



Understanding Your Constitution

The following short survey is designed to help you understand your Prakruti, or your constitution at conception. It can be difficult but do your best to think about what has been consistent over your entire lifetime. This will help you understand the ratio of doshas in your prakruti. Most people have one predominant, or two equal. Remember this is for you to start honestly thinking about what yourself, there are not right or wrong answers.

Observation	Vata	Pitta	Kapha
Which of the following best describes your body frame?	I am slender and have a light, delicate body frame.	I have a medium, symmetrical build with good muscle development.	I have a broad sturdy frame and large bones.
Which of the following best describes your chin?	My chin is thin and angular	My chin is tapering and angular.	My chin is larger and round.
Which of the following best describes your eyes?	My eyes are small, narrow, sunken, and often move around quickly.	My eyes are a medium size, and I often have a penetrating gaze.	My eyes are large and beautiful.
Which of the following best describes your lips?	My lips are small, thin, and tight.	My lips are average, and tend toward redness.	My lips are large and luscious.
Which of the following best describes your teeth?	My teeth are irregular, and crooked.	My teeth are medium in size, and bleed easily.	My teeth are white, big, and strong.
Which of the following best describes your skin?	My skin is thin, and tends to be dry and rough.	My skin is delicate, oily, and prone to acne and rashes.	My skin is oily, smooth, thick, and cool.
Which of the following best describes your neck?	My neck is thin and long.	My neck is average in proportion.	My neck is solid, and often stout.
Which of the following best describes your chest?	My chest is flat and narrow.	My chest is a medium size.	My chest is large and round.
Which of the following best describes your hips?	My hips are slender and thin.	My hips are a moderate size.	My hips are large and curvy.
Which of the following best describes your hair?	My hair is frizzy, lightweight, and tends towards dryness.	My hair is fine, thin, and tends towards oiliness or premature graying.	My hair is thick, oily, and/or curly.
Which of the following best describes your tongue?	My tongue is thin with a grayish coating.	My tongue is a medium size, moist and is general reddish or pink with a yellow coating.	My tongue is thick and often has a white coating.
Which of the following best describes your nails?	My nails are thin and long.	My nails are sharp, flexible, pink and lustrous.	My nails are strong, white, thick and oily.

Which of the following best describes your joints?	My joints are prominent and have a tendency to crack.	My joints are loose and flexible.	My joints are large and well lubricated.
Which if the following body temperatures best describes you?	I am generally cold and like warmer environments.	I am generally warm and prefer cooler environments.	I am generally comfortable but dislike cold, rainy days.
Which of the following best describes your stress reaction.	I tend to get anxious and worried.	I become irritable, aggressive, and may try to control my surroundings.	I become sluggish, depressed, and "tune out"
Which of the following best describes your sleep?	I sleep lightly and awaken easily.	I sleep soundly and wake up feeling rested.	My sleep is long and deep.
Which of the following best describes your weight?	I lose weight easily.	I maintain a steady weight.	I gain weight easily and have a hard time losing weight.
Which of the following best describes your elimination?	I tend towards constipation or hard stools.	I tend towards loose stools or diarrhea.	I tend towards large and oily stools.
Which of the following best describes your memory?	I quickly grasp ideas but forget them easily.	I think through ideas and often remember them.	I have a harder time understanding ideas, but have an excellent memory.
Which of the following best describes you?	I like change and am enthusiastic about new activities.	I like being efficient and love intense activities.	I am easy going and relaxed, and low helping others.
Which of the following best describes your activity preferences?	I like running, jumping, and have a hard time sitting.	I prefer intense individual activity.	I prefer walking or easy physical activity.
Total:			

*This is not a diagnosis or a replacement for medical care. It is intended for your personal education only.



Understanding Your Vikruti (Current State)

The following short survey is designed to help you understand the current state of imbalance in your constitution. Simple circle or check the boxes according to what applies to you today, or the last few weeks. Add up the number of marks for each column. Most people have one predominant, or two equal. Remember this is for you to start honestly thinking about what you are experiencing on a daily basis, and what might be underlying those imbalances.

Observation	Vata	Pitta	Kapha
Which of the following best describes your appearance?	I am thinner than I would like to be. (a)	My weight feels good.	I am overweight.
Which of the following best describes your joints?	My joints crack and pop easily.	My joints are tender and inflamed.	My joints are swollen, and stiff.
Which of the following best describes your muscles?	I have tremors, ticks, or muscle spasms.	My muscles are tender.	I have swelling in my muscles.
Which of the following best describes your skin?	My skin is dry, and/or scaly.	My skin is itchy, irritated, or has red spots or a rash.	My skin is swollen or sticky.
Which of the following best describes your eyes?	My eyes are dry, and restless.	My eyes are burning and itchy.	My eyes are swollen and sticky.
Which of the following best describes your nose and sinuses?	My nose is dry and crusty.	My nose is red and inflamed.	My nose is congested.
Which of the following best describes your mouth?	My mouth is dry and my gums are receding.	My gums are red and inflamed.	I am experiencing excess salivation.
Which of the following best describes your tongue?	My tongue is dry and cracked.	My tongue is red, inflamed and/or has a yellow coating.	My tongue has a heavy white coating.
Which of the following best describes your hair?	My hair is dry, brittle, and cracked.	My hair is greasy, oily, and my scalp is tender.	My hair is greasy with a lot of dandruff.
Which of the following best describes your appetite?	I am hungry one minute and full the next; I feel like snacking.	My appetite is strong and consistent.	I am not very hungry, but am doing a lot of emotional eating.
Which of the following best describes your digestion?	I feel gassy and bloated.	I am having acid indigestion, heartburn or burning sensations in my stomach.	I am having indigestion and feeling tired and sluggish after eating.
Which of the following best describes your thirst?	I am thirsty in spurts.	I am always thirsty.	I am rarely thirsty.
Which of the following best describes your elimination?	I am constipated or having dry hard stools.	I am having loose stools or diarrhea.	I am having heavy, oily stools.
Which of the following	My energy comes in	My energy level feels okay.	I feel slow and sluggish.

best describes your energy level?	spurts, and I often get tired around 3:00		
Which of the following best describes your level of sexual activity?	My desire for sex varies a lot.	I am easily aroused and have a strong sex drive.	I have a steady desire for sex.
Which of the following best describes your sleep?	My sleep is light and broken, and/or I am experiencing insomnia.	My am having a hard time falling asleep, and prefer a dark environment.	I feel drowsy, and am having a hard time waking up.
Which of the following best describes your emotions?	I feel anxious or worried.	I feel irritable, critical, or angry.	I feel greedy or depressed.
Which of the following best describes your memory?	I am forgetting things very easily.	My memory is okay.	My memory feels cloudy.
Which of the following best describes your breathing?	My breathing is shallow and mostly into my chest.	My breath feels okay.	My breath feels slow or stuck.
Total:			