

Guidelines for Determining Your Constitution

Instructions: To determine your constitution it is best to fill out the chart twice. First, base your choices on what is most consistent over a long period of your life (your prakruti), then fill it out a second time responding to how you have been feeling more recently (your vikruti). Sometimes it helps to have a friend ask you the questions and fill in the chart for you, as they may have insight (and impartiality) to offer. After finishing the chart each time, add up the number of marks under vata, pitta and kapha.

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This will help you discover your own ratio of doshas in your prakruti and vikruti. Most people will have one dosha predominant, a few will have two doshas approximately equal and even fewer will have all three doshas in equal proportion. For instance, if your vikruti shows more pitta than your prakruti, you will want to follow a pitta-soothing regimen to try and bring your vikruti back into balance with your prakruti. If your prakruti and vikruti seem about the same, then you would choose the regimen of your strongest dosha.

OBSERVATIONS	V P K	VATA	PITTA	KAPHA
Body size	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Slim	Medium	Large
Body weight	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Low	Medium	Overweight
Chin	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Thin, angular	Tapering	Rounded, double
Cheeks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wrinkled, sunken	Smooth flat	Rounded, plump
Eyes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Small, sunken, dry, active, black, brown, nervous	Sharp, bright, gray, green, yellow/red, sensitive to light	Big, beautiful, blue, calm, loving
Nose	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Uneven shape, deviated septum	Long pointed, red nose-tip	Short rounded, button nose
Lips	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, cracked, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale, whitish
Teeth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Stick out, big, roomy, thin gums	Medium, soft, tender gums	Healthy, white, strong gums
Skin	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Thin, dry, cold, rough, dark	Smooth, oily, warm, rosy	Thick, oily, cool, white, pale
Hair	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, brown, black, knotted, brittle, scarce	Straight, oily, blond, gray, red, bald	Thick, curly, oily, wavy, luxuriant
Nails	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, rough, brittle, break easily	Sharp, flexible, pink, lustrous	Thick, oily, smooth, polished
Neck	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Thin, tall	Medium	Big, folded
Chest	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Flat, sunken	Moderate	Expanded, round
Belly	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Thin, flat, sunken	Moderate	Big, pot-bellied
Belly-button	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Small, irregular, herniated	Oval, superficial	Big, deep, round, stretched
Hips	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Slender, thin	Moderate	Heavy, big
Joints	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Cold, cracking	Moderate	Large, lubricated
Appetite	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Irregular, scanty	Strong, unbearable	Slow but steady
Digestion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Irregular, forms gas	Quick, causes burning	Prolonged, forms mucous
Taste	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
Thirst	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Changeable	Surplus	Sparse
Elimination	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Constipation	Loose	Thick, oily, sluggish
Physical Activity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hyperactive	Moderate	Slow
Mental Activity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hyperactive	Moderate	Dull, slow
Emotions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Anxiety, fear, uncertainty	Anger, hate, jealousy	Calm, greedy, attachment
Faith	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Variable	Extremist	Consistent
Intellect	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Quick but faulty response	Accurate response	Slow, exact
Recollection	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Recent good, remote poor	Distinct	Slow and sustained
Dreams	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Quick, active, many, fearful	Fiery, war, violence	Lakes, snow, romantic
Sleep	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Scanty, broken up, sleeplessness	Little but sound	Deep, prolonged
Speech	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rapid, unclear	Sharp, penetrating	Slow, monotonous
Financial	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Poor, spends on trifles	Spends money on luxuries	Rich, good money preserver
TOTAL				

DOSHA QUIZ



Name: _____ Date: _____

This mind-body questionnaire gathers information about your basic nature – the way you were as a child or the basic patterns that have been true most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness.

Instructions: PLEASE READ CAREFULLY!

Rank each characteristic with either 5, 3, or 1. For each row, use each number one time (each row should add up to 9).

5 = Most accurately represents me 3 = Secondly represents me 1 = Rarely represents me

EXAMPLE	3	VATA	5	PITTA	1	KAPHA	= 9
CHARACTERISTICS		VATA		PITTA		KAPHA	
FRAME		I am thin, lanky and slender with prominent joints and thin muscles.		I have a medium, symmetrical build with good muscle development		I have a large, round or stocky build. My frame is broad, stout or thick.	= 9
WEIGHT		LOW; I may forget to eat or have a tendency to lose weight.		MODERATE; it is easy for me to gain or lose weight if I put my mind to it.		HEAVY; I gain weight easily and have difficulty losing it.	= 9
EYES		My eyes are small and active.		I have a penetrating gaze.		I have large pleasant eyes.	= 9
COMPLEXION		My skin is dry, rough or thin.		My skin is warm, reddish in color and prone to irritation.		My skin is thick, moist and smooth.	= 9
HAIR		My hair is dry, brittle or frizzy.		My hair is fine with a tendency towards early thinning or graying.		I have abundant, thick and oily hair.	= 9
JOINTS		My joints are thin and prominent and have a tendency to crack.		My joints are loose and flexible.		My joints are large, well knit and padded.	= 9
SLEEP PATTERN		I am a light sleeper with a tendency to awaken easily.		I am a moderately sound sleeper, usually needing less than eight hours to feel rested.		My sleep is deep and long. I tend to awaken slowly in the morning.	= 9
BODY TEMPERATURE		My hands and feet are usually cold and I prefer warm environments.		I am usually warm, regardless of the season, and prefer cooler environments.		I am adaptable to most temperatures but do not like cold, wet days.	= 9
TEMPERAMENT		I am lively and enthusiastic by nature. I like to change.		I am purposeful and intense. I like to convince.		I am easy going and accepting. I like to support.	= 9
UNDER STRESS ...		I become anxious and/or worried.		I become irritable and/or aggressive.		I become withdrawn and/or reclusive.	= 9
TOTAL	_____	VATA TOTAL	_____	PITTA TOTAL	_____	KAPHA TOTAL	= 90

Note: Each row should add up to 9. VATA TOTAL, PITTA TOTAL, and KAPHA TOTAL should add up to 90.