



Our Theme of the Month, learn more about...

Ayurveda

The three Doshas—Vata, Pitta, and Kapha—are derived from the five elements. Also known as mind-body types, the doshas express unique blends of physical, emotional, and mental characteristics. In Ayurveda, health is defined as the dynamic state of balance between mind, body, and environment. You can achieve and maintain a vibrant and joyful state of health by identifying your mind-body type and creating a lifestyle that supports your unique nature.

Circle the description that matches you the most, make the sum and discover which type of Dosha you are... Once you know which one you are, read our Nutrition Advices Sheet corresponding to your Dosha.

Body size	Thin build	Medium build	Large build
Body weight	Low	Medium	Heavy side
Weight change	Trouble gaining	Can gain but lose quickly	Gains weight easily, hard to lose
Skin type	Thin, dry	Smooth, combination skin	Thick, oily,
Skin texture	Cold, roughness, light color	Warm, reddish, freckles	Cool, pale
Hair	Dry, brittle, scarce, gets knotted	Straight, oily, prone to hair loss	Thick, curly, oily, wavy, luxuriant
Hair color	Brown, black	Blond, gray, red,	Dark black, dark brown
Teeth	Big, roomy, stick out, thin gums	Medium size, soft, tender gums	Healthy, white, strong gums
Nose	Uneven shape, deviated septum	Long, pointed, red nose tip	Short, rounded, button nose
Eyes	Small, sunken, dry, active, freq.blinking	Sharp, sensitive to light	Big, calm,
Eye color	Black, brown	bright gray, green, yellow / red,	Blue
Nails	Dry, rough, easily broken	Sharp, flexible, long, reddish tint	Thick, smooth, shiny surface
Lip	Dry, cracked	Often inflamed	Smooth, large
Lip color	Black or brown tint	Red or yellowish	Pale

Chin	Thin and angular	Tapered	Rounded, big
Cheeks	Sunken, lines or wrinkles	Flat and smooth	Big or round
Neck	Long, thin	Medium	Wide
Chest	Small, flat	Moderate	Broad chested
Belly	Small, flat	Moderate	large, defined
Bellybutton	Small, irregular	Oval, superficial	Big, deep, round
Hips	Small or thin	Moderate	Big
Joints	Cracking noise	Moderate	Large, lubricated
Appetite	Irregular in frequency and magnitude	Strong, cannot skip meals	Steady, regular, skips meals
Taste preference	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
Thirst	Variable	Need water regularly	Sparse need for water
Digestion	Irregular	Quick	Slow
When there is indigestion	Tendency to constipation, forms gas	Causes burning, heart burn, reflux	Forms mucous
Elimination	Dry	Loose	Thick, sluggish
Physical activity	Always active	Moderate	Slow, measured
Mental activity	Always active	Moderate	Calm
Personality	Vivacious, talkative, social, outgoing	Likes to be in control, intense, ambitious	Reserved, laid back, concerned
Emotional response when stressed	Anxiety, fear	Anger, jealousy	Greedy, possessive, withdrawn
Faith or beliefs	Variable	Dedicated/strong	Consistent
Intellectual response	Quick, not detailed	Accurate, timely	Paced but exact
Memory	Good short term, quick to forget	Medium but accurate	Slow to remember but then sustained
Career, life preference	Creative arts, designing	Science or engineering	Management, human relations, care giving
Environment	Easily feels cold	Intolerant of heat	Uncomfortable in humidity
Sleep	Short, broken up	moderate and sound	Deep and long
Dreams	Multiple and quick, fearful	Fiery, often about conflicts	Slow, romantic
Speech	Rapid, hither thither	precise, articulate	Slow, monotonous
Financial	Buy on impulse	Spends money on luxuries	Good at Saving money
TOTAL	VATA	PITTA	KAPHA

