



Prakasha

ARE YOU VATA, PITTA, KAPHA?

DETERMINING YOUR DOSHA IS KEY TO ACHIEVING YOUR OPTIMAL HEALTH, WELLNESS, SERENITY, & SUCCESS.

Doshas:

YOUR DOSHA ~

Please check any that apply and total them below each section:

VATA

Vatas tend to be creative, imaginative and sensitive. When Vata is out of balance, anxiety and other nervous disorders may be present. Digestive problems, constipation, cramps, and even premenstrual pain usually are attributed to a Vata imbalance.

Physical

Thin frame____
Prominent joints____
Very tall or short____
Variable appetite____
Weight at middle____
Chilly____
Dry kinky hair____
Small dry eyes____
Joint discomfort____

Temperament

Talks fast or a lot____
Indecisive____
Learns fast, but forgets____
Enthusiastic/joyful____
Psychic____
Sensitive to noise/lights____
Creative/artistic____
Intuitive____
Introspective____

Under Stress

Loses weight____
Constipation____
Excess gas____
Restless/active____
Chronic pain____
Light sleeper____
Anxious/fearful____
Variable energy____
Panic attacks____

TOTAL____

PITTA

Pitta people tend to be intelligent with a sharp wit and a good ability to concentrate. Fire is a characteristic of Pitta, whether it shows up as fiery red hair or a short temper. Toxic emotions such as jealousy, intolerance, and hatred should be avoided to keep Pitta in balance.

Physical

Medium build____
Athletic____
Warm-blooded____
Oily, soft skin____
Freckles/pimples____
Premature gray____
Straight fine hair____
Pink, pliable nails____
Undue hunger____

Temperament

Words sharp/concise____
Competitive____
Intelligent/perceptive____
Keen memory____
Irritable/impatient____
Successful____
Jealous____
Courageous____
Organized/efficient____

Under Stress

Rashes____
Excess sweat____
Body odor____
Gastritis/ulcers____
High blood pressure____
Sleep sound/short____
Eats hot spices____
Alcohol to excess____
Anger/violent temper____

TOTAL____

KAPHA

Kaphas are strong, calm and steady with a positive outlook about life, but, when out of balance, can become stubborn and lazy. Kaphas need stimulation to bring out their vitality.

Physical

Thick, wide frame____
Good stamina____
Strong____
Thick oily cool skin____
Weight in hips/thighs____
White, even teeth____
Thick lustrous hair____
Large eyes____
Well-lubricated Joints____

Temperament

Slow speech____
Calm____
Responsible____
Steady faith____
Slow memory/but prolonged____
Stubborn____
Forgiving____
Loyal____
Nurturing____

Under Stress

Over sleep____
Overeat/ or loss
Of appetite____
Excess mucus____
Water retention____
Overweight____
Lazy/inert____
Greedy____
Depressed____

TOTAL____