

Ayurveda Mind Body Type Test

My Primary Dosha	
My Secondary Dosha	

Vata		Pitta		Kapha	
Sweet	Heavy	Sweet	Cold	Pungent	Light
Sour	Oily	Bitter	Heavy	Bitter	Dry
Salty	Hot	Astringent	Dry	Astringent	Hot

My Pacifying Diet	
My Foods:	
My Herbs and Spices:	