

# TAKE THE DOSHA QUIZ

In Ayurveda, we each have a unique "dosha" or mind-body type. The doshas - Vata, Pitta, Kapha- are bio-energetic blueprints describing our personality, tendencies, and physiology. We each have a unique blend of all three doshas, usually with one or two being more predominant. This quiz reveals your unique blend of doshas to guide balanced lifestyle choices. Answer objectively based on lifelong patterns, not situational states. Tally results to reveal your primary, secondary, and tertiary doshas.

## Which most accurately describes your body?

- |   |  |  |
|---|--|--|
| a) Slender/thin, lanky, find it difficult to gain weight. | b) Moderate weight, good muscular tone | c) Medium build, easily maintain weight. |
|---|--|--|

## How is your digestion?

- |   |  |   |
|---|--|---|
| a) Irregular digestion- often experience bloating and gas | b) Strong- may experience heartburn or acidity | c) Slow and weak digestion- feel sluggish, water retention, heaviness |
|---|--|---|

## How is your appetite and eating habit?

- |   |   |   |
|---|---|---|
| a) Inconsistent - hunger fluctuates, nibble or forget meals | b) Strong - ravenous, irritable if meal is delayed, enjoy flavorful & spicy foods | c) Steady - feel full after meals, can delay eating, prefer comfort foods |
|---|---|---|

## How is your body temperature?

- |  |                                      |   |
|--|--------------------------------------|---|
| a) Always cold: my hands and feet are usually cold; prefer hot weather | b) Usually warm; prefer cool weather | c) Pretty adaptable to different temperatures. I don't like cold, wet weather though. |
|--|--------------------------------------|---|

## My temperament/personality is typically

- |                                     |  |  |
|-------------------------------------|--|--|
| a) Quick thinking, lively, creative | b) Natural leader, competitive, passionate, determined | c) Easy-going, calm, affectionate, patient |
|-------------------------------------|--|--|

## How do you sleep?

- |   |                       |                  |
|---|-----------------------|------------------|
| a) Difficulty falling asleep, wake up often | b) Moderate and sound | c) Deep and long |
|---|-----------------------|------------------|

## Which best describes your senses?

- |  |  |   |
|--|--|---|
| a) Sensitive to sounds or to the feel or energy of a place or person | b) Appreciate visual beauty, notice colors | c) First to notice smells and aromas of food, flowers, and fragrances |
|--|--|---|

### How would you describe your emotions?

- |   |   |  |
|---|---|--|
| a) Short-tempered, feeling anger, hate, jealousy, or passion. | b) Patient, sweet, calm but also greedy and attached. | c) All over the place, tending toward anxiety, fear, and uncertainty |
|---|---|--|

### How do you respond to challenges/conflicts and criticism/feedback?

- |  |   |   |
|--|---|---|
| a) Overthink, worry, take criticism personally, and can be overly self-critical. | b) Address challenges directly, appreciate feedback, and use it to improve. | c) I avoid challenges hoping they'll resolve on their own. Sensitive to criticism and take it personally. |
|--|---|---|

### I prefer my daily routine to be:

- |                             |  |  |
|-----------------------------|--|--|
| a) Flexible and spontaneous | b) Goal-oriented and challenging—I enjoy long, productive days | c) Predictable and steady—good at keeping a routine and like structured days |
|-----------------------------|--|--|

### Most of my life, I have made choices:

- |  |  |   |
|--|--|---|
| a) Spontaneously and spur of the moment based on how I'm feeling at the time | b) Precisely and confidently after researching options | c) Slowly, or am fine letting others make the choices |
|--|--|---|

### How is your daily stamina?

- |   |  |   |
|---|--|---|
| a) Mild—tend to start strong with lots of energy but lose steam | b) Average—but can push through when needed. | c) Great endurance —great stamina but don't typically like to test it |
|---|--|---|

## DOSHA QUIZ RESULTS

*After completing the quiz, take a moment to count the number of times you selected each response option (a, b, and c). Each answer corresponds to a specific dosha:*

'A' represents Vata, the Dosha of air and space.

'B' represents Pitta, the Dosha of fire and water.

'C' represents Kapha, the Dosha of earth and water.

**Primary Dosha:** The Dosha with the highest number of answers is your primary Dosha. This is the Dosha that most strongly influences your physical and mental characteristics.

- Vata: If you answered 'a' most frequently, your body type is Vata-dominant.
- Pitta: If you answered 'b' most frequently, your body type is Pitta-dominant.
- Kapha: If you answered 'c' most frequently, your body type is Kapha-dominant.

*Secondary Dosha: The Dosha with the second-highest number of answers is your secondary Dosha. This Dosha also plays a significant role in shaping your personality and overall well-being.*

*Tertiary Dosha: The Dosha with the lowest number of answers is your tertiary Dosha. This Dosha has the least influence on your overall constitution.*

#### *Bi-Doshic*

*It is perfectly normal to have two Doshas that are relatively equal in strength. In fact, most people are Bi-Doshic. Your secondary Dosha can also change over time due to factors such as diet, age, season, and exercise levels.*

*The three mixed body types are:*

- *Vata-Pitta: This body type is characterized by a combination of Vata and Pitta energy.*
- *Pitta-Kapha: This body type is characterized by a combination of Pitta and Kapha energy.*
- *Vata-Kapha: This body type is characterized by a combination of Vata and Kapha energy.*

#### *Tri-Doshic*

*If you answered 'a', 'b', and 'c' an equal number of times, your body type is Tri-Doshic. This means that your Doshas are either perfectly balanced or highly imbalanced.*

*While perfect balance is rare, most people have two predominant Doshas.*



### **ORDER ONLINE: FOR DELIVERY OR PICKUP**

You can order for delivery through  
UberEats, Grubhub, and DoorDash or in-store pickup

#### **DELIVERY OPTIONS**



#### **IN-STORE PICK-UP**

🏠 40-05 Skillman Ave,  
Long Island City, NY 11104

✉ doshabowl@gmail.com

🌐 www.doshabowl.com

📷 instagram.com/eatdoshabowl

📺 tiktok.com/@doshabowl

📺 youtube.com/@doshabowl

📘 facebook.com/doshabowl