

## Emotions

- a) Anxiety, Fear, Uncertainty
- b) Anger, Hate, Jealousy
- c) Calm, Greedy, Attachment

## Faith

- a) Variable
- b) Extremist
- c) Consistent

## Intellect

- a) Quick but Faulty Response
- b) Accurate Response
- c) Slow, Exact

## Memory

- a) Recent Good, Remote Poor
- b) Distinct
- c) Slow and Sustained

## Dreams

- a) Quick
- b) Fiery, War, Violent
- c) Lakes, Slow, Romantic

## Sleep

- a) Scanty
- b) Little but Sound
- c) Deep, Prolonged

## Speech

- a) Rapid, Unclear
- b) Sharp Penetrating
- c) Slow, Monotonous

## Financial

- a) Poor, Spends on Trifles
- b) Spends Money on Luxuries
- c) Rich, Good Money Preserver

## Totals

a's \_\_\_\_ b's \_\_\_\_ c's \_\_\_\_

Ayurveda is a 5,000-year-old healing tradition from India that teaches us how to enrich our lives by staying in harmony with nature.

Of the five great elements that exist in the universe: ether, air, fire, earth and water, Ayurveda classifies these into 3 aspects, or doshas; Vata, Pitta and Kapha. For our bodies to function properly our doshas must remain balanced.

Mostly a's indicate Vata Dosha  
Mostly b's indicate Pitta Dosha  
Mostly c's indicate Kapha Dosha

Factors that can cause Vata dosha to increase in the physiology include a diet that contains too many dry or raw foods, over-consumption of ice-cold beverages, exposure to cold dry winds, a variable daily routine, too much travel, and mental overexertion.

Factors that can cause Pitta dosha to increase in the physiology include a diet that contains too many hot or spicy foods, fasting or skipping meals, over-exposure to the sun or to hot temperatures, and emotional trauma.

Factors that can cause Kapha dosha to increase in the physiology include a diet that contains too many deep-fried, sweet or heavy foods, over-consumption of ice-cold foods or beverages, exposure to cold and damp, daytime sleep, and lack of exercise.

# What's Your Dosha?



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## Body Frame

- a) Slim
- b) Medium
- c) Large

## Body Weight

- a) Low
- b) Medium
- c) Overweight

## Chin

- a) Thin, Angular
- b) Tapering
- c) Rounded, Double

## Cheeks

- a) Wrinkled, Sunken
- b) Smooth, Flat
- c) Rounded, Plump

## Eyes

- a) Small, Sunken, Dry, Active, Black, Brown, Nervous
- b) Sharp, Bright, Grey, Green, Yellow, Red, Sensitive to Light
- c) Big, Blue, Beautiful, Calm, Loving

## Nose

- a) Uneven Shape, Deviated Septum
- b) Long Pointed, Red Nose-tip
- c) Short Rounded, Button Nose

## Lips

- a) Dry, Cracked, Black Brown Tinge
- b) Red, Inflamed, Yellowish
- c) Smooth, Oily, Pale, Whitish

## Teeth

- a) Stick Out, Big, Roomy, Thin Gums
- b) Medium Soft, Tender Gums
- c) Healthy, White, Strong Gums

## Skin

- a) Thin Dry, Cold, Rough, Dark
- b) Smooth, Oily, Warm, Rosy
- c) Thick, Oily, Cool, White, Pale

## Hair

- a) Dry, Brown, Black, Knotted, Brittle, Breaks Easily
- b) Straight, Oily, Blonde, Grey, Red, Bald
- c) Thick, wavy, Curly, Oily, Luxuriant

## Nails

- a) Dry, Rough, Brittle, Breaks Easily
- b) Sharp, Flexible, Pink, Lustrous
- c) Thick, Oily, Smooth, Polished

## Neck

- a) Thin, Tall
- b) Medium
- c) Big, Folded

## Chest

- a) Flat, Sunken
- b) Moderate
- c) Expanded, Round

## Belly

- a) Thin, Flat, Sunken
- b) Moderate
- c) Big, Pot Bellied

## Belly-Button

- a) Small, Irregular, Herniated
- b) Oval, Superficial
- c) Big, Deep, Round, Stretched

## Hips

- a) Slender, Thin
- b) Moderate
- c) Heavy, Big

## Joints

- a) Small, Often Cracking
- b) Moderate
- c) Large, Lubricated

## Appetite

- a) Irregular, Scanty
- b) Strong, Unbearable
- c) Slow but Steady

## Digestion

- a) Irregular, Forms Gas
- b) Quick, Causes Burning
- c) Prolonged, Forms Mucus

## Taste

- a) Sweet, Sour, Salty
- b) Sweet, Bitter, Astringent
- c) Bitter, Pungent, Astringent

## Thirst

- a) Challengeable
- b) Surplus
- c) Sparse

## Elimination

- a) Constipation
- b) Loose
- c) Thick, Oily, Sluggish

## Physical Activity

- a) Hyperactive
- b) Moderate
- c) Slow

## Mental Activity

- a) Hyperactive
- b) Moderate
- c) Slow, Dull