



# Better Day Yoga Dosha Quiz

This quiz will determine your essential nature, known in Ayurveda as your Prakruti. Please answer the following questions for how you have been most of the years of your life (prior to any chronic illness unless you were born with this condition). Then retake the quiz perhaps a day later and answer it for how you've been for your current last few months, known in Ayurveda as your Vikruti. Total the columns to find your ratio of doshas for both your Prakruti and your Vikruti. Most have one predominant dosha, some have two approximately equal, and even fewer have all three in equal proportion. If your Vikruti is stronger in a particular dosha than your Prakruti was, you'll want to follow a routine soothing to that dosha to bring it back into balance. If your Prakruti and Vikruti are about the same, you'd follow a routine for your strongest dosha.

Characteristic	Vata	Pitta	Kapha
<b>Body Frame</b>	Thinner frame with bones showing	Average frame/bones	Larger frame/bigger bones
<b>Body Weight in general</b>	Low I don't gain weight easily	Average I don't like to skip meals and it's easy to lose or gain weight	Higher I gain easily and it's hard to lose weight
<b>Current body weight is</b>	Underweight	At my ideal weight	Overweight
<b>Jawline</b>	Thin, angular or squared	More slender or pointed/heart-shaped	Rounded and more full
<b>Eyes</b>	Smaller, active eyes with tendency toward dryness	Bright, intense eyes that are sensitive to light and may show redness	Large, calm eyes with plenty of lubrication
<b>Skin</b>	Thinner skin leaning toward a darker complexion that tans easily. Usually dry especially in the winter.	Somewhat fair skin with a ruddy or rosy complexion that is sun sensitive. Possible skin irritations like acne or rash	Thicker, smooth, oily, moist skin with an almost pale complexion
<b>Hair</b>	Thin, dry, rough and/or frizzy	Straight lighter hair (Blonde and red for sure falls here but if you have lighter hair than most in your culture, choose this) Early graying, perhaps balding	Thick, plentiful, oily hair
<b>Hips</b>	Smaller with prominent bones	Average with visible veins and moles	Larger, well-developed
<b>Joints</b>	Cold, crack frequently, dry, lacking lubrication May have pain that comes and goes in intensity	Warm, medium-sized May get inflamed and hot	Solid, larger, well-lubricated May feel dull, heavy aching
<b>Body temperature</b>	Cold, especially hands and feet I am uncomfortable in cold weather	Warm, sometimes hot I sweat easily and can't tolerate heat	Cool I am sensitive to damp weather

<b>Characteristic</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
<b>Sleep</b>	Difficulty falling asleep and rarely a sound sleep	Moderate but sound sleep	Heavy, prolonged sleep
<b>Digestion</b>	Irregular Prone to bloating, gas, discomfort	Fast Prone to heartburn, acid indigestion	Slow so feels full after Prone to sleep after a meal
<b>Favorite Tastes</b>	Sweet, Sour, Salty	Sweet, Bitter, Astringent	Bitter, Pungent, Astringent
<b>Thirst</b>	Variable	More thirsty	Limited or less thirsty
<b>Appetite</b>	Variable I forget to eat sometimes	Strong, sharp I don't like to skip meals	Slow, regular I can easily skip meals
<b>Under stress my appetite</b>	Diminishes	Becomes ravenous	Doesn't matter. I eat even when I don't feel hungry
<b>Elimination</b>	Dry, rough, constipated, irregular	Soft, oily, loose with undigested food	Normal to slow, well-formed, regular
<b>Energy Level</b>	Very active, fast-moving, fast-talking, fidgety, burns out quickly	Precise, moderate activity, steady	Slow, sluggish activity, reserves energy
<b>Mental Energy</b>	Quick moving thoughts Creative, imaginative	Determined concentration, focused	Calm, quiet, slow
<b>Emotions under stress</b>	Fearful, anxious, insecure, nervous Can be unpredictable	Impatient Can be judgmental irritable and stubborn	Calm Can be possessive attached and greedy
<b>Beliefs</b>	Changes easily Needs convincing	Strong, sometimes intense beliefs	Steady, stable Can be skeptical
<b>Intellect &amp; response in conversation</b>	Quick to grasp, but talkative so speaks before thinking and may give a wrong answer with great confidence	Sharp, clear intellect Thinks before speaking so accurate answers given	Slow thinking process but can be very exact with an answer
<b>Speech</b>	Fast, disorganized, unclear, interrupted	Sharp, determined, well thought out, energetic	Compassionate, & supportive but slow so can lose your attention
<b>Memory</b>	Changeable Remembers recent but forgets past	Sharp, photographic memory	Slow to remember but great long-term memory
<b>Dreams</b>	Numerous and easily forgets their dreams but they're usually very active, fearful, involving flying, falling, jumping, being attacked, pursued, or locked up Sex Autumn Fulfillment	School dreams, studying, teaching, arriving too late, failing an exam, being inappropriately dressed, violent, fire dreams, Sex Summer Problem-solving	Romance, water dreams, doing the same thing over and over slowly, Sex, finding money Winter / snow Spring Satisfy unconscious needs
<b>Finances</b>	Spends easily and not always wisely	Spends on practical as well as luxury items	Attached to wealth and saves money
<b>Total</b>			