DOSHA CHECK-IN

Dosha Quiz

A gentle check-in to see how you're balancing right now. For each question, note down the symbol that feels most like you over the last few weeks. There are no wrong answers.

In Ayurveda, the three doshas describe the energies that shape body and mind. We all have all three; the quiz shows which one is most present for you today.

Vata air & space

Pitta fire & water

Kapha earth & water

QUESTION 1

Your Energy

Vata: buzzy, scattered, hard to settle

Pitta: intense, focused, driven

Kapha: slow, steady, calm

QUESTION 2

Your Digestion

Vata: bloated, gassy, irregular

Pitta: acidic, hungry, fast

Kapha: heavy, slow, full

QUESTION 3

Your Mood

- **Vata:** anxious, overthinking
- **Pitta:** irritated, reactive
- **Kapha:** flat, unmotivated

QUESTION 4

Your Body

- **Vata:** dry skin, cold hands and feet, action-oriented but exhausts itself
- **Pitta:** warm, flushed, inflamed, goal-oriented but does too much
- **Kapha:** puffy, retaining fluid, community-oriented but hard to motivate

QUESTION 5

Your Sleep

- **Vata:** light, broken, restless
- **Pitta:** disturbed by heat, vivid dreams
- **Kapha:** deep, long, hard to wake

YOUR RESULT

Count Your Symbols

Mostly Vata → Vata is most present

Mostly Pitta → Pitta is most present

Mostly Kapha → Kapha is most present

Duo-Dosha

If two symbols appear equally:

Vata + Pitta → Vata-Pitta

Pitta + Kapha → Pitta-Kapha

Vata + Kapha → Vata-Kapha

Tri-Dosha

If all three symbols appear evenly, all three doshas are asking for attention, often a sign of stress, tiredness or seasonal change.

What to Do Next

Your result is a snapshot, not a label. The doshas shift with the seasons, your routine and the choices you make, so you can always begin again.

Book an Ayurveda consultation

Listen to The Dosha Life podcast

Join Kelly's newsletter

This quiz is for self-reflection only and isn't a medical diagnosis. If something is worrying you, please speak to your GP.

Go gently,

Kelly