

DISCOVERING YOUR AYURVEDIC CONSTITUTION

Please read across each set of characteristics and on a piece of paper record (V for Vata, P for Pitta, and K for Kapha) which one BEST describes you. Go with your first instinct. If two apply equally, record them both.

Total the marks from each column to determine your dominant constitution (dosha).

VATA

- Thin, usually have been.
- Thin as child.
- Light bones &/or prominent, dry, cracking joints.
- Have a hard time gaining weight.
- Small, active, dry, thin, dark unsteady eyes.
- Thin, dry, cool, cracked skin, chaps easily. Prominent veins.
- Dark, dull complexion relative to family, tan easily.
- Variable appetite.
- Scanty, difficult, colorless urine.
- Bowel movements can be scanty, irregular, hard, difficult or painful, gas, dry or constipated.
- Little sweat, no smell.
- Digestion sometimes good, sometimes not.
- Quick, chaotic, uninterrupted, inconsistent, erratic, talkative speech.

PITTA

- Medium frame.
- Medium build as child.
- Medium bone structure, good muscles. Soft, loose joints.
- Can gain or lose weight relatively easily, if put mind to it.
- Medium, sharp, penetrating eyes. Redness (inflames easily).
- Soft, moist, pink, oily, warm skin with moles, freckles, acne.
- Fair, red, ruddy, flushed, yellowish skin, sunburn easily.
- Good, sharp, excessive appetite; irritable if you miss a meal.
- Profuse, yellow, reddish, burning urine.
- Easy, regular bowel movements (soft, abundant, loose), with burning sensation.
- Profuse, hot sweat, strong smell.
- Usually good digestion.
- Moderate, argumentative, clear, cutting, convincing speech.

KAPHA

- Tend to be ample in build.
- Plump as child.
- Heavy bone structure. Large, thick joints.
- Gain weight easily, have a hard time losing it.
- Wide, large, prominent, attractive eyes. Whiteness.
- Thick, moist, cool, soft, oily, pale, smooth, white skin.
- White, pale, complexion. Tan slowly.
- Slow, steady appetite; can skip meals without problems.
- Moderate, whitish, milky urine.
- Moderate, solid, thick, slow, regular daily bowel movements. Mucus in stool.
- Moderate, cool sweat, pleasant smell.
- Digestion fine, sometimes slow.
- Slow, monotonous, definite, non talkative, melodious speech.

___ Quick, restless, active, curious, adaptable, indecisive mental nature.

___ Creative thinker.

___ Like to stay physically active. Quick, hyperactive, erratic activity.

___ Recent memory good, remote memory poor. Notices things easily but easily forgets.

___ Tend toward fear, nervousness or anxiety under stress.

___ Interrupted, light sleeper, tend toward insomnia.

___ Like to snack, nibble.

___ Variable thirst.

___ If ill, nervous disorders, arthritis or sharp pain more likely.

___ Think that money is there to be spent.

___ Sensitive to cold, wind, dryness.

___ Cold hands and feet, little perspiration.

___ Poor resistance to disease, variable, weak immune system.

TOTAL ___

___ Aggressive, intelligent, penetrating, critical mental nature.

___ Good initiator and leader.

___ Enjoy physical activities. Competitive, motivated, purposeful, goal seeking.

___ Sharp, clear memory.

___ Tend toward anger, jealousy, frustration or irritability under stress.

___ Moderate but usually sound sleep. May wake up but will fall asleep again.

___ Like high protein foods, chicken, fish, eggs, beans.

___ Usually thirsty.

___ If ill, fevers, rashes, infections or inflammation more likely.

___ Money is best spent on special items or purchases that advance you.

___ Sensitive to heat, dislike sun, fire.

___ Good circulation, perspire frequently.

___ Medium resistance to disease, prone to infections.

TOTAL ___

___ Slow, calm, steady, receptive mental nature.

___ Good at keeping project running smooth.

___ Love leisurely activities most. Slow, steady, stately.

___ Slow to take notice but prolonged memory.

___ Tend to avoid difficult situations, calm, attached, sentimental, self-content.

___ Sound, heavy, prolonged, excessive sleep. Difficulty in waking up.

___ Love fatty foods, bread, and starch.

___ Rarely thirsty.

___ If ill, excess fluid retention, respiratory system diseases or mucus more likely.

___ Money is easy to save for you, spends slowly.

___ Sensitive to cold, damp, likes wind and sun.

___ Moderate perspiration.

___ Good, consistent resistance to disease. Strong immune system.

TOTAL ___