

Your Characteristics as a Child (circle one):

Who are you?

Doshas are dynamic forces that are in constant movement. In the first questionnaire*, discover which Dasha was predominant at your birth. As you answer these questions, think of how you were between the ages of 7-9 years old. Total up your number of Vata, Pitta and Kapha selections. The category that predominates represents the Dasha that best characterizes you and ideally should remain constant regardless of environmental influences.

Vata

1. Slender and very tall or short
2. Long, linear fingers and toes
3. Gains weight around midsection
4. Dark skin tone, tans easily
5. Small, dark vibrant eyes
6. Hair curly or kinky
7. Smaller forehead

___ total

Pitta

1. Medium body size
2. Medium frame
3. Puts weight on evenly
4. Pale skin, freckles and moles
5. Medium sized grey, green, amber, or blue eyes
6. Hair fine and thin
7. Medium forehead with lines

___ total

Kapha

1. Larger body size
2. Large frame
3. Puts weight on in rear and thighs
4. Does not sunburn
5. Larger eyes, chocolate brown or blue
6. Hair wavy and thick
7. Larger, full forehead

___ total

Then, in the second questionnaire*, evaluate your current Dasha balance. Reflect on each question as it applies to your current self. Again, sum your Vata, Pitta and Kapha selections. The Dasha with the highest number shows your immediate state of balance and may reflect a shift from the dominant Dasha you were born with. Compare and contrast... are you where you should be? A large shift from your true Dasha can result in compromised immunity and health. Read on and balance aggravated Dasha with spices + chocolate. Soothe and rejuvenate. Let the spices of the East ease your Dasha back in balance.

Your Characteristics as an Adult (circle one):

Vata

1. Difficulty putting on weight
2. Cold hands and feet, poor circulation
3. Dry skin
4. Dislikes dry, cold weather
5. Indulges in rich food or restricts diet
6. Suffers from cracked lips
7. Sexual interest changes often

___ total

Pitta

1. Able to gain or lose weight easily
2. Skin warm, flushed
3. Oily skin, prone to redness
4. Prefers cool, breezy places
5. Loves meats, caffeine, spicy and salty food
6. Deep red lips, sometimes cold sores
7. Very sexual

___ total

Kapha

1. Puts weight on easily, hard time losing weight
2. Skin cool to the touch
3. Thick skin, well moisturized
4. Tolerates most climates
5. Loves sugar, dairy, bread, and cakes
6. Full, well lubricated lips
7. Consistently sexual, slow to arouse

___ total

The truffle for all Doshas: **ellateria**

(cardamom + dark chocolate + white poppy seeds)

Why? Cardamom is a cure-all spice, easing stomach cramps, promoting digestion, freshening breath, strengthening metabolism, and relieving fatigue.

For Vata, it warms the digestive system, promoting the movement of food

For Pitta, cardamom removes blockages in metabolism and promotes the flow of energy

For Kapha, it helps eliminate excess water, cleansing the blood and lymphatic systems

To reduce Vata

Focus on warming food and drink, emphasizing natural sugars, sour, and salty tastes like blueberries, pineapple and cooked carrots.

The perfect truffle: **kaffir**

(kaffir lime + dark chocolate + fresh coconut)

Why?

The warming effect of the kaffir lime invigorates the body, promoting circulation and alleviating joint stiffness. High acidity promotes the movement of food through the digestive system. Sweet coconut and chocolate satisfy and calm the mind.

To reduce Pitta

Cool foods and drink are most beneficial, emphasizing natural sugars, bitter and astringent tastes like mango, cabbage and very dark chocolate.

The perfect truffle: **buddha's leaf**

(pandan leaf + dark chocolate + cocoa powder)

Why?

The fire of Pitta is balanced perfectly with cooling pandan leaf. Pandan may also be used topically on the skin, reducing redness and irritation and leaving skin radiant and glowing.

To reduce Kapha

Emphasize foods with pungent, bitter and astringent tastes like goat cheese, coffee and bitter melon.

The perfect truffle: **kayoko**

(Japanese matcha green tea + white chocolate + cherry blossom)

Why?

The slightly bitter tannins of green tea balance the sweet tooth of most Kaphas. The cleansing and diuretic properties of tea help with fluid balance. Green tea is packed with antioxidants which aid in detoxification.

note to readers: This booklet is not intended to treat, prescribe or diagnose disease. Information contained within should not be substituted for treatment by a certified health care professional. Always consult your doctor before beginning any health regimen. Vosges Haut-Chocolat does not accept responsibility for your use of the information contained within.

*Dr. Light Miller and Dr. Brian Miller, *Ayurveda and Aromatherapy* (Twin Lakes, Wisconsin : Lotus Press, 1995), 25-27