



# DOSHA

FIND OUT YOUR BODY TYPE



# WELCOME

I created this Ayurvedic body type guide to help you to understand more about yourself, and to support your personal growth and empowerment. Ayurvedic philosophy revolves around the three doshas and their effects and functions in the body.

I encourage you to revisit this guide each new season of the year, as we are continuously effected by the cyclical nature of the Earth and the Cosmos.

Let me know how you get on.

If you would like to get in touch directly then please email me at [message@thetransformativestudio.com](mailto:message@thetransformativestudio.com) or find out more at [thetransformativestudio.com](http://thetransformativestudio.com)

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I hope that you enjoy them.

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# WELCOME

In this guide you will find out your current body type, this is also referred to as your Vikruti. If you are feeling below an optimal level of health in this present moment there will be an imbalance in your body. This guide will help point you towards where the imbalance sits.

Several factors influence the Vikruti, like the weather, diet, lifestyle, fatigue, emotions, stress, trauma, it will all present a constant change to your body and mind.

However it is only called an imbalance if it causes you a problem for example, staying up too late and feeling tired the next day. This would be an imbalance for some but not all.

In Ayurveda there are three body constitutions that are called Vata, Pitta and Kapha.

We all have a unique imprint of these three constitutions which may be dominant in one area or a combination of two or three combined.

When in good health we will be aligning with our natural constitution called Prakruti and when in poor health, be it mental, physical or emotionally we will have travelled away from our natural state of harmony.

This guide will help you to see in simple terms where the main predominant dosha/imbalance is presenting in this moment.

Tick the boxes that apply to you as you feel today, if you feel that you are a mixture of the options then tick all that apply.

At the end, add up the number of ticks under each column, the highest number is your current dominant dosha/imbalance.

It would then be helpful for you to follow dietary, seasonal and lifestyle advice for that specific dosha.

Please refer to lifestyle guides on pages 7 - 12.

Tick the boxes that apply to you as you feel today, if you feel that you are a mixture of the options then tick all that apply.

- |                    |   |  |   |
|--------------------|---|--|---|
| <b>BODY FRAME</b>  | <input type="radio"/> Thin                      | <input type="radio"/> Medium                             | <input type="radio"/> Large                       |
| <b>BODY WEIGHT</b> | <input type="radio"/> Low                       | <input type="radio"/> Medium                             | <input type="radio"/> Heavy                       |
| <b>BODY TEMP.</b>  | <input type="radio"/> Generally cold            | <input type="radio"/> Generally warm                     | <input type="radio"/> Generally cool              |
| <b>SKIN</b>        | <input type="radio"/> Thin, dry, cold           | <input type="radio"/> Smooth + rosy                      | <input type="radio"/> Thin + oily                 |
| <b>HAIR</b>        | <input type="radio"/> Dry, brittle, knotty      | <input type="radio"/> Straight, oily, prone to hair loss | <input type="radio"/> Thick, wavy, oily           |
| <b>TEETH</b>       | <input type="radio"/> Protruding, irregular     | <input type="radio"/> Medium, tender gums                | <input type="radio"/> Healthy, white + strong     |
| <b>NOSE</b>        | <input type="radio"/> Uneven shape              | <input type="radio"/> Long + pointed                     | <input type="radio"/> Short, rounded, button nose |
| <b>EYES</b>        | <input type="radio"/> Small, sunken and nervous | <input type="radio"/> Sharp, focused, sensitive to light | <input type="radio"/> Calm, big + beautiful       |
| <b>NAILS</b>       | <input type="radio"/> Dry, rough, brittle       | <input type="radio"/> Sharp, flexible, pink              | <input type="radio"/> Thick, strong, smooth       |
| <b>LIPS</b>        | <input type="radio"/> Dry + cracked             | <input type="radio"/> Red                                | <input type="radio"/> Pale + large                |
| <b>CHEST</b>       | <input type="radio"/> Flat + sunken             | <input type="radio"/> Moderate                           | <input type="radio"/> Expanded + round            |

<b>PHYSICAL ACTIVITY</b>	<input type="radio"/> Hyperactive	<input type="radio"/> Moderate	<input type="radio"/> Sluggish
<b>MENTAL ACTIVITY</b>	<input type="radio"/> Always active	<input type="radio"/> Moderate	<input type="radio"/> Sluggish
<b>SPEECH</b>	<input type="radio"/> Fast paced	<input type="radio"/> Articulate + precise	<input type="radio"/> Slow + monotone
<b>DREAMS</b>	<input type="radio"/> Fast + fearful	<input type="radio"/> Conflict + fiery	<input type="radio"/> Romantic + slow
<b>FINANCIAL</b>	<input type="radio"/> Buy on impulse	<input type="radio"/> Spends money on luxuries	<input type="radio"/> Good at saving money
<b>PERSONALITY</b>	<input type="radio"/> Vivacious, talkative	<input type="radio"/> Intense + ambitious	<input type="radio"/> Reserved + laid back
<b>FAITH/BELIEF</b>	<input type="radio"/> Variable	<input type="radio"/> Dedicated + strong	<input type="radio"/> Consistent
<b>CAREER</b>	<input type="radio"/> Creative arts/design	<input type="radio"/> Science/engineering	<input type="radio"/> Human relations/care giving
<b>TOTAL</b>	<input type="radio"/> <b>VATA</b>	<input type="radio"/> <b>PITTA</b>	<input type="radio"/> <b>KAPHA</b>

This questionnaire is for information only.  
 This questionnaire is not intended to treat, prevent or cure any disease.

