

## AYURVEDA SKIN DOSH QUIZ

Name: \_\_\_\_\_

Date: \_\_\_\_\_



shankara

1. I am \_\_\_\_\_ years old.  
22-44  
45-60  
60 and wiser
2. If you had an afternoon free, what would you rather do?  
A) Go for a hike  
B) Relax by the pool with a beverage  
C) Sit on the couch and watch TV  
D) Go out with friends
3. If you had to select a meal, which would it be?  
A) Burger and fries  
B) A personal pizza with extra cheese  
C) A chilled protein smoothie  
D) A salad with dressing on the side  
E) A hearty vegetarian meal
4. Select the answer that best describes you...  
A) I have periodic or chronic dandruff  
B) I have normal hair  
C) I have oily hair
5. What's your main skin concern?  
A) Dryness  
B) Oiliness  
C) Sensitivity  
D) Acne  
E) No complaints, my skin feels normal
6. Which best describes your skin?  
A) My skin feels sensitive also somewhat dry.  
B) My skin feels sensitive and also tends towards oiliness  
C) None of the above. My skin feels \_\_\_\_\_

7. Select the answer that best describes you...
- A) A thinner frame with prominent joints. Tendency to lose weight easily. Skin on the body tends to be dry and flaky.
  - B) Athletic build with a medium frame; could be prone to weight (easy to gain, easy to lose). Skin on the body is not overly dry or oily and can be prone to sensitivity, irritation and/or blemishes.
  - C) Well built with a large frame; easily gains weight with difficulty to lose. Skin on the body tends to be smooth, oily and may include areas of acne.
8. In general, I often feel...
- A) Cold, especially in my hands and feet.
  - B) Warm, regardless of the season.
  - C) Comfortable, I acclimate easily to my environment.
9. Under stress, I am prone to...
- A) Anxiety, panic and a hyperactive mind
  - B) Irritability, anger and frustration
  - C) Becoming withdrawn, stubborn and depressed
  - D) None of the above