

## Dosha Questionnaires

The following questionnaires can give you some insight into your Prakruti and Vikruti in Ayurveda. It is important to note that while these questionnaires are helpful in identifying your Prakruti and Vikruti, a complete Ayurvedic consultation with a qualified practitioner is recommended for accurately understanding and determining your doshas, as well as for devising a personalized lifestyle plan.

### Part I: Prakruti - Your Natural Constitution

Note: When answering the questionnaire for your Prakruti, you should consider your natural tendencies, preferences, and behaviors, for instance, "Naturally, normally I am..." Additionally, to gain accurate insights into your inherent constitution it is advisable to answer questions based on your pre-puberty age. You can mark more than one option if you feel it accurately reflects your characteristics.

#### **Body Frame:**

- a. Thin and bony
- b. Medium and muscular
- c. Large and sturdy

#### **Skin Type:**

- a. Dry, rough, or thin
- b. Sensitive, oily, or warm
- c. Thick, oily, or cool

#### **Hair:**

- a. Dry, brittle, or frizzy
- b. Fine, thin, or balding
- c. Thick, wavy, or oily

#### **Eyes:**

- a. Small, dry, or restless
- b. Sharp, penetrating, or sensitive to light
- c. Large, attractive, or calm

## **Teeth:**

- a. Crowded, crooked, or weak
- b. Medium, sensitive, or sharp
- c. Large, white, or strong

## **Nails:**

- a. Thin, brittle, or cracked
- b. Soft, flexible, or yellowish
- c. Thick, strong, or smooth

## **Digestion:**

- a. Slow, irregular, frequent gas or burping
- b. Strong, regular, can eat healthy portions without discomfort
- c. Moderate, heavy feeling after eating

## **Elimination:**

- a. Irregular, constipated, or dry
- b. Frequent, loose, or soft
- c. Slow, steady, or heavy

## **Sleep:**

- a. Light, variable, or insomnia
- b. Moderate, sound, or restless
- c. Heavy, long, or oversleeping

## **Appetite:**

- a. Low, variable, or irregular
- b. Strong, excessive, or acidic
- c. Moderate, steady, or heavy

## **Thirst:**

- a. Low, variable, or absent
- b. Strong, excessive, or frequent
- c. Moderate, steady, or occasional

## **Energy:**

- a. High energy, restless, easily exhausted
- b. Strong, sharp, moderate endurance
- c. Low, steady, high endurance

## **Mind:**

- a. Restless, anxious, or fearful
- b. Sharp, critical, or competitive
- c. Calm, patient, or forgiving

## **Memory:**

- a. Quick, but easily forgetful
- b. Sharp, but easily distracted
- c. Slow, but long-lasting

### **Adaptability:**

- a. Resistant, stubborn, or slow
- b. Adaptable, flexible, or impulsive
- c. Cautious, thoughtful, or deliberate

### **Resistance to Illness:**

- a. Low, often sick
- b. Moderate, occasionally sick
- c. Strong, rarely sick

## **Part II: Vikruti - Your Current Imbalance**

Note: When answering the questions for your Vikruti, you should consider any current imbalances or disturbances in your doshas. For example, "Currently, I am...". Focus on your present state of being, considering any recent changes or fluctuations in your physical, mental, and emotional experiences. Please mark more than one option if multiple characteristics apply to your current condition.

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### **Hair:**

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- b. Fine, thin, or balding
- c. Thick, wavy, or oily

### **Skin Type:**

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- b. Sensitive, oily, or warm
- c. Thick, oily, or cool

### **Eyes:**

- a. Small, dry, or restless
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- c. Large, attractive, or calm

## **Teeth:**

- a. Crowded, crooked, or weak
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### Results

After completing the questionnaire, you can calculate your Prakruti and Vikruti by counting the number of responses you gave for each category (Vata, Pitta, and Kapha) in Part I and Part II.

For Part I, if you answered most questions (a) then you are more Vata-predominant. If (b) then Pitta-predominant. If (c) then Kapha-predominant.

For Part II, you can determine your current imbalance by identifying any significant differences between your Part I and Part II responses. Any changes in your dominant dosha between Part I and Part II indicate an imbalance in that dosha. For example, if you are naturally Pitta-predominant (answered most questions as b) in Part I, but answered more questions as Vata (a) in Part II, it suggests that you are experiencing a Vata imbalance.

**Prakruti Results:**

a. Vata:                                      b. Pitta:                                      c. Kapha:

**Vikruti Results:**

a. Vata:                                      b. Pitta:                                      c. Kapha:

## **General recommendations to balance each dosha**

These recommendations are introductory and general. Each individual's needs are unique. Guidance from a qualified Ayurvedic practitioner can help you develop a personalized and detailed treatment plan to address specific imbalances and help promote optimal health and wellness.

### **Vata Dosha**

Vata-predominant individuals tend to be thin, have a light frame, dry skin and hair, and tend to be restless, creative, and quick-thinking. When imbalanced, they may experience anxiety, insomnia, digestive issues, and joint pain.

To balance your Vata, try following a warm, nourishing diet with plenty of healthy fats and warm spices. A regular routine with adequate rest, relaxation, and self-care practices can also be beneficial. Warm oil massages, gentle yoga, and meditation can help soothe the nervous system and promote balance.

### **Pitta Dosha**

Pitta-predominant individuals tend to be of medium build with good muscle tone, warm skin and hair, and tend to be driven, focused, and goal-oriented. When imbalanced, they may experience inflammation, digestive issues, anger, and frustration.

To balance your Pitta, try following a cooling, calming diet with plenty of fresh, whole foods and avoid spicy and oily foods. Regular exercise, especially during cooler times of day, can also help balance Pitta. Engaging in calming practices such as meditation, pranayama, and spending time in nature can also help soothe and balance Pitta.



# Be the Protagonist

*How Ayurveda, Meditation, and Theater Can Transform Your Life*

by **Maria Schaedler-Luera**

## **Kapha Dosha**

Kapha-predominant individuals tend to be of larger build, have soft, supple skin and hair, and tend to be grounded, nurturing, and patient. When imbalanced, they may experience weight gain, lethargy, respiratory issues, and depression.

To balance your Kapha, try following a light, warming diet with plenty of spices and vegetables. Regular exercise, especially vigorous activities like cardio, can help balance Kapha. Engaging in stimulating practices such as invigorating yoga, meditation, and socializing with friends and family can also help stimulate and balance Kapha.