

## Determining Your Prakruti (Constitution)

Aspect	Vata (V)	Pitta (P)	Kapha (K)
<b>Body Stature/frame</b>	thin, slender; taller / shorter than average	medium, moderate	well-built / thick; short and stocky or tall and sturdy
<b>Body Weight</b>	low / light	moderate	overweight
<b>Skin</b>	dry, rough, cool, brown, black	soft, oily (thin, lubricating), warm, moist, fair, red/yellowish hue	thick, pale, white, oily (thick), cool
<b>Hair</b>	black, dry, kinky	soft, oily (thin, lubricating), yellow, early gray, red	thick, oily (thick), wavy, dark or light
<b>Teeth</b>	protruded, big and crooked, gums emaciated	moderate in size, soft gums, yellowish	strong, white
<b>Eyes</b>	small, dry, dull, brown, black	sharp, penetrating, green, gray, yellow, light in color	big, attractive, lustrous, blue, thick eyelashes
<b>Joints</b>	small, may crack	medium	large, deep seated
<b>Appetite</b>	variable, scanty	sharp, good, excessive, irritable if hungry	slow but steady; able to miss meals
<b>Taste</b>	sweet, sour, saline	sweet, bitter, astringent	pungent, bitter, astringent
<b>Thirst</b>	variable	excessive	scanty
<b>Elimination</b>	hard, dry, tendency for constipation, bloated, gassy	soft, oily (droplets of oil), regular, loose, occasional diarrhea	regular, thick, heavy, oily (binding, unguent, thick) slow
<b>Physical Activity</b>	fast, very active (energy fluctuates)	moderate, thoughtful (high energy)	lethargic, steady (abundant strength & stamina)
<b>Pulse</b>	thready, feeble, moves like a snake	moderate, jumps like a frog	broad, slow, moves like a swan
<b>Sleep</b>	scanty, interrupted, light	little, but sound	heavy, prolonged, deep solid
<b>Sweating</b>	very little	profuse; perspire easily	moderate
<b>Speech</b>	fast, lots of expressions	sharp and to the point, cutting	slow and round about, monotonous
<b>Mental Nature</b>	anxious, nervous, restless, active	aggressive, intelligent	calm, happy, slow
<b>Emotional Temperament</b>	insecure, fearful, unpredictable	aggressive, irritable, jealous, confident, dominating	calm, attached, greedy
<b>Faith</b>	changeable	fanatic	steady
<b>Memory</b>	Short term memory good, long-term memory poor	sharp, quick learner	slow, but prolonged; slow learner, good retention
<b>Dreams</b>	fearful, flying, jumping, running	fiery, anger, violence, war	watery, river, ocean, lake swimming, romantic
<b>Organizational Skills</b>	does not follow plans	sticks to the plan (makes the plan)	relies on others to make the plan; good follow-thru
<b>Strength</b>	poor stamina	medium strength and endurance	strong endurance
<b>Reaction to Weather</b>	likes warm, humid	likes cool, dry	likes warm, dry
<b>Disease Tendency</b>	pain, psychological	infections, fevers; gain / lose weight easily	congestion, weight gain easily; difficult to lose
<b>Financial Status</b>	poor, spends money quickly on trifles	moderate, spends on luxuries	rich, moneysaver, spends on food
<b>Total</b>			