



Discover Your Dosha – Free Guide by AKCI Ayurveda

✨ What is a Dosha?

In Ayurveda, Doshas are the energies that govern our body and mind. Each person is born with a unique combination of these three:

Vata – Air & Ether (movement, creativity, dryness)

Pitta – Fire & Water (digestion, intensity, heat)

Kapha – Earth & Water (stability, nourishment, heaviness)

Balancing your dosha helps you stay healthy, calm, and energized.

👤 Quick Dosha Quiz

Tick the statements that feel most like you:

🌀 Vata:

- ☐ I talk and move quickly
- ☐ My hands and feet are usually cold
- ☐ My digestion is irregular
- ☐ I often feel anxious or restless
- ☐ I'm thin, dry-skinned, and get cold easily

🔥 Pitta:

- ☐ I feel hot easily
- ☐ I have a sharp mind and strong digestion
- ☐ I can be impatient or intense
- ☐ I dislike skipping meals
- ☐ I get irritated when things don't go my way

🌿 Kapha:

- ☐ I have a calm, steady nature
- ☐ I gain weight easily and have slow digestion
- ☐ I sleep deeply and sometimes feel sluggish
- ☐ My skin is soft and oily
- ☐ I'm loyal but take time to get going

👉 Your dominant dosha is the one with the most checkmarks.

🌿 Daily Tips to Balance Your Dosha

Vata:

- Eat warm, moist, grounding foods
- Stick to a daily routine
- Practice calming yoga and oil massage

Pitta:

- Choose cooling foods (coconut, cucumber, herbs)
- Avoid overworking or overheating
- Spend time in nature

Kapha:

- Move your body daily
- Avoid heavy, oily, cold foods
- Stimulate your mind and try new things

🔗 Want a Personalized Ayurvedic Plan?

📞 Book a consultation with **Dr. Kajree P Singh** at Akci Ayurveda today.

Your body deserves care as unique as your dosha.

