



Bonus: Talya's Dosha Test

About Your Dosha... Your body type (*prakruti*) was set at the moment you took your first breath; it's been with you since the beginning of life as you know it.

Some would even say it's been with you since the beginning of time! You were meant to be here – exactly as you are in this lifetime.

Ayurveda says that everyone comes into this life with a body type and unique core constitution that's elemental by nature. It's genetic, hereditary, and karmic. I call it your Ayurvedic blueprint or your Dosha.

Your Ayurvedic blueprint holds the key to your well being because it's the primary energetic force that rules your body, mind and spirit.

It rules your natural tendencies, your personality, energy levels, emotional disposition, where your mind tends to go on its own, and how you naturally respond to stress.

Your distinctive energetic design, your *Dosha*, is special to YOU. According to Ayurveda, your body type is genetic, karmic and hereditary. I always tell my students, "You were always destined to be here - exactly as you are."

Even if you already know your body type, this bonus PDF is invaluable for deepening your understanding the differences between Vata, Pitta, and Kapha. It will also help you glean Ayurveda's:

- Five elements - ether, air, fire, water, earth
- Three *Doshas* - *Vata*, *Pitta*, *Kapha* - the energetic forces made from the five elements
- Teaching how to bring your *Dosha* into balance when you need to
- Guidance regarding how and why the *Doshas* express themselves through symptoms

Your symptoms are your body's primary communication system to your brain. Through symptoms, your body lets you know what it needs and how it wants you to shift what you're eating, drinking or doing so that it can feel good and be brought back to balance.

Identifying your Dosha is like finding the key to your true nature. Even the healthiest people have 6 to 9 symptoms that come up for them with regularity! Ayurveda helps you recognize your symptoms energetically and learn what you can do to prevent them from becoming full-blown problems.

Understanding your body type helps you choose the right foods, body care practices, yoga and exercise, meditation and other routines that will benefit you the most, most of the time.

Take The Dosha Test

Step 1: Answer the following questions from as far back as you can remember

Your body type, *Prakruti*, core constitution has always been the same. It was set the moment you took your first breath.

If you can answer the following questions from as far back as you can remember – as close to your birth as possible – you'll be identifying your true body type, as opposed to the imbalances you've collected over years of living, eating, working, experiencing life, trauma and all the comes with being human.

Your current imbalances can masquerade as your constitution, but this first action step is meant to help you distinguish between what's always been true (your core constitution or Ayurvedic blueprint) and what's currently arising as symptoms.

For example:

If you were very thin as a child, but now you're overweight, you want to answer the questions from the perspective of how you were as a child – thin, light and possibly cold or dry.

If your body temperature used to run hot but now you often feel cold, answer the questions from the perspective of how you felt before – hot and possibly oily or frustrated.

If as a child you were plump and now you're quite thin, answer the questions from the perspective of how your body used to be – full bodied, heavy and possibly melancholy.

If you can't remember your body, mind or emotional tendencies from when you were a child, how about when you were an adolescent? Or teenager? Or even in your early twenties?

Step 2: Don't overthink it

Trust your gut and follow your intuition. If you're really unsure, the answer is probably no. Leave it blank and move on.

However, if you feel that every answer is true, put a checkmark next to them all. Answer what you can with relative confidence and keep going. If you're really stumped, you can always work with an Ayurvedic practitioner (like me) to determine your Prakruti with confidence.

Step 3: Check off every statement that's true

Sometimes you'll see a question where every answer is true for you. That's fine. Put a checkmark next to every one. Just make sure you answer the questions from how you've *always* tended to be, not just what's been symptomatic for you the past 2, 5 or 10 years.

In this first round, we're aiming to separate out your core constitution from your current imbalance. It's likely that the two are not exactly the same.

Step 4: Remember there's no wrong way to do this. Trust yourself and trust the answers that come

If you're new to Ayurveda, you are doing yourself a great service just by being here in the Detox Your Body With Ayurveda Bootcamp! So give yourself a pat on the back. Ayurveda is a massive life science and you want to give yourself time and space to grow into it.

Allow the questions to teach you Ayurveda and don't be concerned with getting it right. Just do your best, answer every question that you can and record your results!

You might find that you're predominantly one Dosha physically, another one mentally and emotionally. That's normal – the possibilities are endless, truly!

Your Dosha will be the one that, energetically, influences your entire being physically, mentally and emotionally.

From what you gravitate towards to what you have aversion towards... your predominant constitution is part of your personality and the one where you most easily go out of balance.

Total your scores to the questions below to discover whether your chief body type is Vata, Pitta or Kapha!

Step 5: Take the test!

You're aiming to discover your *Prakruti* – your core constitution, the one you've had since birth. This is distinct from your *Vikruti* (your present imbalances). Do your best to answer the following questions from childhood and youth. You'll get the most accurate answer that way!

