



DOSHA SELF TEST

Are you curious about your Ayurvedic constitution? By uncovering your dosha—Vata, Pitta, or Kapha—you can better understand your body's natural tendencies and create a lifestyle that promotes balance and vitality. Take this quick quiz to explore your mind-body type!

BY CASSADY RAPP



QUIZ INSTRUCTIONS



The doshas—Vata, Pitta, and Kapha—are three energies in Ayurveda that influence your body and mind.

Knowing your dosha helps you understand your natural tendencies and how to stay balanced.

Answer the questions below based on how you have felt and lived over most of your life—not just this week. Check all statements that resonate with you.



VATA DOSHA

The Energy of Movement

Elements: Air & Ether

Qualities: Light, mobile, dry, rough, quick

Balanced Vata: Creativity, enthusiasm, and adaptability

Imbalanced Vata: Dry skin, anxiety, restlessness, and constipation

Check all that apply

PHYSICAL

- ☐ I have a slender frame with fine bone structure
- ☐ My skin tends to be dry, and I am prone to premature wrinkles
- ☐ I struggle with gas or constipation when my digestion is off
- ☐ I often feel cold and prefer warm climates
- ☐ I experience light, restless sleep

Check all that apply

EMOTIONAL

- ☐ My mind is very active and creative, and I have many ideas
- ☐ I am prone to anxiety or feeling scattered when stressed
- ☐ My speech is quick and enthusiastic
- ☐ I prefer light and airy foods, like toast or crackers
- ☐ I am energetic but my moods tend to change quickly



Elements: Fire & Water

Qualities: Hot, sharp, light, oily

Balanced Pitta: Focus, leadership, and sharp intellect

Imbalanced Pitta: Irritability, skin rashes, and loose stools

Check all that apply

PHYSICAL

- ☐ I have a medium build with a naturally muscular body
- ☐ My skin is sensitive and often prone to redness or acne
- ☐ I have a strong appetite and I tend to get "hangry" if I skip meals
- ☐ I feel warm most of the time and prefer cooler environments
- ☐ I experience light/moderate sleep, and I get hot at night

Check all that apply

EMOTIONAL

- ☐ My speech is clear, precise, and sometimes intense
- ☐ My mind is sharp, and I'm often seen as a natural leader
- ☐ My dreams are vivid and colorful, often involving action or fiery elements
- ☐ I crave spicy or tangy foods
- ☐ When I am emotionally out of balance, I tend towards intensity, anger or irritation



KAPHA DOSHA

The Energy of Stability

Elements: Earth & Water

Qualities: Heavy, stable, cool, moist

Balanced Kapha: Calmness, compassion, and strong immunity

Imbalanced Kapha: Lethargy, weight gain, and possessiveness

Check all that apply

PHYSICAL

- ☐ I have a larger frame with rounded features
- ☐ My skin is soft and smooth, and I'm often complimented on it
- ☐ I have thick, luscious hair and strong nails
- ☐ My digestion is slow, and I sometimes feel heavy after meals
- ☐ I sleep deeply and have difficulty waking up in the morning

Check all that apply

EMOTIONAL

- ☐ I am a calm and consistent presence in my social circles
- ☐ My speech is slow, sweet, and measured
- ☐ My dreams are often romantic or peaceful, involving water or snow
- ☐ I have good finances and know how to save money
- ☐ I have been called "grounded" or "earthy"



About THE AUTHOR

Hello! I'm Cassady, an Ayurvedic practitioner and wellness coach. My own journey with chronic illness and stress led me to discover the healing power of Ayurveda. I help individuals understand their unique doshas and provide practical tools to restore balance through diet, lifestyle, and mindfulness.



If you have questions about your quiz results or want to learn more about balancing your doshas, I'd love to hear from you! Feel free to reach out or explore my offerings to take the next step toward holistic health.

DO YOU NEED
MORE HELP?

SCHEDULE A CALL

www.enlightenedescape.blog

cassadyrapp@gmail.com

Instagram: @cassadyrapp

