

Ayurvedic Constitutional Assessment

Name_____

Date_____

Circle the description that best describes you for each trait (Vata, Pitta, or Kapha) and add up the results at the end to determine your approximate ratio of doshas.

To determine your Prakruti (Constitution) Base your choices on what is most consistent in your lifetime and with consideration for your racial / ancestral spectrum. Keep in mind to think before you may have any diagnosed chronic medical condition. Most people have one dosha predominant, a few have two approximately equal and rarely are all three equal.

To determine your Vikruti (imbalance), retake the assessment considering the recent past, month or two. Pay attention and focus on the changeable traits. Compare the differences to the constitutional assessment they may be an indicator of imbalance. Note the doshas that are offset.

More than one choice can be chosen in a category, however for accuracy it is best to pick the closest in accuracy in each category.

Non- changing traits			
TRAIT	VATA	PITTA	KAPHA
Body Frame V P K	thin-boned, longer limbs, or taller/shorter than avg, compact muscle	Medium boned, evenly proportioned, defined musculature	Thick, heavy bones, large frame, larger and often softer musculature
Chin/Jaw V P K	Thin/oblong	angular, heart-shaped, tapered	Round or square, large set
Cheeks V P K	Dry, lean	Rosy, oily, flat	Round, smooth, paler
Eyes V P K	Smaller, sunken, dry, active, darker in color	Sharp, intense gaze; bright, moderate in color (gray, green, blue), sensitive to light, prone to redness	Larger, blue or lighter color, calm, watery, thicker lashes
Nose V P K	Thinner, uneven shape, possibly deviated septum	Medium, sharper, pointed, reddish tip	Larger, wider, round
Lips V P K	Dry, dry, darker, thin	Reddish, soft, medium	Full, smooth, soft, lubricated
Teeth V P K	Crooked, larger or uneven, gaps, thin gums	Medium sized, sharp, tender gums that bleed easily	Wide, pearly, strong teeth and gums
Skin V P K	Thin, dry, cooler, tans easily	Oily, warm, rosy or fair skin, reddens/burns easily in sun, prone to outbreaks	Smooth, thick, Cool, hydrated, pale, tans evenly
Hair V P K	Dry, brittle, darker, frizzy, curly, thin	Straight, oily, blond, red, lighter colored, early graying and balding	Thick, wavy, lustrous, plentiful
Nails V P K	Dry, rough, thin, brittle, break easily	Medium thickness, flexible, pink V- shaped	Thick, hard, smooth, wide
Chest V P K	Flat, sunken, lean breasts/chest muscles dark areolae	Moderate, minimal hair, reddish areolae, defined muscles	Expanded, round, larger breasts, pale areolae, soft
Navel V P K	Slender, small navel	Moderate size	larger, round, deep navel
Hips / legs V P K	Compact muscle and bones	Moderate muscle and bones	Big, wider, larger boned
Neck / extremities V P K	Thin, long	Medium, defined	larger, folded, soft
Joints V P K	Cool, cracking, prominent	Moderate, less prominent	Large, well-lubricated, deep set

Changeable Traits	VATA	PITTA	KAPHA
Weight V P K	Thin, compact, difficult to gain weight	Average, easy to gain or lose weight	Weight on the higher spectrum and has tendencies to gain weight, difficult to lose
Belly V P K	Slender, thin, tight	Moderate, warmer	larger, round
Appetite V P K	Variable or scanty, irregular timing, forgetting to eat	Moderate to very strong, irritable when hungry or missing meal	Low, steady, can skip a meal (but doesn't usually like to) without suffering too much
Digestion V P K	Variable, tend toward gas, bloating	Good, quick digestion, prone to acid indigestion	Slow, heavy, mucousy and/or drowsy after meals
Thirst V P K	Variable	Frequent, excessive	Sparse
Elimination V P K	Constipation, dry stool, often need stimulation to go	Normal to loose, no stimulation needed	Large, sluggish, consistent
Sweating and circulation V P K	Scanty sweat, cold hands and feet	Quick, profuse sweating and good circulation	Slow to start sweating, then moderate to profuse and long-lasting, clammy sweat
Physical energy V P K	Hyperactive, variable, burst of energy then crash, fidgets	Moderate to intense	Slow, lethargic, doesn't like to be rushed, but consistent once in habit
Mental energy V P K	Scattered thoughts, creative, spacey, active mind	Detail oriented, organized thinking	Doesn't like to be rushed to answer, steady, possibly foggy and slow
Emotional tendencies /Reactions to stress V P K	Tends toward fear and anxiety	Tends toward anger, frustration, impatience, irritability	Tends to avoid difficult situations, shuts down, withdraws
Personality traits V P K	Lively, enthusiastic, sometimes anxious	Determined, driven, competitive, jealous, love to solve a problem or a puzzle	Reliable, loyal, calm and/or lazy, nurturing, nostalgic, attached to the past, compassionate
Moods and ideas V P K	Changeable moods and ideas, changes mind easily	Forceful in expressing moods and ideas, has opinions and likes to express them	Fixed, stubborn, steady, reliable, slow to change
Decision making V P K	Difficult, hard to choose	Quick, sometimes hasty	Slow, likes to take time to decide
Attitude toward routine V P K	Dislikes routine, or difficulty to keep it	List-maker, likes getting things accomplished	Creature of habit
Faith (in oneself, in others, in spirituality) V P K	Changeable, shaky, doubting	Can be extreme, opinionated	Consistent, along with the majority
Memory V P K	Recent good, remote poor	Distinct, specific, selective	Good at recalling specific details from past once instilled
Sleep V P K	Tendency to Insomnia, light and wakeful, hyper-sensitive	Some difficulty falling asleep, needs before bed, once short but deep	Heavy sleeper, loves to sleep, sleeps like a log
Organization V P K	Scattered, disorganized, multitasking	Very organized, irritable with chaos	Accumulative, keeps sentimental objects from past, cluttered
Speech V P K	Rapid, excited, talks with gestures, stress induces unclarity	Efficient speech, to the point, can be sharp tongued when under stress	Slow to speak, monotone, can be quiet, tend to listen more than speak
Approach to exercise V P K	Variable, prone to injuries, exercises to clear mind	competitive (with self and others), driven, can be excessive, obsessive	Needs lots of encouragement to sweat, do it because they know it's good for them
Climate and temperature preferences V P K	Warm, moist (tropical, semi-tropical), suffers in wind and cold, prefers warm drinks	Prefer cool, well ventilated places, suffers from heat, prefers cool drinks	Can adapt fairly easily to most climates as long as it's not too humid
Financial attitude V P K	Insufficient, spends on trifles	Wealthy or try to be, spends on luxurious items	Wealthy, saving and spend on food, and investment

Totals: _____(Vata)_____ (Pitta)_____ (Kapha)