From Quiz I have discovered that I am 30% **VATA**, 32% **PITTA** and 39% **KAPHA**

And result shows that **I am a natural leader—a passionate, courageous person with a healthy glow, a bright intellect, and a forthright communication style. Pitta types generally have a strong presence and a healthy love of spirited competition.**

1. Does the dosha or combination of doshas your test gave you seem right to you, does it make sense? **Yes**
2. In your reading on the MAPI site, what points did you find most interesting about your dosha or doshas?

* Interesting things are : I am natural leader and I have a forthright communication style

1. Did you find any useful tips on creating balance for your mind/body type? Please explain.

* The tips I have found : Do workout and meditation on regular basis , focus on diet

1. Does this information help you understand others better? Give an example.

* Yes, the information about doshas body type and characteristics helps me understand better to other people. For example: My friend rina she has to do struggle to gain weight and I am just opposite. I was wondering about the reasons. Now I know it’s because of doshas, my friend’s doshas is Vata and mine is Kapha