

## Prakruti: Your Ayurvedic Constitution

Answer the questions based on your overall, lifelong tendencies and not according to temporary or recent conditions. Choose at least one from each section – reading left to right. Then count the characteristics you have chosen in each column. The column with highest score determines your constitution.

	Vata	Pitta	Kapha
BODY TYPE	Small frame, lean, long, tall or very short, thin	Medium height, medium build, often muscular	Large frame, broad, robust, well developed, fleshy
MUSCLE TONE	Lean, low body fat	Medium, with good definition	Brawny/bulky with higher fat percentage
BODY TEMPERATURE	Cold hands/feet	Warm, feels warm most of the time	Body generally feels cool
SKIN	Dry, rough or both, tans easily	Soft, normal to oily, sensitive, with freckles or moles	Oily or glowing, moist, cool, smooth
COMPLEXION	Darker	Pink-red	Pale-white
HAIR COLOR	Light brown, blonde	Red, auburn	Dark brown, black
HAIR TYPE	Dry, average coverage	Normal, thinning	Oily, thick
EYES	Small, blue/brown whites of eyes	Medium, yellow or red whites of eyes	Large, glossy whites of eyes
JOINTS	Tendency to pop or crack, small joints, pronounced bony frame	Smooth, flexible, moderately sized joints	Large, well-formed joints
SIZE OF TEETH	Very large or very small	Small-medium	Medium-large
VEINS & TENDONS	Very prominent	Fairly prominent	Well covered
NAILS	Rough, thin, brittle	Soft, flexible, pink, lustrous	Thick, smooth, firm, whitish
WEIGHT	Thin, hard to gain	Medium	Heavy, gains easily
ELIMINATION	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
HUNGER LEVEL	Irregular	Sharp, needs food when hungry	Can easily miss meals
EATING SPEED	Quickly	Medium	Slowly
FOOD & DRINK PREFERENCE	Prefers warm	Prefers cold	Prefers dry and warm

STAMINA	Tires easily	Moderate stamina	Strong, hard worker
WALKING SPEED	Fast	Average	Slow and steady
COMPETITION	Doesn' t like competitive pressure	Driven competitor	Deals easily with competitive pressure
MENTAL ACTIVITY	Quick mind, creative, good short- term memory, constantly changing thoughts	Sharp, intelligent, aggressive, intense, better than average mental concentration	Calm, steady, stable, good long-term memory, steady and fixed thoughts
TEMPERAMENT	Indecisive, nervous, perceptive, restless, hyperactive, overworking, dislikes routines, easily distracted	Angry, intelligent, arrogant, successful, perfectionist, competitive, focused & driven	Greedy, calm, stable, stubborn, overly complacent about life, likes routines, slow & steady
MOODS	Change quickly	Change slowly	Steady, unchangeable
SLEEP	Interrupted, light	Sound, medium	Sound, heavy, long
DREAMS	Fearful, flying, running, jumping	Angry, fiery, violent, adventurous	Include water, clouds, friendships, romance
REACTION TO STRESS	Fear, anxiety, overwhelm, excites quickly	Anger, denial, take control, argues	Indifference, depression, withdraws
REACTION TIME	Quick	Average	Slow
SPEECH	Fast, sometimes missing words	Fast, sharp, clear-cut	Slow, clear, sweet
MY BODY HAS THE TENDENCY	To have dryness and roughness	To have more sweat	To have more mucus
WEATHER PREFERENCE	Aversion to cold	Aversion to heat	Aversion to damp, cool
PREFERS TO WORK	While supervised	Alone	In groups
FINANCIAL	Doesn' t save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
CAPACITY OF GIVING	Gives small amounts	Gives nothing, or large amounts infrequently	Gives regularly and generously
FAMILY HISTORY	Low bone density, joint pain, arthritis are common	Hyperacidity, high blood pressure, heart disease are common	Obesity, diabetes, slow metabolism are common
FRIENDSHIPS	Tends toward short-term friendships, makes friends quickly	Tends to be a loner, friends related to occupation	Tends to form long-lasting friendships