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(Cures Bloating, Dry

Skin, Feeling Cold)

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with Dr. Suhas

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~~About the Pitta Dosha~~

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~~Indian Heroes Mind~~

~~Body Expert Dr Deepak~~

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Dosha quiz An

introduction to Doshas

Doshas are a central

element of Ayurveda

and the basis of what

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Chopra makes it such a personalized approach to health. There are three Doshas—Vata, Pitta, and Kapha—each derived from the 5 elements and representative of a unique blend of physical, emotional, and mental characteristics inherent in every individual.

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~~Dosha Quiz — Chopra~~

The dosha Pitta is a combination of the elements fire & water. And the dosha Kapha is a combination of water & earth. Look at your scores in both category one and category two. You have probably arrived at a score that is higher in one of the three doshas.

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Select the answer that
most applies-- make
sure to answer all the
questions, and answer in
order from top to
bottom.

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The dosha Pitta is a

combination of the

elements fire & water.

And the dosha Kapha is

a combination of water

& earth. Look at your

scores in both category

one and category two.

You have probably

arrived at a score that is

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Each finger corresponds to a specific dosha—the index finger to Vata, the middle finger to Pitta,

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and the ring finger to Kapha. This is the first stage of reading your own pulse. Feel for the location of the force within the pulse. Which finger feels it the strongest? If properly done, this should correspond with your Prakruti dosha.

~~How to Read Your
Pulse - Chopra~~

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take this free 3-minute
test Discover your real
personality type- your
own unique
combination of Doshas
that no one else has!
Uncover the hidden
cause of all your
physical and mental
discomforts

~~The Ayurveda~~
~~Experience Dosha~~
~~Quiz~~

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This Ayurveda Test will give you a hint about your "Prakriti" (also called Prakruti in many places) " your birth constitution that doesn't change throughout your life. It is made up from your parents' disposition and determines your main physical characteristics and emotional behaviour.

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~~Prakriti | Ayurveda~~

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type free and ...~~

The Ayurveda test reveals which dosha or [bioenergy] is the strongest in you. Simply answer the following questions. You can select one or several responses. The more you keep your answers to one response per

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Chopra, the more
accurate the result will
be.

~~Ayurveda Test (free of
charge) | euroved~~

This mind-body
questionnaire gathers
information about your
basic nature □ the way
you were as a child or
the basic patterns that
have been true most of
your life. If you

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Chopra developed an illness in childhood or as an adult, think of how things were for you before that illness.

~~DOSHA QUIZ - Chopra
Treatment Center For
Alcohol & Drug ...~~

The predominant dosha indicates our unique energy patterning that manifests as our physical, mental-

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Chopra, and emotional, and relational characteristics and tendencies. The planets and constellations that are part of Vedic astrology also embody the qualities of the doshas. Here is a listing of the planets and the doshas they primarily manifest:

~~Astrology and the
Doshas — Chopra~~

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The results of the quiz are generally known as prakriti (one's underlying dosha makeup), but at any given time other less-dominant doshas may go out of balance. For example, even though

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you may be

predominantly pitta
dosha, vata may tend to
go out of balance in the
fall. Thus the experience
of vata imbalance
symptoms in the fall.

~~Dosha Quiz | Maharishi
Ayurveda~~

This free dosha quiz
will help you determine
your ayurvedic body
type, whether Vata, Pitta

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~~Chopra~~ or Kapha. Ayurveda recognizes three body types, called doshas. They are Vata, Pitta, and Kapha. Each of these doshic body types uses metabolic energy in a unique way. Vata spends energy. Pitta manages it. Kapha stores it.

~~Dosha Quiz / Body
Type Test - Ayurvedic~~
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~~Diet & Recipes~~

Ayurveda Dosha Test by Ayur Times is comprehensive and free. It provides you information about each dosha proportion in your body. Your body has a different proportion of each dosha. Dietary and herbal changes according to single dosha are always unhealthy. You need to

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Consider each dosha proportion and select food and herbs affecting each dosha in the same proportion.

~~Ayurveda Dosha Test |
Ayur Times Plus~~

Your dosha is your Ayurveda mind and body type. There are three doshas in Ayurveda: Vata, Pitta and Kapha. We each

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~~Chopra~~ have three of the doshas in our physiology, just different proportions, so your dosha is unique and personal it is like your fingerprint. To determine your Ayurveda mind types, start by taking the dosha quiz.

~~What's Your Dosha:
Learn Ayurveda,
Abhyanga & Shirodhara~~

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Take the Dosha Test and find out » Ayurveda treats people individually according to their personal constitution and surroundings; knowing your Dosha constitution is crucial to learning how Ayurveda can help you. Ayurveda is the most holistic medicine system existing

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Modern Ayurveda as
healthy lifestyle for ...~~
of assessing the levels
and disturbances of
doshas is by pulse
reading test (dosha test
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nowadays also
Vedapulse technology
may give satisfactory
results??. Actually the
finger pulse reading is

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usually done by other
person (Vaidya) rather
that person himself.