

Determining Your Prakruti (Constitution)

Instructions: To determine your prakruti, base your choices on what has been most consistent over a long period of your life. 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. Add up the number of marks under vāta, pitta and kapha to discover your own ratio of doshas in your prakruti. Most people have one predominant dosha; a few have two approximately equal; even fewer have all three in equal proportion.

Observation	V P K	Vāta	Pitta	Kapha
Body frame	<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, 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 but steady
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
Prakruti Totals	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			

Determining Your Vikruti (Current State)

Instructions: To determine your vikruti, base your choices on how you have been feeling recently. Add up the number of marks under vāta, pitta and kapha to discover your own ratio of doshas in your vikruti.

Observation	V P K	Vāta	Pitta	Kapha
Appearance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Thin, bony, emaciated	Medium, intense	Large, sluggish
Weight	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Underweight	Steady	Overweight
Joints	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Cracking and popping	Tender	Swollen
Spine	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Scoliosis tendency	Kyphosis tendency	Lordosis tendency, slipped disk
Muscles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Tremors, ticks, spasms	Tenderness	Swelling
Skin	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dark, dry, rough, scaly, liver spots	Yellow or red, rashes, acne	Pale, oily, smooth, swelling
Lymph Nodes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Narrow	Tender, inflamed	Enlarged, congested
Veins	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Prominent, collapsed	Moderately visible, bruises easily	Full, wide, stagnant
Eyes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, restless, blinking	Red, burning, hypersensitive to light	Pale, swollen, sticky, excessive lacrimation
Ears	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ringling (tinnitus)	Pain, infections	Clogged, discharge
Nose, Sinuses	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, crusty	Red, inflamed	Congestion
Lips	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, cracked	Red, inflamed	Pale, oily
Mouth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, receding gums	Red, inflamed, tender gums	Excessive salivation
Teeth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Cavities, receding gums, cracked enamel	Yellow, wasted enamel	White, strong enamel
Tongue	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, cracked, tremors, dark coating	Red, inflamed, yellow coating	Pale, thick white coating
Hair	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, knotted, brittle	Oily, graying, bald	Oily, wavy
Nails	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, rough, brittle, cracked, bitten	Soft, sharp, inflamed	Pale, thick, oily
Appetite	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Variable, anorexia nervosa	Strong, unbearable, hypoglycemia	Low, steady
Digestion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Irregular, gas and bloating	Quick, acid indigestion	Slow, prolonged, indigestion
Metabolism	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Irregular	Hyperactive	Slow
Thirst	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Variable	Strong	Low
Elimination	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Constipation, dry, hard stools	Loose stools, diarrhea, burning	Heavy, oily stools with mucous
Energy level	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Hyperactive, exhausts quickly	Intense, exhausts from excessive thinking	Low, exhaustion due to excess weight
Sex Drive	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Premature orgasm	Painful sex	Low libido
Liver & Spleen	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Palpable (double normal size)	Tender	Enlarged, fatty degenerative changes
Voice	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry, exhausted, explosive, whispering, stuttering	Sharp, penetrating, metallic	Deep, hoarse, drum-like
Speech	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rapid, abrupt, unclear ideas	Sharp, determined, premeditated	Slow, monotonous
Breathing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Nervous, diaphragmatic, (sympathetic nervous system)	Aggressive, intercostals, tight in chest	Slow, abdominal, apnea tendency
Allergies	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Dry wheezing, breathlessness	Hives, rashes, urticaria	Congestion, runny nose
Sleep	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Insomnia, broken	Difficult entering, insufficient	Excessive drowsiness
Dreams	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Many, active, fearful	Fiery, violent	Watery, romantic
Emotions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Anxiety, fear, loneliness	Judgement, criticism, anger, hate, jealousy	Attachment, greed, depression
Intellect	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fast, faulty response	Abrupt, accurate response	Slow, exact response
Memory	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Recent good, remote poor	Moderate, distinct	Slow, remote very good
Vikruti Totals	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			