

Determining Your Prakruti (Constitution)

Aspect	Vata (V)	Pitta (P)	Kapha (K)
Body Stature/frame	thin	medium, moderate	well built/thick
Body Weight	low	moderate	overweight
Skin	dry, rough, cool, brown, black	soft, oily, warm, moist, fair, red hue, yellowish	thick, pale, white, oily, cool
Hair	black, dry, kinky	soft, oily, yellow, early gray, red	thick, oily, wavy, dark or light
Teeth	protruded, big and crooked, gums emaciated	moderate in size, soft gums, yellowish	strong, white
Eyes	small, dry, dull, brown, black	sharp, penetrating, green, gray, yellow	big, attractive, lustrous, blue, thick eyelashes
Joints	small, may crack	medium	large, deep seated
Appetite	variable, scanty	sharp, good, excessive, unbearable	slow but steady
Taste	sweet, sour, saline	sweet, bitter, astringent	pungent, bitter, astringent
Thirst	variable	excessive	scanty
Elimination	hard, dry, tendency for constipation	soft, oily, loose, tendency for diarrhea	regular, thick, heavy, oily, slow
Physical Activity	fast, very active	moderate, thoughtful	lethargic, steady
Pulse	thready, feeble, moves like a snake	moderate, jumps like a frog	broad, slow, moves like a swan
Sleep	scanty, interrupted	little, but sound	heavy, prolonged
Sweating	very little	profuse	moderate
Speech	fast, lots of expressions	sharp and to the point, cutting	slow and round about, monotonous
Mental Nature	anxious, nervous, restless, active	aggressive, intelligent	calm, happy, slow
Emotional Temperament	insecure, fearful, unpredictable	aggressive, irritable, jealous, confident, dominating	calm, attached, greedy
Faith	changeable	fanatic	steady
Memory	Short term memory good, long-term memory poor	sharp	slow, but prolonged
Dreams	fearful, flying, jumping, running	fiery, anger, violence, war	watery, river, ocean, lake swimming, romantic
Organizational Skills	does not follow plans	sticks to the plan	relies on others
Strength	poor stamina	medium	strong endurance
Reaction to Weather	likes warm, humid	likes cool, dry	likes warm, dry
Disease Tendency	pain, psychological	infections, fevers	congestion, weight gain
Financial Status	poor, spends money quickly on trifles	moderate, spends on luxuries	rich, moneysaver, spends on food
Total			