



Pelonggwe Wellness Retreat Dosha Quiz

Name: _____

Date: DD / MM / YEAR

| | | |
|----------------------------------|---------------------------|-------------------------|
| 5- Most accurately represents me | 3- Secondly represents me | 1- Rarely represents me |
| EXAMPLE | 3 Vata | 5 Pitta |
| | | 1 Kapha |

| CHARACTERISTICS | VATA | | PITTA | | KAPHA | | |
|------------------|--|--|---|--|--|--|-----|
| FRAME | I am thick, lanky, and slender with prominent joints and thin muscles. | | I have a medium, symmetrical build with good muscle development | | I have a large, round, or stocky build. My frame is broad, stout, or thick | | =9 |
| WEIGHT | LOW; I may forget to eat or have a tendency to lose weight | | MODERATE; It is easy for me to gain or lose weight if I put my mind to it | | HEAVY; I gain weight easily and have difficulty losing it | | =9 |
| EYES | My eyes are small and active | | I have a penetrating gaze | | I have large, pleasant eyes | | =9 |
| COMPLEXION | My skin is dry, rough, or thin | | My skin is warm, reddish, and prone to irritation | | My skin is thick, moist, and smooth | | =9 |
| HAIR | My hair is dry brittle or frizzy | | My hair is fine with a tendency towards early thinning or greying | | I have abundant, thick, and oily hair | | =9 |
| JOINTS | My joints are thin and prominent and tend to crack | | My joints are loose and flexible | | My joints are large, well-knit, and padded | | =9 |
| SLEEP PATTERN | I am a light sleeper with a tendency to awaken easily | | I am a moderately sound sleeper, usually needing less than eight hours to feel rested | | My sleep is deep and long I tend to awaken slowly in the morning | | =9 |
| BODY TEMPERATURE | My hands and feet are usually cold, and I prefer warm environments | | I am usually warm regardless of the season and prefer cooler environments | | I am adaptable to most temperatures but do not like cold wet days | | =9 |
| TEMPERAMENT | I am lively and enthusiastic by nature. I like to change | | I am purposeful and intense. I like to convince | | I am easy-going and accepting. I like to support | | =9 |
| UNDER STRESS.. | I become anxious and or worried | | I become irritable and or aggressive | | I become withdrawn and or reclusive | | =9 |
| TOTAL | ----- VATA TOTAL | | ----- PITTA TOTAL | | ----- KAPHA TOTAL | | =90 |

Each row must be equal to 9

Total must be equal to 90