If you don't remember your childhood, think about answering the questions from ways you've ALWAYS been. What are your tendencies and what have they been in the past? If everything changed 5 years ago and you're in your 50's, don't answer from the past 5 years. Go back to how you were before now.

Confused? Don't stress about it. Ask questions in our awesome FB group and know that not everyone figures out their Dosha this way. Sometimes you just need a practitioner to guide you and that's OK. That was certainly true for me!

Also, please remember. Everyone alive possesses *some* attributes of all three Doshas. Most of the time, one is primary while the other two are less, or slightly less, paramount.

The Dosha Test

1. My Physical Features:

A. I'm either very tall or quite short. I tend to be thin, light, and gangly – especially as a child. My movements are light, quick and active. My hair is dry, curly or frizzy. My skin is rough and dry, especially in winter.

B. I'm of medium/average build – I'm strong and develop muscle easily. My movements are precise, calculated, and forceful. My hair is thin, fine, and straight. I may have early graying or balding. My skin is oily and I sweat easily.

C. I have a sturdy constitution with large, rounded features. My frame is muscular, solid, heavy, bulky, plump or square. My movements are slow and measured – I may have been an endurance athlete in my youth. My hair is thick and lustrous. I have smooth, soft skin. I tend to wake up with congestion and experience excess mucous.

2. My Body Weight:

A. I lose weight easily and have a hard time gaining weight. I easily maintain a healthy body weight. My bone structure is light and my joints are prominent.

B. My weight is adaptable – I can gain or lose weight easily when I put my mind to it. I have medium bone structure and was of medium build as a child.

C. I gain weight easily and have a hard time losing it. It's not my nature to be thin. My bone structure is solid and I tend towards carrying extra weight on my frame. Exercise helps keep my weight down in a way diet alone does not.

3. My Way In the World:

A. I'm energetic, fast, and can perform tasks very quickly. I'm enthusiastic and vivacious by nature. I speak quickly and my friends may think of me as talkative. I spend money quickly and am sensitive to pain. I'm emotional by nature.

B. I'm intense, intelligent, driven, confident and strong-minded. I enjoy challenges (mental and physical), athleticism, and competition - when I want something, I'm determined and focused in my effort to have it. I can be stubborn and a perfectionist. I'm a natural leader and initiator, so I like to be the visionary in charge.

C. I have a calm and placid disposition - I work well with routine and my tendency is to move in a slow, relaxed fashion. I enjoy leisurely activities. I'm an excellent provider and enjoy being a stable, caring, sensitive, even-tempered, affectionate and forgiving parent/guardian/spouse.

4. Emotionally:

A. At my best, I'm excited, enthusiastic, flexible, expressive, innovative and vivacious. I'm a natural connector and an effective communicator. At my worst, I'm anxious, uncertain, indecisive, easily agitated, overly sensitive, deceitful, withdrawn, depressed and neurotic.

B. At my best, I'm self-aware, knowledgeable, expressive, charismatic, courageous, well intentioned, autonomous, and inspiring. At my worst, I'm angry, impatient, critical, headstrong, intolerant, judgmental, domineering, and manipulative. Even though I might not always show it, I can anger quickly.

C. At my best, I'm tranquil, steady, reliable, dedicated, loyal, patient, easy going, comforting, kind, trusting, and loving. I'm not easily angered or agitated.

At my worst, I'm physically and emotionally needy, overly attached, possessive, greedy, unresponsive, withdrawn, apathetic and melancholy.

5. Energetically:

A. I have a lot of natural energy – especially in the beginning of the day. But I can burn out quickly. I'm easily excitable and often push myself to the point of exhaustion.

B. I have strong, steady energy and endurance. I thrive on physical activities, especially if they are competitive or intense. Regular exercise helps me keep my intense emotions under control.

C. It's hard for me to get going in the morning – I'm often groggy upon awakening and tend to oversleep. Exercise can be hard for me. Once I'm up, I have stamina and good physical endurance. I don't get stressed out easily and enjoy a steady level of energy throughout the day.

6. My Mind:

A. My mind is active, imaginative, creative, and often restless. I'm not very good at memorization. My short-term memory is better than my long-term memory - I learn quickly, forget easily, and can change my mind quickly. I sleep lightly and don't often remember my dreams.

B. My mind is forward thinking, visionary, creative, and problem solving. My memory is quick and clear. I sleep soundly and often dream vividly or violently.

C. My calm mind is slow to change opinions and ideas. I'm not a fast learner, but I remember things well and have excellent memory retention. I sleep deeply and tend to remember my dreams.

