

10 QUESTIONS TO KNOW YOUR DOSHAS

Try this simple quiz

And discover your
mind-body type!



BY

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DOSHAS QUIZ

ANSWER THESE 10 QUESTIONS
AND SUM UP!

VATA

LONG OR VERY
SHORT,
NARROW, AND
SLIGHT

PITTA

MEDIUM AND
PROPORTIONAL

KAPHA

BIG BONES,
BROAD
SHOULDERS AND
HIPS

BODY
FRAME

SKIN

DRY, ROUGH
AND THIN

SENSITIVE, RED,
ITCHY

OILY AND THICK

HAIR

THIN, DARK,
CURLY, FRIZZY

THIN, BLONDE
OR REDDISH
BROWN.

THICK, SHINY,
WAVY, BROWN

EYES

SMALL
DARK, BROWN
OR GREY

LIGHT BLUE,
LIGHT GREY,
HAZELNUT

BLUE OR LIGHT
BROWN

WEATHER
(I PREFER...)

WARM AND
HUMID

COOL AND DRY

WARM AND DRY
WEATHER

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VATA

I LOOSE WEIGHT
EASILY

MY HUNGER
FLUCTUATES -
INCONSISTENCY

INSOMNIA OR
LIGHT SLEEP

EASILY ANXIOUS,
CREATIVE,
SPONTANEOUS

GAS, BLOATING,
CONSTIPATION

PITTA

CONSISTENT

STRONG - I NEED
ALL MY MEALS

MODERATE - 7-8
HOURS

IRRITABLE,
ORGANISED,
PRODUCTIVE

ACIDITY,
GASTRITIS,
DIARRHEA

KAPHA

I PUT ON
WEIGHT EASILY

STEADY - I FEEL
FULL AFTER
EACH MEAL

I FALL ASLEEP
EASILY AND
DEEP

CHILL,
EASYGOING,
PREDICTABLE

SLOW, SENSE OF
HEAVINESS

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DOSHAS QUIZ

SUM UP YOUR ANSWERS

VATA

ELEMENTS: AIR AND SPACE

COLD, LIGHT, DRY, FLOWING

USUALLY SLIM, ENERGETIC, AND CREATIVE. LEARN FAST, CAN MULTITASK, REALLY FLEXIBLE

BUT YOU CAN GET EASILY DISTRACTED, MOODY, ANXIOUS, OVERWHELMED

CAN HAVE DIGESTIVE ISSUES SUCH AS GAS OR CONSTIPATION

SHOULD FOLLOW A DAILY ROUTINE, AVOID COLD WEATHER, EAT WARM AND NUTRITIVE FOOD, DRINK PLENTY OF WARM WATER.

PITTA

ELEMENTS: FIRE AND WATER

HOT, LIGHT, OILY, MOBILE

BUILDS MUSCLE EASILY, ATHLETIC, STRONG LEADERS, INTELLIGENT, GOAL ORIENTED

BUT YOU CAN GET EASILY AGGRESSIVE, ANGRY, ALWAYS HUNGRY AND SENSITIVE TO HOT TEMPERATURES AND SKIN ALLERGIES

CAN HAVE DIGESTIVE ISSUES SUCH AS GASTRITIS OR DIARRHEA

SHOULD FOLLOW A BALANCED LIFE, AVOID EXTREME HEAT, EAT FRESH AND NOT SPICY FOOD.

KAPHA

ELEMENTS: EARTH AND WATER

COLD, STABLE, HEAVY, SLOW, SOFT

USUALLY STRONG, THICK BONED, CARING, CHILL, DELIBERATE, PATIENT

BUT YOU EASILY PUT ON WEIGHT, OVERSLEEP, BREATHING ISSUES, GET DISCOURAGED

CAN HAVE DIGESTIVE ISSUES SUCH AS SLOW DIGESTION, FEELING FULL FOR HOURS

SHOULD FOCUS ON REGULAR EXERCISE, A HEALTHY DIET, ACTIVATING ROUTINES

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