

Take the

DOSHA QUIZ

*to find out your Ayurvedic
mind-body type*

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Hello!

My name is Penny Barnett and I am a Naturopathic Nutritional Therapist. I incorporate lots of different healing systems into my practice through from diagnosis to treatment plan, and Ayurveda is one fascinating system which I am particularly keen on. I do not have an official certification in Ayurveda, but I have had training from leading Ayurvedic practitioners, read a great deal about it and have had first hand experience of it's healing power.

In India Ayurveda is not only a healing system, but it is also integrated into everyday habits, rituals, meals and lifestyle - this is also just as much of a significant way of using Ayurveda, as using the medicinal knowledge.

Ayurveda is ultimately about finding balance in everything from a micro scale to the macro.



This is a quiz to find out which Ayurvedic "dosha" you are, or which combination makes up your mind-body constitution.

Doshas express unique blends of physical, mental and emotional characteristics.

CIRCLE OR WRITE DOWN A, B OR C DEPENDING ON WHICH ATTRIBUTE BEST SUITS YOU

- a) Dry skin, hair, lips tongue; dry colon tending toward constipation; hoarse voice
b) Good digestive fire; strong appetite; body temperature tends to be higher than average; hates heat; grey hair with receding hairline or baldness; soft brown hair on the body and face
c) Heavy bones, muscles, large body frame; tends to be overweight, grounded; deep heavy voice
- a) Light muscles, bones, thin body frame, light scanty sleep; underweight
b) Sharp teeth, distinct eyes, pointed nose, heart-shaped face, tapering chin; good digestion; sharp memory and understanding; intolerance of hard work; irritable; probing mind
c) Steady appetite and thirst with slow metabolism and digestion; repeated cold, congestion and cough
- a) Cold hands, feet, poor circulation; hates cold and loves hot; stiffness or muscles
b) Light/medium body frame; does not tolerate bright light; fair shiny skin, bright eyes
c) Slow walk and talk; slow digestion and metabolism; sluggish gestures
- a) Rough, cracked skin, nails, hair, teeth, hands and feet; cracking joints
b) Soft delicate muscles; loose liquid stools; excess urine, sweat and thirst
c) Cold clammy skin; dense pad of fat; thick skin, hair and nails.
- a) Subtle fear, anxiety, insecurity; fine goose-pimples; minute muscle twitching, fine tremors
b) Sociable and a tendency to wanting to spread your name, and reach all corners with your reputation
c) First thing in the morning mind is cloudy and foggy; often desires coffee as a stimulant to start the day.
- a) Fast walking, talking, doing many things at a times; restless eyes, eyebrows, hands, feet; unstable joints; many dreams; loves travelling but does not stay in one place; swinging moods, shaky faith, scattered mind
b) Prone to rashes, acne or inflammation all over the body or on affected areas. Oily skin and may not digest deep-fried food (which can cause headaches). Bad smell under armpits, mouth and soles of feet
c) Excess salivation; congestion in the chest, sinuses, throat and head
- a) Clairvoyant; understands and forgets immediately; clear, empty mind, experiences void and loneliness
b) Heartburn, burning sensation in general; strong feelings of anger and hate
c) Loves to hug; is deeply attached in love and relationships; love, care, compassion, kindness and forgiveness.
- a) Dry choking sensation in throat; get hiccups, burping; loves oily, mushy soups; craving for sweet, sour and salty tastes
b) Enjoys bitter foods; gets bitter taste in mouth or repulsion towards bitter taste.
c) Desire for sweets and salty foods
- a) Dark complexion; dark hair and eyes.
b) Red flushed skin, eyes, cheeks and nose.
c) Pale complexion; white mucous; white coating on tongue
- a) Restless with inactivity and thrives on communication
b) Good at adapting to a new situation and fresh starts
c) Likes structure and cohesiveness

SO, WHICH DOSHA ARE YOU?

The different types are Vata, Pitta and Kapha, each of these doshas represent aspects of the five elements.



If you mostly answered a's then you're predominantly Vata



If you mostly answered b's then you're predominantly Pitta



If you mostly answered c's then you're predominantly Kapha

Vata > Air + Ether
Pitta > Fire + Water
Kapha > Water + Earth

You may well have a varying degree of each dosha for example, you may be mostly kapha with a secondary characteristic of pitta and a small amount of vata. In Ayurveda this would be written V1P3K6. A person might be equal pitta and kapha, but have a small amount of vata, this would be written V2P4K4.

Learning about your constitution is a great way to refine what food eat and lifestyle habits to best suit you and your individual needs.

To find out more about the how the healing power of Ayurveda can help you please get in touch for a consultation where you will receive a tailored Action Plan.

****Quote DOSHAQUIZ to receive 10% off your initial consultation****

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