

Prakriti Self Assessment

This chart will help you to determine your Ayurvedic constitution. Please fill it out twice. At the first go choose answers based on what is prevalent over a long period of your life (your prakriti), the second time, fill it out based on what is true for you recently (your vikriti or vikruti). You may discover a predominance of one or two doshas, while some may find all 3 doshas in equal proportion (tridoshic).

Observations	Vata	Pitta	Kapha
Body Frame	Slim	Medium	Large
Body Size	Low	Medium	Tendency toward over-weight
Childhood Body	Thin	Medium	Plump
Chin	Thin, Angular	Tapering	Rounded, Double
Cheeks	Sunken	Smooth, flat	Rounded, Plump
Eyes	Active, dry, small, sunken, nervous	Sharp, bright, gray, green piercing	Big, large thick lashes, calm, beautiful
Teeth	Uneven, stick out, thin gums	Medium, tender gums	Healthy, white, strong gums
Lips	Dry, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale
Skin	Thin, dry, cool, ough, dark	Smooth, oily, rosy, warm	Thick, oily, cool
Hair	Dry, curled, kinky, scarce	Straight, oily, greys early Blonde, reddish, bald	Luxuriant, thick, wavy
Bones	Prominent Joints, cold, cracking	Medium	Heavy, lubricated
Hands + Feet	Cold + dry	Warm + moist	Cool
Pulse	Fast + irregular	Strong, medium	Slow, steady
Perspiration	Little	High	Moderate
Appetite	Irregular	Strong + sharp	Slow + consistent
Digestion	Irregular, flatulence	Quick, can cause burning	Slow, can form mucous
Taste	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent astringent
Thirst	Changeable	Surplus	Sparse
Elimination	Irregular, constipation	Loose	Thick, sluggish, oily
Preferred Foods	Light + varied, snacks	Spicy and stimulating, protein	Oily + rich, high in carbs
Preferred Climate	Warm + not dry	Cool + fresh air	Either but not humid
Routine	Dislikes	Likes esp. if set by self	Likes
Physical tendency	Active	Competitive	Leisurely
Physical Exercise	Aids Relaxation	Emotionally Steadying	Keeps weight down
Mental Tendency	Creative, restless	Initiator, leader	Organization + continuity
Mental Activity	Hyperactive	Moderate	Dull, slow
Emotions	Anxiety, fear, uncertainty	Anger, hate, jealousy	Calm, greedy, attachment
Stress Response	Anxiety, fear	Anger, irritation	Avoidance, procrastination
Faith	Variable	Extreme	Consistent
Memory	Recent good, remote poor	Distinct	Slow + sustained
Dreams	Quick, active, fearful, many	Fiery, war + violence	Romantic, soothing
Sleep	Scanty, broken up	Little, but sound	Deep, prolonged
Speech	Rapid	Sharp, penetrating	Slow, even
Sex Drive	Variable, fantasies	High	Steady
Financial Tendency	Impulsive	Practical	Rich, saves money

Totals