

Prakriti: Is the natural constitution of the individual. The nature and tendencies you were born with. (So we can look at Prakriti as the birth condition).

Vikruti: Is the disturbance of the natural constitution that is most often due to a lifelong process of habits and lifestyle practices that are in opposition to our unique nature. Vikruti is the end result of living out of harmony with our true nature. (Vikruti may be seen as our life condition) i.e. the end result of our reactions to the life experience.


The following questionnaire is designed to determine your “Prakruti” or natural birth constitution

- Answer each of the questions carefully. If needed, consult a family member or friend who knows you well to help you to determine an accurate account of your individual constitution.
- Answer all questions as accurately as possible. Place a tick in the box to address the question that most relates to your personality.
- Tick in each box in this section Vata, Pitta, Kapha. Calculate the totals of each column and record your observations.
- Add the totals of each column. This will give you an accurate analysis of your overall constitution.


The highest scores reflect the mental/physical imbalance. Ayurveda works on balancing the Vikruti (the resulting imbalances caused by the life condition) to restore a sense of balance and Harmony.

Your natural constitution (Prakriti) never changes, it is your birth imprint, but your (Vikruti) does change according to your life condition and experience.


What best describes your natural body frame and build?



Slender and thin, with a relatively light or underdeveloped frame.



Medium, athletic build with proportionate and moderate muscle definition.

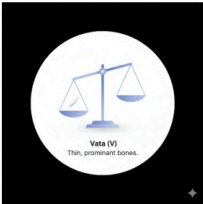


Broad, thick, and sturdy, with a well-developed or stocky frame.


Tick whichever is relevant to your body type from the above options, which makes it easier at the end to count from each columns.(if you are confused you can mark upto two, but mark only one for better assessment.

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| Vata: | Pitta: | Kapha: |
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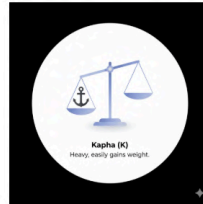
How does your body naturally handle weight?



I am naturally thin with prominent bones (knuckles, elbows, knees, facial bones, etc), and I find it difficult to gain weight.




I have a moderate, steady weight that is relatively easy to maintain or change.



I am heavy-set, easily gain weight, and have a hard time losing it.

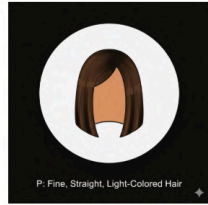
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| Vata: | Pitta: | Kapha: |
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What is your natural hair texture like?



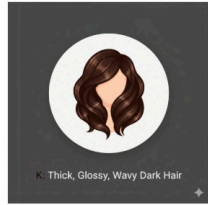
V: Dry, Frizzy, Curly Dark Hair

My hair is two or more of these:
dry, kinky, curly, coarse, black,
dark brown.



P: Fine, Straight, Light-Colored Hair

My hair is two or more of these:
Red, light brown, blond, soft,
fine, prone to premature gray
or balding.




K: Thick, Glossy, Wavy Dark Hair

My hair is two or more of these:
Thick, oily, wavy, medium to
dark brown.

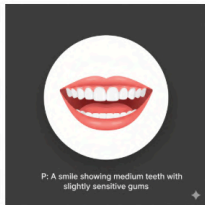
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| Vata: | Pitta: | Kapha: |
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How would you describe your teeth?



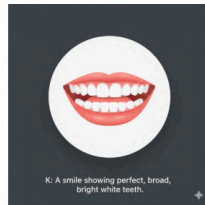
V: A smile showing slightly irregular or crooked teeth.

Slightly irregular, crooked,
Easily crack, Very small,
protruding, large spaces.



P: A smile showing medium teeth with slightly sensitive gums.

Medium-sized with sensitive,
yellowish, or easily bleeding
gums.

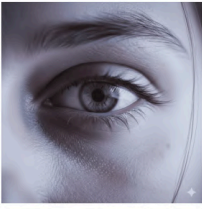


K: A smile showing perfect, broad, bright white teeth.

Broad, perfectly straight, strong,
and bright white.

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| Vata: | Pitta: | Kapha: |
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What are your eyes like?



Small, dry, tend to blink a lot or restless, active gaze. Thin scanty eyelashes.



Sharp, penetrating, almond-shaped, often with light-colored irises, Easily reddened. Brown blonde or copper lashes.



Large, attractive, calm, with a soft doe-like gaze, Teary and thick long lashes.

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| Vata: | Pitta: | Kapha: |
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Dominant Hue of Sclera (white outer layer of the eyeball):



Dark.



Green, blue, or gray, with reddish or yellowish.



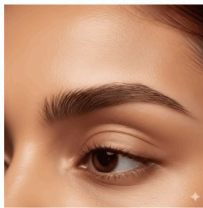
White, glossy.

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| Vata: | Pitta: | Kapha: |
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Describe your eyebrows:



Thin, sparse, or irregularly shaped.



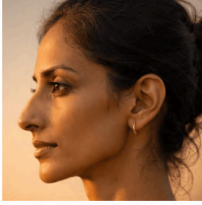
Medium thickness and neatly shaped.



