

Determining Your Constitution

Do this assessment twice. The first time is to determine your prakruti, what has been most consistent for you through out your life. Think about when you were young, what tendencies were most true for you, and that have carried forward. Second, do the assessment based on what is most true right now, to determine you vikruti.

OBSERVATIONS	VATA	PITTA	KAPHA
Body size & weight	<input type="checkbox"/> slim frame & slender <input type="checkbox"/> thin muscles <input type="checkbox"/> low weight <input type="checkbox"/> hips, slender <input type="checkbox"/> tend to loose weight easily, hard to gain weight if I try	<input type="checkbox"/> medium frame <input type="checkbox"/> defined muscles <input type="checkbox"/> average weight <input type="checkbox"/> hips, moderate <input type="checkbox"/> easy for me to gain weight or loose weight, when I put my mind to it	<input type="checkbox"/> large, broad, thick frame <input type="checkbox"/> large build or curvy <input type="checkbox"/> heavy weight <input type="checkbox"/> hips, wide <input type="checkbox"/> very easy for me to gain weight & difficulty losing it
Eyes	<input type="checkbox"/> small, active, sunken, or nervous	<input type="checkbox"/> sharp, bright, sensitive to light, penetrating	<input type="checkbox"/> large, beautiful ,loving, pleasant
Cheeks	<input type="checkbox"/> cheeks, sunken	<input type="checkbox"/> cheeks, smooth	<input type="checkbox"/> cheeks, rounded
Lips	<input type="checkbox"/> lips, dry black/brown	<input type="checkbox"/> red, inflamed	<input type="checkbox"/> smooth, oily
Teeth	<input type="checkbox"/> gums, thin or stick out	<input type="checkbox"/> medium, soft, tender	<input type="checkbox"/> healthy or strong
Complexion	<input type="checkbox"/> thin dry, cold, rough <input type="checkbox"/> visible veins	<input type="checkbox"/> warm, reddish <input type="checkbox"/> prone to acne	<input type="checkbox"/> thick, oily or smooth
Hair & Nails	<input type="checkbox"/> dry, brittle, frizzy, thin, prone to split ends <input type="checkbox"/> nails, rough, brittle, break easily	<input type="checkbox"/> fine, tendency towards graying or thinning <input type="checkbox"/> sharp, flexible, pink	<input type="checkbox"/> thick , curly, oily, wavy <input type="checkbox"/> thick & smooth
Joints	<input type="checkbox"/> cracking, delicate, cold	<input type="checkbox"/> loose, flexible	<input type="checkbox"/> large, well knit & padded
Sleep	<input type="checkbox"/> light sleeper, awoken easily, broken up sleep	<input type="checkbox"/> sound sleeper, can get by with less than 8 hours	<input type="checkbox"/> deep, long and slow to awaken
Appetite & Digestion	<input type="checkbox"/> small appetite, and often irregular <input type="checkbox"/> irregular digestion, sometimes good, sometimes bad <input type="checkbox"/> tendency towards bloating or gas	<input type="checkbox"/> moderate appetite, hunger arises quickly and becomes unbearable <input type="checkbox"/> strong digestion, powerful and regular <input type="checkbox"/> tendency towards heart-burn or acid reflux	<input type="checkbox"/> slow, steady and consistent appetite <input type="checkbox"/> slow & week digestion <input type="checkbox"/> tendency towards feeling heavy after eating
Temperature	<input type="checkbox"/> often cold, prefer hot temperatures & climates	<input type="checkbox"/> often warm, preference to cooler weather	<input type="checkbox"/> adaptable, dislike for wet weather

OBSERVATIONS	VATA	PITTA	KAPHA
Mental/Emotional	<input type="checkbox"/> difficulty remembering things, quick to learn <input type="checkbox"/> lively, and enthusiastic <input type="checkbox"/> creative <input type="checkbox"/> changes mind frequently <input type="checkbox"/> enjoys spirituality, philosophy, ideas, literature, arts	<input type="checkbox"/> medium memory with accurate facts <input type="checkbox"/> driven and passionate <input type="checkbox"/> purpose driven <input type="checkbox"/> organized mind, enjoys structure <input type="checkbox"/> enjoys finance, business, and achievement orientated	<input type="checkbox"/> hard time remembering yet sustained <input type="checkbox"/> easy going & patient <input type="checkbox"/> supportive & helpful <input type="checkbox"/> hold on to the past hard to let go <input type="checkbox"/> natural teacher, or helper, service based
Under stress	<input type="checkbox"/> anxious, worried, or fearfulness arise <input type="checkbox"/> scattered	<input type="checkbox"/> irritable or aggressive, competitive or impatient <input type="checkbox"/> prone to burn out	<input type="checkbox"/> lonely , depressed or jealous <input type="checkbox"/> will withdraw
Financial	<input type="checkbox"/> impulsive <input type="checkbox"/> tendency to buy things and forget about them	<input type="checkbox"/> calculated <input type="checkbox"/> Tendency to spend on luxury	<input type="checkbox"/> hold on to items <input type="checkbox"/> tendency to save money well
TOTALS			
PRAKRUTI (CONSTANT)	VATA_____	PITTA _____	KAPHA_____
VIKRUTI (CHANGING)	VATA_____	PITTA _____	KAPHA_____

Some may have one predominant dosha, others may have two doshas of equal proportion, and fewer will be tri-doshic, with all three doshas of equal value.

If your Prakruti and Vikruti are balanced, follow the lifestyle and eating guidelines for your strongest doshas

If your Prakruit and Vikruti are not balanced, follow the lifestyle and eating guidelines to soothe the strongest dosha back to balance.