\*For more accurate personalised results please consult with a qualified Ayurvedic doctor or consultant.

## LIFESTYLE CHOICES

Now you know your most dominant dosha, you can begin to learn and understand a little more about why you have been feeling like you do and move towards making some positive changes to support you.

Over the next few pages I have detailed some lifestyle suggestions that will bring more ease and alignment into your current lifestyle.

# VATA

VATA BALANCING LIFESTYLE





# A VATA BALANCING LIFESTYLE

Vata tends towards thriving on routine, maintaining regular meal times and bedtimes. They are very sensitive and need to learn to say 'no' more often.

## Main priorities in any day.

Daily oil self massage will revitalise your body, skin and mind. It's calming and strengthening, all qualities you will relish.

Favour exercise which works within your exertion levels, so light cardio over higher intensity.

Practice meditation to settle your scattered mind. Over time you will relish the stillness.

Layer your clothing and bedding. You will have less insulation and would benefit from keeping warm.

Avoid cold environments, favour calming and creative pursuits.

Wear warm colours.

Keep your ears and throat covered especially during the winter months.

Establish routines and enjoy meals that are mostly warm.

Slow cooked or stewed food is recommended.

Favour warming spices like cinnamon, cardamon, nutmeg and ginger.

Drink plenty of warm fluids as this is cleansing and hydrating.

Take calming walks in nature.

Go to bed at the same time every day, ideally around 10pm. This routine will help you feel settled and less anxious.

# PITTA

PITTA BALANCING LIFESTYLE



# A PITTA BALANCING LIFESTYLE

Pitta tends towards brilliance, a visionary, with a tendency to over work.

## **Main priorities in any day.**

Your words can often be sharp, so focus on listening more to those around you, creating connection and learning to let go.

Keep the body and environment cool. Wear natural fibres in cool colours.

Working + home spaces should be relatively cool, taking regular breaks.

Avoid direct sunlight and hot weathers.

Avoid excessively competitive sports, preferring moderate exercise instead, swimming would be good.

Try to work with your natural rhythms more often, walk in nature, gaze at the moon, breathe more mindfully and stop to smell the roses.

Take time to reflect at the end of the day.

Pitta dominant personalities have a high metabolic rate so they need to eat regular, frequent meals which are satisfying.

Small regular meals throughout the day and do not skip meals. If meals are skipped then irritability can set in.

Favour sweet, bitter and astringent food.

Use cooling herbs, parsley, mint, basil, lemongrass, dill, fennel and coriander.

When thinking sweet turn to dates, maple syrup and coconut as your snack, honey will be too heating.

Keep calm before eating meals.

Keep all routines calm after 8pm.

Relax in cool spacious environments.

Walking in a cool place perhaps near water will soothe your natural fires.

Moderate competitive exercise. Do things just for fun.



# KAPHA

KAPHA BALANCING LIFESTYLE



# A KAPHA BALANCING LIFESTYLE

Kapha tends to be abundant, strong, loving, caring and easy going. So be sure to give to yourself everyday.

## **Main priorities in any day.**

Start your day with dry skin brushing, it will help stimulate your lymph glands and keep your circulation active.

You will have a tendency towards inertia so be sure to keep moving. Yogic sun salutations done at a fast pace would be very good for you. Practice each day for between 10 - 20 minutes.

Try to exercise where you can be outside in the sun.

Your natural tendency will be to hold on to possessions so be sure to regularly declutter your space, keep donating your stuff to help combat your desire to hoard.

Keep exploring new things, be sure to stimulate all your senses by learning new skills both personally and professionally.

Eat light and drier meals using minimal oils. Avoid cold, heavy and deep fried foods.

Allow between 4-6 hours to digest your meal before the next one. Eat 2-3 meals a day with no snacking in between.

Sipping on hot water will help to reduce heavy and dense feelings after eating.

It would be good for you to skip a dinner every now and again. Go for a walk or take a massage instead.

Reduce all sweet foods.

Lemon and raw honey in drinks or a spoon of honey to curb any sugar tendencies would be a great habit to adopt.

# CONTINUE THE JOURNEY



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I am passionate about supporting you in your business and your life. I create soulful brand styling and visual marketing support for authentic heart centred business owners. Empowering you to be the best version of your self.

My intention is to support you in every way I know how, both in regards to your business, health and your mindset.

You will feel confident and filled with self belief about who you are and what you are here to do.

I look forward to working with you and helping you bring your brand and message out into the world with grace and ease.

