



# What's your dominant dosha?

## YOUR AYURVEDIC BLUEPRINT FOR BALANCE

### 🌿 Begin Your Dosha Discovery

This quiz is a powerful tool for self-awareness, but to get the most accurate insight, I recommend that you complete it **twice**:

1. **First**, answer the questions **as you are feeling right now**, this reflects your **Vikruti**, or current state of imbalance.
2. **Then**, take a moment to reflect on a time when you felt truly well, balanced, and at ease in your body and mind. Answer the quiz **a second time** from this perspective, this reveals your **Prakriti**, or natural constitution.

In Ayurveda, your **Prakriti** is the unique balance of Vata, Pitta, and Kapha you were born with. It shapes your physical structure, mental tendencies, digestion, energy, and more. This doesn't change over time.

Your **Vikruti**, on the other hand, is your current doshic expression, influenced by diet, lifestyle, stress, environment, and emotional patterns. When Vikruti differs significantly from your Prakriti, it can lead to discomfort, imbalance, and illness—even if those symptoms have become your “new normal.”

🌸 **Understanding the difference between Prakriti and Vikruti helps you return to your natural state of vitality and balance.**

Take your time with both versions of the quiz, and notice the patterns that emerge.

#### 1. What best describes your body frame?

- A) Thin, light, often find it hard to gain weight
- B) Medium build, muscular, gains or loses weight easily
- C) Solid, broad frame, gains weight easily and slowly loses it

#### 2. Your skin is usually:

- A) Dry, rough, sometimes cold
- B) Warm, prone to breakouts or rashes
- C) Soft, oily, smooth

**3. Your energy comes in the form of:**

- A) Bursts of energy, then crashes
- B) Steady, intense energy - especially competitive
- C) Slow to start but long-lasting endurance

**4. What is your typical reaction under stress?**

- A) Anxiety, worry, restlessness
- B) Irritability, frustration, anger
- C) Withdrawal, lethargy, comfort-seeking

**5. Your appetite tends to be:**

- A) Irregular - sometimes ravenous, sometimes forget to eat
- B) Strong and consistent
- C) Slow but steady - can go without food but loves to eat

**6. Your sleep pattern is:**

- A) Light sleeper, wakes easily
- B) Needs 7-8 hours, can wake due to overheating or vivid dreams
- C) Deep sleeper, often sleeps longer than 8 hours

**7. Your mind is typically:**

- A) Quick, creative, but easily distracted
- B) Focused, sharp, goal-driven
- C) Calm, stable, but slow to process new ideas

**8. Your digestion is:**

- A) Irregular, prone to bloating or gas
- B) Strong, can digest almost anything
- C) Slow, prone to feeling heavy after eating

**9. Your voice and speech are:**

- A) Fast, lively, sometimes scattered
- B) Clear, direct, confident
- C) Slow, deep, rhythmic

**10. You tend to prefer:**

- A) Warm weather and grounding foods
- B) Cool environments and calming activities
- C) Dry, warm weather and light, stimulating activities

## ✓ Scoring Guide

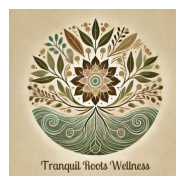
Count how many A's, B's, and C's you selected:

- **Mostly A's = Vata Dosha**  
(Air + Ether) – You're likely a Vata-dominant individual—creative, energetic, and full of ideas. You thrive on variety and freedom, but can feel anxious or depleted without grounding.
- **Why:** Vata governs all movement—of thoughts, breath, digestion. Balanced Vata feels inspired. Excess Vata can cause anxiety, forgetfulness, and digestive issues.
- **Mostly B's = Pitta Dosha**  
(Fire + Water) – Focused, driven, and goal-oriented. You value structure and results but may feel irritable or overheated under pressure.
- **Why:** Pitta governs transformation, digestion, intellect. In balance, it brings clarity. Out of balance, it causes burnout, inflammation, and anger.
- **Mostly C's = Kapha Dosha**  
(Earth + Water) – You're likely Kapha-dominant—calm, nurturing, and dependable. When imbalanced, you might feel sluggish or emotionally stuck.
- **Why:** Kapha governs structure and cohesion. Balanced Kapha feels loving and grounded. Imbalance shows as heaviness, stagnation, or resistance to change.

### **You may have:**

- A clear majority → Dominant dosha
- A fairly even split → Dual-dosha type (most likely)
- All three nearly equal → Tri-doshic constitution (rare)

For more wellness tips, personalised Ayurvedic guidance and to delve deeper in to your dosha type, connect with me via a free Discovery Call or to arrange a consultation:



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When you understand your nature, you can begin to live in harmony with it, and from there, true healing begins.