7. My Eyes:

A. They're on the small side and always looking around. I'm distracted easily and always on the lookout for what's new.

B. They're medium sized, focused and penetrating. I'm like a hawk when I see something I want – I go for it!

C. They're large and soft. I have lustrous eyelashes and tear up easily because I'm such a big softie.

8. My Digestion:

A. I have fast metabolism and poor elimination. I tend towards gas and constipation.

B. I have strong metabolism and regular elimination, although I'm irritated if I miss a meal or can't eat when I'm hungry, although I must admit that sometimes I neglect to take good care of my health. I tend towards loose stool and heartburn and am often thirsty.

C. I have slow metabolism and steady, regular elimination. I tend towards bloating, fatigue and/or heaviness after meals.

9. My Preferred Climate:

A. I don't like wind or cold. I prefer a warm climate and love to be in the sun. I can handle humidity, even if I don't love it.

B. I'm sensitive to heat and particularly uncomfortable or fatigued in hot weather, especially humidity. I prefer the desert and cooler climates.

C. Most climates are fine with me, as long as it's not too humid, cool, or damp.

10. When Under Stress:

A. I tend towards fear, anxiety, guilt and worry. I can be nervous, insecure, sensitive, impatient, and have addictive tendencies.

B. I can be reactive, irritable, demanding, hostile, self-critical, and critical of others. I may act out in harmful ways – I'm prone to addictive behaviors.

C. I tend to be stubborn, lackadaisical, unmotivated and resistant to change. I may fall into negative patterns like eating in secret or eating for comfort.

11. When Left On My Own:

A. I'll avoid routine and tend to eat, sleep and eliminate irregularly. Even though warm foods feel good to me, I'll snack and graze instead of sitting down to cooked, wholesome meals – perhaps even forgetting to eat at times.

B. I'll create my own routine, eat regular meals, and probably not sleep as much as I need to. I may favor

excessively spicy, salty, oily, cold, or strong-flavored foods, even though I know they're not good for me.

C. I'll tend to oversleep, avoid difficult situations, pleasure-seeking, and be leisurely in my day. I may overeat, drink too much, emotionally eat or eat when I'm not hungry.

12. The Way I Solve Problems:

A. Spontaneously and by the seat of my pants! I'm creative and think outside the box.

B. I'm analytical, so I think about every angle before I come to the right decision.

C. I don't like to take the lead, so I often let others decide for me. But when I have to problem solve, I'll do what I see other people do that seems to work.

13. When I Was A Kid:

A. I was shy, quiet, and held back. I didn't have a lot of natural self-confidence so I stayed in the back of the classroom and let other kids come to me. I daydreamed and may have had some ADD (attention deficit disorder).

B. I was an athlete and I loved to play and compete because I was good at it. I may not have been the class clown or the leader of the pack, but I always had natural leadership skills.

C. I was quiet, a little plump, and kind of slow moving. But I was also strong, good natured, and could be a good friend. I'm naturally smart and had a lot of endurance I could call on when I needed it.

14. My Senses:

A. I'm super sensitive to light, heat, cold, sound, loud noises, etc. I feel everything! I like deep massage because my nervous system gets so wound up that I'm tight all over.

B. I can be sensitive to things, but usually I'm way to focused on what I'm doing to notice anything other than my own mind and purpose. It's easy for me to forget about my body – other than when I'm hungry for food, sleep, or sex!

C. I'm emotionally sensitive. I feel what other people are feeling and I have strong empathic qualities. Sometimes the density of my own body and emotions can be really heavy to carry and I feel the burden.

15. What's Hardest For Me:

A. Letting go. I hold onto things out of fear and anxiety.

B. Chilling out. I hate letting go of control and perfectionism.

C. Motivating myself. It's so hard for me to get moving sometimes. I'd rather stay in bed than get up and exercise.

Step 7: Total Your Scores to discover your Prakruti (your core constitution)!

How You Know Vata is Predominant:

If you scored mostly "A's", signs point towards a Vata predominant constitution. Someone who relates to these qualities "all or most of the time" is likely to be Vata predominant or have a significant Vata imbalance.

How You Know Pitta is Predominant:

If you scored mostly "B's", signs point towards a Pitta predominant nature. Someone who relates to these qualities "all or most of the time" is likely to be Pitta predominant, or have a significant Pitta imbalance.

How You Know Kapha is Predominant:

If you scored mostly "C's", signs point towards a Kapha predominant constitution. Someone who relates to these qualities "all or most of the time" is likely to be Kapha predominant or have a significant Kapha imbalance.

If you scored evenly across the Doshas, take it as a Tridoshic reading. It's not uncommon!

Step 8: Now that you have your results... Share them in our Facebook group!

Do your results feel true? Meditate on them for a moment.

Do you breathe a sigh of relief? Like, wow. NOW I understand so much more about myself! (In my opinion, that's when you've hit the nail on the head).

What other qualities do you relate to in the Doshas that weren't mentioned in the quiz?

Sit with your results, get out of your head and into your body. What feels true?

Share about your results (and all your aha's) in our Facebook group!