

Guidelines for Determining Your Constitution

Instructions: To determine your constitution it is best to fill out the chart twice. First, base your choices on what is most consistent over a long period of your life (your prakruti), then fill it out a second time responding to how you have been feeling more recently (your vikruti). 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. After finishing the chart each time, add up the number of marks under vata, pitta and kapha.

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This will help you discover your own ratio of doshas in your prakruti and vikruti. Most people will have one dosha predominant, a few will have two doshas approximately equal and even fewer will have all three doshas in equal proportion. For instance, if your vikruti shows more pitta than your prakruti, you will want to follow a pitta-soothing regimen to try and bring your vikruti back into balance with your prakruti. If your prakruti and vikruti seem about the same, then you would choose the regimen of your strongest dosha.

OBSERVATIONS	V	P	K	VATA	PITTA	KAPHA
Body size	☐	☐	☐	Slim	Medium	Large
Body weight	☐	☐	☐	Low	Medium	Overweight
Chin	☐	☐	☐	Thin, angular	Tapering	Rounded, double
Cheeks	☐	☐	☐	Wrinkled, sunken	Smooth flat	Rounded, plump
Eyes	☐	☐	☐	Small, sunken, dry, active, black, brown, nervous	Sharp, bright, gray, green, yellow/red, sensitive to light	Big, beautiful, blue, calm, loving
Nose	☐	☐	☐	Uneven shape, deviated septum	Long pointed, red nose-tip	Short rounded, button nose
Lips	☐	☐	☐	Dry, cracked, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale, whitish
Teeth	☐	☐	☐	Stick out, big, roomy, thin gums	Medium, soft, tender gums	Healthy, white, strong gums
Skin	☐	☐	☐	Thin, dry, cold, rough, dark	Smooth, oily, warm, rosy	Thick, oily, cool, white, pale
Hair	☐	☐	☐	Dry, brown, black, knotted, brittle, scarce	Straight, oily, blond, gray, red, bald	Thick, curly, oily, wavy, luxuriant
Nails	☐	☐	☐	Dry, rough, brittle, break easily	Sharp, flexible, pink, lustrous	Thick, oily, smooth, polished
Neck	☐	☐	☐	Thin, tall	Medium	Big, folded
Chest	☐	☐	☐	Flat, sunken	Moderate	Expanded, round
Belly	☐	☐	☐	Thin, flat, sunken	Moderate	Big, pot-bellied
Belly-button	☐	☐	☐	Small, irregular, herniated	Oval, superficial	Big, deep, round, stretched
Hips	☐	☐	☐	Slender, thin	Moderate	Heavy, big
Joints	☐	☐	☐	Cold, cracking	Moderate	Large, lubricated
Appetite	☐	☐	☐	Irregular, scanty	Strong, unbearable	Slow but steady
Digestion	☐	☐	☐	Irregular, forms gas	Quick, causes burning	Prolonged, forms mucous
Taste	☐	☐	☐	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
Thirst	☐	☐	☐	Changeable	Surplus	Sparse
Elimination	☐	☐	☐	Constipation	Loose	Thick, oily, sluggish
Physical Activity	☐	☐	☐	Hyperactive	Moderate	Slow
Mental Activity	☐	☐	☐	Hyperactive	Moderate	Dull, slow
Emotions	☐	☐	☐	Anxiety, fear, uncertainty	Anger, hate, jealousy	Calm, greedy, attachment
Faith	☐	☐	☐	Variable	Extremist	Consistent
Intellect	☐	☐	☐	Quick but faulty response	Accurate response	Slow, exact
Recollection	☐	☐	☐	Recent good, remote poor	Distinct	Slow and sustained
Dreams	☐	☐	☐	Quick, active, many, fearful	Fiery, war, violence	Lakes, snow, romantic
Sleep	☐	☐	☐	Scanty, broken up, sleeplessness	Little but sound	Deep, prolonged
Speech	☐	☐	☐	Rapid, unclear	Sharp, penetrating	Slow, monotonous
Financial	☐	☐	☐	Poor, spends on trifles	Spends money on luxuries	Rich, good money preserver
TOTAL						