



## **ASSESSING YOUR PRAKRITI (AYURVEDIC CONSTITUTION)**

**Place an X next to each quality describing you!**

### **VATA (AIR AND ETHER)**

#### VATA STATURE

- 1) Shorter or taller than average
- 2) Slender or small-boned
- 3) Hard, thin or wiry musculature
- 4) Difficulty gaining weight
- 5) Secondary sexual characteristics not markedly developed (smaller buttocks/breasts in women; chest and beard hair less full in males)

#### VATA FACIAL FEATURES, SKIN, HAIR

- 6) Complexion dark relative to ancestral group
- 7) Facial features irregular or delicate and refined
- 8) Hair is rough, dry, breaks, falls out easily, curly
- 9) Skin, throat, eyes tend toward dryness
- 10) Scanty perspiration

#### VATA MOVEMENT, SPEECH, ACTIVITY

- 11) Nervous energy, fidgets when sitting
- 12) Joints crack when moving
- 13) Tendency to move and eat quickly
- 14) Rapid, animated speech, hand gestures
- 15) Interrupts in conversation with others and senses others' responses
- 16) Enjoys movement-related activities
- 17) Easily distracted; difficulty completing tasks
- 18) Difficulty with punctuality, "runs late"

#### VATA PHYSIOLOGY

- 19) Erratic appetite, elimination 1-2x daily with tendency towards constipation
- 20) Fluctuating energy level
- 21) Feels chilly frequently and dislikes windy, cold, dry climates; feels best in sunny, warm, moist climates
- 22) Sleep patterns are irregular/disturbed
- 23) Dreams of levitation, flying, floating, fleeing
- 24) Among blood relatives, skeletal, nervous system, mental/emotional disorders are common



#### VATA FOOD PREFERENCES

- 25) Not attracted to cold or raw foods
- 26) Preference for warm, moist meals
- 27) Attracted to sweets, sour and salty tastes
- 28) Attracted to oily foods
- 29) Prefers snacking and grazing to meals

#### VATA EMOTIONS

- 30) Naturally expressive, difficult to hide emotions
- 31) Tends to feel overwhelmed
- 32) When imbalanced, tendency for worry, anxiety, nervousness, insecurity
- 33) When balanced, enthusiastic, vivacious, empathetic, sensitive
- 34) Likes emotional intimacy
- 35) Quick to opinion (like/dislike); quick decision-making

#### VATA MENTAL QUALITIES AND LIFESTYLE

- 36) Creative and talented – artwork, theater, music, singing, graphic design, advertising, creative writing OR service oriented – spiritual teacher, teacher, healer, psychic
- 37) Understands theory quickly, but does not retain
- 38) Multitude of interests, hard to focus on one thing
- 39) Spiritually and psychically attuned, but less well-grounded in the physical world
- 40) Finances are a challenge – spends on trifles

TOTAL SCORE: \_\_\_\_\_



## **PITTA (FIRE AND WATER)**

### PITTA STATURE

- 1) Medium height and build
- 2) Well-muscled
- 3) Can gain weight in middle age

### PITTA FACIAL FEATURES, SKIN, HAIR

- 4) Skin is soft, oily, warm to the touch, bruises easily
- 5) Skin has reddish, yellowish, or coppery cast
- 6) Hair is straight, fine, thin or oily; reddish tint common
- 7) Eyes have intense expression and are greenish, hazel, reddish-brown, amber, gray

### PITTA MOVEMENT, SPEECH and ACTIVITY

- 8) Determined gait
- 9) Enjoys competitive sports
- 10) Hard-working, ambitious, organized, achievement-oriented
- 11) Inspirational speaker
- 12) Aggressive/argumentative communication style
- 13) Natural leader; intensely committed professionally, politically, spiritually
- 14) Obsessive about punctuality

### PITTA PHYSIOLOGY

- 15) High metabolism
- 16) Rapid digestion, evacuation is typically loose, 2x per day
- 17) Dislikes heat; happier in cool climates and near water
- 18) Perspires easily
- 19) Sensitive to bright light
- 20) Tendency toward inflammatory conditions and acidity; among older blood relatives, hyperacidity, heart disease, high blood pressure, early graying common
- 21) Strong, unbearable appetite; irritable when meals are delayed
- 22) Sound sleep, 6-7 hours
- 23) Dreams of violence, adventure, problem-solving

