a certified Ayurvedic medical professional.

***"Samadosha samagnischa samadhatu malakriyah |  
Prasanna atmendriya manah svastha ityabhidhiyate | |"***

**Sanskrit Wisdom Translation:** True comprehensive health is achieved when the biological humors (Doshas), metabolic fires (Agni), structural tissues (Dhatu), and excretory systems (Malas) remain balanced, while the internal soul, active senses, and everyday mind dwell in permanent, vibrant joy.

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