Thick, bushy, oily and soft.

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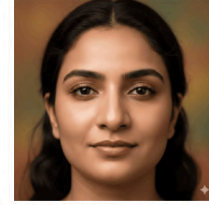
What is the shape of your nose?



Thin, slightly asymmetrical, or bumpy.



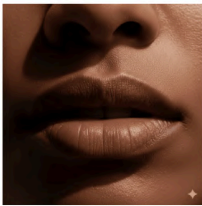
Medium, sharp, and well-proportioned.



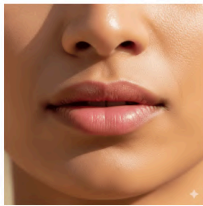
Thick, oily, rounded, broad, or fleshy.

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| Vata: | Pitta: | Kapha: |
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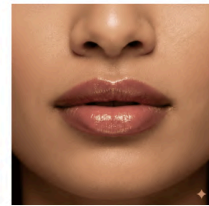
Describe your lips:



Thin and prone to dryness or cracking, darkish.



Medium thickness, soft, and naturally pink or red.



Full, thick, large firm and naturally smooth moist.

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| Vata: | Pitta: | Kapha: |
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What is your natural skin tone or complexion?



Tends to be dull, darkish, or lacks luster.



Fair, reddish, flushed, or bright.



Pale, Light, Clear, whitish, and glowing.

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| Vata: | Pitta: | Kapha: |
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How does your skin usually feel?



Dry, rough, or prone to cracking.



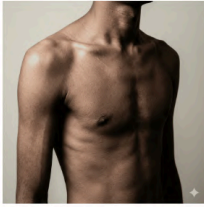
Soft, warm, delicate sensitive, often with freckles or moles.



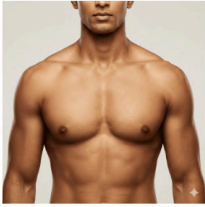
Smooth, soft, thick, and naturally oily or well-moisturized.

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| Vata: | Pitta: | Kapha: |
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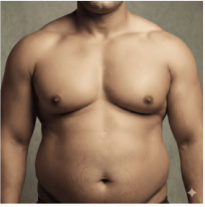
How would you describe your shoulders and chest?



Narrow, flat, or down-sloping. breasts are small (women).




Medium and well-proportioned.




Broad, thick, muscular, and expansive. breasts are large.

| | | |
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| Vata: | Pitta: | Kapha: |
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What do your hands and arms look like?



Thin long with prominent bones, veins, or knuckles.



Medium-sized, strong, and pinkish.



Large, thick, firm, and well-developed. knuckles smooth.

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| Vata: | Pitta: | Kapha: |
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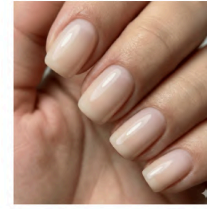
Describe your fingernails:



Small, rough, thin, or brittle.
Lusterless.



Medium-sized, soft, and
naturally pink or copper
coloured.



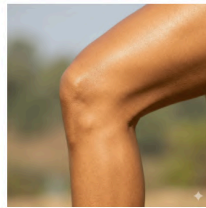
Large, thick, moist oily, and
strong.

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| Vata: | Pitta: | Kapha: |
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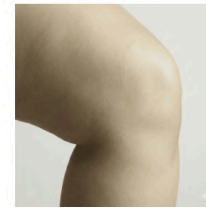
How are your joints?



Prominent, thin, and often crack
or pop when moving.



Medium-sized, flexible, and
Prone to sprains.



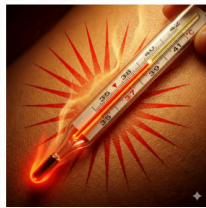
Large, sturdy, strong, and well-
knit.

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| Vata: | Pitta: | Kapha: |
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How do your hands and feet typically feel regarding temperature?



Often cold; I tend to have poor
circulation.



Usually warm or hot.



Cool but comfortable; rarely
excessively cold.

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| Vata: | Pitta: | Kapha: |
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How is your appetite and digestion?



Variable and erratic; sometimes I am very hungry, and other times I forget to eat.



Sharp, strong, and intense; I feel irritable or angry if I miss a meal.



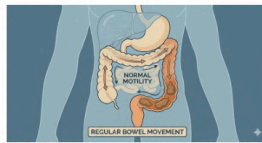
Constant but mild; I can easily skip meals without feeling discomfort.

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| Vata: | Pitta: | Kapha: |
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What are your bowel movements usually like?



Tendency towards dryness, hardness, or constipation.



Regular 2 or more times, abundant, and sometimes loose or fast.



Smooth, regular, solid, and heavy.

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| Vata: | Pitta: | Kapha: |
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Appetite



Unpredictable and erratic; I sometimes am not hungry at mealtimes and very hungry between meals.



Sharp, acutely aware of mealtimes, dislikes delaying meals, enjoys and can digest large quantities of food.



Constant, can miss a meal comfortably, feels best with smaller quantities of food.