### PITTA FOOD PREFERENCES

- 24) Attracted to sweets, bitter and astringent tastes (coffee, beer, wine, chocolate)
- 25) Hot spices, acidic foods and hot drinks can aggravate the digestion and mouth
- 26) Tends towards dairy products, creamy and mild foods
- 27) Likes raw foods, fresh fruit, salads
- 28) Strong thirst



#### PITTA EMOTIONS

- 29) When imbalanced, tends towards impatience, frustration, irritability, anger
- 30) When balanced is assertive, courageous, inspirational, reasonable, protective
- 31) Calms down quickly after expressing anger
- 32) Assumes control in difficult situations
- 33) Finds emotional intimacy challenging
- 34) Fights back in situations of perceived injustice
- 35) Perfectionist, overly critical of self and others
- 36) Natural problem-solver

#### PITTA QUALITIES AND LIFESTYLE

- 37) Logical and analytical process well-developed
- 38) Quick to make correct decisions
- 39) Highly educated, research-oriented or academic career, such as mathematics, science, computer science, social sciences, medicine, entrepreneur, attorney, law-enforcement, military
- 40) Enjoys adequate income, spends on luxury items.

TOTAL SCORE: \_\_\_\_\_

## **KAPHA (EARTH AND WATER)**

### KAPHA STATURE

- 1) Robust, well-developed musculature and joints
- 2) Taller than average
- 3) Well-developed secondary sexual characteristics (full breasts and buttocks in women)
- 4) Tends toward weight gain
- 5) Rounded facial and body features

### KAPHA FACIAL FEATURES, SKIN, HAIR

- 6) Moist skin
- 7) Whitish, pale complexion relative to ancestral background
- 8) Large, attractive eyes
- 9) Thick and lustrous hair, often wavy, or abundant body hair
- 10) Dark or pale hair (lacking reddish pigment)

### KAPHA MOVEMENT, SPEECH, ACTIVITY

- 11) Slow gate, graceful gait
- 12) Dignified in speech and bearing
- 13) Not talkative
- 14) Attentive listener
- 15) Slow or resistant to change
- 16) Physical activity is not generally appealing; tends toward inactivity
- 17) Slow to start, but completes tasks

### KAPHA PHYSIOLOGY

- 18) Slow metabolism
- 19) Tendency to retain water/produce excess mucus
- 20) Can bear hunger and thirst easily
- 21) Slow digestion and evacuation (1x daily)
- 22) Sleeps soundly and deeply, needs 8-9 hours
- 23) Romantic dreams
- 24) Among blood relatives, larger-than-average sized families and long lifespans common
- 25) Among blood relatives, diabetes, asthma and congestive heart disease common
- 26) Dislikes humid, cloudy weather; feels best on warm, sunny, dry days

### KAPHA FOOD PREFERENCES

- 27) Not particularly attracted to sweets, dairy, fruit, or heavy, bland, oily foods
- 28) Dislikes cold foods
- 29) Prefers tasty, spicy, substantial warm meals and warm drinks



#### KAPHA EMOTIONS

- 30) Tendency to suppress emotions, overly complacent
- 31) Stable, calm, unruffled in difficult situations
- 32) When imbalanced, feelings of sadness, longing, depression
- 33) When balanced, relaxed, calm, humorous

#### KAPHA QUALITIES AND LIFESTYLE

- 34) Excellent memory
- 35) Organized and patient with details
- 36) Cares for others, children, religious vocation, volunteer work
- 37) Enjoys reading, languages, history
- 38) Enjoys practical activities, working with hands, career as arbiter, diplomat, judge, business owner, banker, farmer, gardener, cooking, construction, decorating, architect, engineer
- 39) Stable, devoted and supportive family member, spouse, friend
- 40) Material wealth seems to come easily

TOTAL SCORE: \_\_\_\_\_

TOTAL VATA: \_\_\_\_\_

TOTAL PITTA: \_\_\_\_\_

TOTAL KAPHA: \_\_\_\_\_

PRAKRITI: \_\_\_\_\_