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## Welcome to the world of Ayurveda!

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Often referred to as the "science of life," Ayurveda is a holistic healing system that originated in India over 5,000 years ago. It's not just about treating illnesses - it's a way of life that encourages overall wellness.

At the heart of Ayurveda are the three doshas: Vata, Pitta, and Kapha. These doshas are energetic forces of nature that shape our physical and mental characteristics. Each of us has a unique combination of these doshas, with one or two usually being more dominant. Understanding your dominant dosha can help you live a healthier, more balanced life. It can guide you towards the right diet, exercise, and lifestyle choices that suit your unique constitution.

## What is my dominant dosha?

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Welcome to this Ayurvedic quiz! This is a friendly space where you can learn more about yourself and your unique constitution, known as your dominant dosha.

Here's how it works: You'll find a series of descriptions below. Take a moment to reflect on each one and choose the option that best describes you \*right now\*, not a few years ago. Once you've gone through all the descriptions, tally up your responses in each of the three columns.

The column with the highest score will give you an indication of your dominant dosha - Vata, Pitta, or Kapha. Remember, this quiz is a fun and informative way to get a general sense of your dosha.

For a more detailed and precise understanding, it is recommended consulting with an Ayurvedic practitioner.

Enjoy the journey of self-discovery!

# VATA

Vata is a combination of air and space (or ether) elements.

It is associated with change, mobility, and movement.

Vata controls movements in the body, such as blood flow, elimination, and breath.

It is described as cold, light, dry, rough, flowing, and spacious.

People with a dominant Vata dosha are often energetic, creative, and flexible.

They may have a thin frame, dry skin, and fine hair.

# PITTA

Pitta is primarily composed of the fire element.

It is associated with digestion, metabolism, body temperature, and transformation.

An imbalance in Pitta can lead to issues like inflammation or excessive heat.

Pitta is described as hot, sharp, intense, light, and mobile.

People with a dominant Pitta dosha are often intelligent, practical, and ambitious.

They may have a moderate physique, sensitive skin, and fine hair.

# KAPHA

Kapha is a combination of water and earth elements.

It is associated with stability, lubrication, and structure in the body and mind.

Kapha is described as wet, heavy, solid, slow, sticky, cool, dense, oily.

When Kapha dosha is out of balance, it can lead to issues with sleep, immunity, and mood.

People with a dominant Kapha dosha are often calm, resilient, and loyal.

They may have a robust physique, moist skin, and thick hair.

What describes your body structure?

Tall or short, thin, small-boned, poorly developed physique.

Medium, medium-boned, moderately developed physique.

Large, stocky, stout, large-boned, well developed physique.

What is your skin type on your face?

Tendency to dryness.

Normal / sensitive.

Normal / oily.

How would you describe your weight?

Below average, loses weight easily, prominent veins and bones.

Moderate, good muscles, concerned about maintaining the right weight.

Heavy, gains weight easily.

What is your height?

Below or above average.

Medium height.

Average to tall.

How would you describe your skin texture & temperature?

Thin, dry, cold, rough, cracked, prominent veins.

Warm, moist, pink, with moles, freckles, acne.

Thick, white, moist, cold, soft, smooth.

How would you describe your hair?

Scanty, coarse, dry, brittle, brown, slightly wavy.

Moderate, fine, soft, straight, oily, blond, red, early greying / balding.

Abundant, oily, thick, very wavy, lustrous, dark.



How would you describe your faeces?

Scanty, dry, hard, difficult or painful, gas / abdominal tendency to constipation.

Abundant, loose, yellowish, diarrhoea, with a burning sensation.

Moderate, thick, sluggish, sometimes pale in colour, sometimes mucus in stool.

How would you describe your activity level?

Quick, fast, erratic, hyperactive.

Medium, motivated, purposeful, goal-setting.

Slow, steady, stately, strong.

How would you describe your strength/endurance?

Low, starts enthusiastically but depletes quickly, low endurance, tires easily.

Medium, determined, can push themselves to work long hours, intolerant of heat.

Strong but lethargic, once started good endurance.

How would you describe your appetite and eating habits?

Irregular, skips meals.

Strong, regular, cannot miss meals, may eat frequently due to tendency to hypoglycaemia.

Low but loves food and can overeat, can go for long periods without eating.

How would you describe your speech?

Fast, talkative, can jump from one subject to another, interrupts.

Moderate, convincing, clear, detailed, and precise.

Slow, steady, definite, not talkative, melodious, soothing, can be dull.

How would you describe your mental nature?



Quick, flexible, adaptable, restless, changeable, indecisive.



Intelligent, penetrating, practical, organised, efficient, intense, discriminating, ambitious, competitive, critical.



Slow, steady, methodical, patient, calm, peaceful, dull.

How would you describe your understanding & memory?



Can grasp things quickly but also forgets quickly, enjoys doing lots of things at once, learns through listening, can lose focus.



Analyses and digests material easily, focused and discriminating, finish what they start, learns through reading / visual aids, sharp / clear memory.



Grasps things slowly but once learnt, retains information well, methodical, may learn through association.

How would you describe your emotional tendencies?



Lively, intuitive, creative, friendly, anxious, fearful, insecure, changeable, talks about their feelings.



Perceptive, warm, confident, strong, determined, ambitious, irritable, intolerant, critical, controlling, prone to anger, keeps feelings to themselves.



Calm, content, resilient, loyal, stable, dependable, compassionate, sentimental, over attachment, obsession, complacent, in denial.

How would you describe your creativity?



Inventive, great imagination, rich in ideas, good at starting but difficulty in completing projects.



Inventive, technical, gets things done.



Methodical, business-minded.

How would you describe your sleep?



Light, tends towards insomnia, easily interrupted, irregular, 5 - 6 hours.



Moderate, may wake up but will fall asleep again, 6 - 8 hours.



Long and deep, difficulty in waking up, over 8 hours.

What are your hobbies/interests?



Travelling, art, music, plays, parks, being in nature, jokes, stories, trivia, artistic activities, dancing, going out, philosophy, esoteric subjects.



Sports, keeping fit, walking, jogging, debates, politics, research, luxury, style, looking good.



Likes water, sailing, flowers, cosmetics, business ventures, relaxing, staying at home, good food, cooking.



Total Vata



Total Pitta



Total Kapha

## What's my next step?

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When a dosha is out of balance, it can lead to physical and emotional discomfort. For instance, an imbalance in Vata, which governs movement, can lead to symptoms like anxiety, restlessness, insomnia, constipation, and dry skin. An imbalance in Pitta, which is associated with heat, can result in feelings of irritability, anger, and frustration, and physical issues like ulcers and gastric reflux. Kapha, the most stable of the three doshas, when out of balance, can lead to feelings of heaviness.

Understanding your dominant dosha and learning how to balance it can provide valuable insights into your overall health and well-being.

Through a deep understanding of Ayurvedic principles and other holistic approaches, I can create your individual plans to help you achieve balance and vitality.

Whether you are seeking guidance on nutrition, lifestyle modifications, or stress management techniques, this consultations provide the knowledge and tools to empower you in making informed decisions about your health. Get personalized guidance and support to address your specific needs and goals. Invest in yourself and take the first step towards a brighter future!