

## Ayurveda dosha quiz: pitta, vata or kapha?

According to Ayurveda, each of us is a mix of three basic constitutional types, known as 'doshas', which affect your physical traits, personality and health. Understanding your doshas will help you understand the diet and lifestyle you should follow to keep yourself in balance and healthy. Take this simple quiz to find out if your dosha is pitta, vata or kapha.

Click to select any statements that apply to you, then read the descriptions below to find out your dosha mix. Remember that everyone is a combination of doshas, with usually a primary and one or two secondary doshas dictating your particular characteristics.

### A

- I'm very efficient
- I hate to be too hot
- I don't cope well with missed or late meals
- I'm fond of cold food and drinks
- I tend to be very precise and orderly
- People often think I'm stubborn
- I have an excellent overall memory
- I'm passionate, focussed and a good leader

### B

- I'm a fast worker
- I'm slim and don't gain weight easily
- My eating and sleeping habits tend to be erratic
- I'm often anxious or worried
- I feel the cold more than other people
- I'm prone to mood swings and can't be very emotional
- I enjoy travel, art and esoteric subjects
- I have good short-term memory but poor long

### C

- I gain weight easily and I'm slow to lose it
- It doesn't impact me too much if I miss a meal
- I sleep deeply and I'm slow to get up in the morning
- I have smooth, soft skin
- I walk quite slowly and steadily
- I don't like cool, damp weather
- My mind is generally calm and steady
- I particularly enjoy good food

**Mostly A**  
**You are a fiery PITTA!**

You are warm and articulate, but can be prone to irritability and stress if your routine is upset.

**Mostly B**  
**You are energetic VATA!**

You love change and excitement, but often eat and sleep erratically and can struggle to relax.

**Mostly C**  
**You are calm KAPHA!**

Kaphas are laid-back and tolerant, but have a tendency to gain weight and procrastinate.