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| Vata: | Pitta: | Kapha: |
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Urine



Small amounts very frequently throughout the day.



Abundant, deep yellow, occasionally slightly burning.



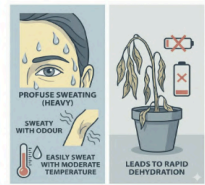
Moderate, concentrated.

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| Vata: | Pitta: | Kapha: |
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How much do you typically sweat?



Very little sweat; my skin stays relatively dry.



Profuse sweating, even with mild exertion, often with strong body odor.



Less sweating, slow to initiate. Only sweat heavily with intense exercise.

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| Vata: | Pitta: | Kapha: |
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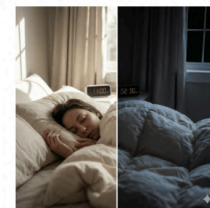
How well do you usually sleep?



Light, restless, easily interrupted, or prone to insomnia.



Sound but moderate; I can easily wake up feeling alert.




Deep, heavy, and prolonged; I find it very difficult to wake up in the morning.

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| Vata: | Pitta: | Kapha: |
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What type of weather bothers you the most?



Cold, dry, and windy weather.




Hot, glaring, or extremely sunny humid weather.



Cold, damp, or rain.

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| Vata: | Pitta: | Kapha: |
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How would you describe your immune system and general health?



Low immunity I get minor illnesses fairly often; prone to nervous system issues, anxiety, or physical pain.




Moderate immunity; prone to fevers, infections, skin disease or inflammation.




High immunity; rarely sick, but prone to respiratory congestion, obese or lethargy.

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| Vata: | Pitta: | Kapha: |
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How would you describe your sex drive and physical stamina?



Frequent desire but low physical stamina.



Passionate, Dominating with moderate stamina.



Cyclical or sometimes insatiable with excellent endurance and stamina.

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| Vata: | Pitta: | Kapha: |
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What is your usual pace of activity and walking?



Fast, hurried, quick walker, constantly in motion.



Purposeful, intense, driven, and goal-oriented.



Slow, deliberate, graceful, and unhurried.

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| Vata: | Pitta: | Kapha: |
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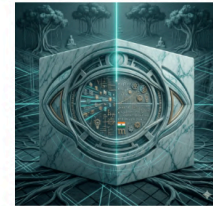
How do you learn and remember things?



I learn very quickly, but I also forget easily (short-term memory).



I am Rarely distracted, intensely engaged learning speed with sharp focus and clear on details retention.



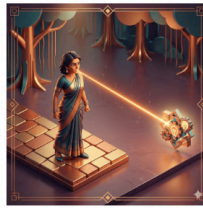
It takes me longer to learn, but I retain information permanently (long-term memory).

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| Vata: | Pitta: | Kapha: |
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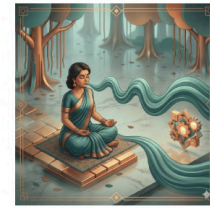
How do you usually speak?



Fast, talkative, or enthusiastic in speech. Often divert topic easily.



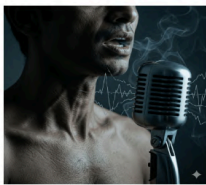
Sharp, precise, direct, Argumentative and convincing.



Slow, rhythmic, calm, and sweet-sounding. Sometimes monotonous.

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| Vata: | Pitta: | Kapha: |
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Voice



Low volume, hoarse, vibrato, cracking, not really deep or resonant.



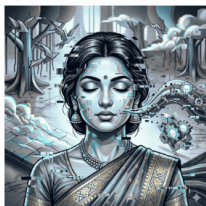
Sharp, loud, captures attention.



Pleasant, deep, harmonious, deep, resonant.

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| Vata: | Pitta: | Kapha: |
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How would you describe your general mood?



Changeable, unpredictable, occasionally nervous or restless.



Motivated, intense, driven, but easily frustrated or irritable.



Happy, content, calm, and very slow to change or get upset.

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| Vata: | Pitta: | Kapha: |
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How do you typically react under severe stress?



With fear, worry, anxiety, or overthinking.



With anger, irritability, aggressiveness, or demanding, uncompromising.



With complacency, withdrawal, calmly seeks solutions or remaining stubbornly steady.

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| Vata: | Pitta: | Kapha: |
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How strong is your willpower?



Weak; I often start out very determined but later easily influenced or change my mind often.



Moderate to strong; determined, I am very self-critical when I fail to follow through.



Very strong; once a decision is made, I stick to it stubbornly.

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| Vata: | Pitta: | Kapha: |
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What are your spending habits like?



Impulsive spender, often on unimportant things or experiences, feels poor.



Strategic spender, enjoys investing or buying luxuries, gourmet meals.



Frugal, excellent at saving money, prefers building a nest egg. spends freely on food, entertainment.

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| Vata: | Pitta: | Kapha: |
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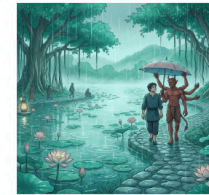
What do you most commonly dream about?



Flying, running, moving, or experiencing fear/anxiety.



Action, conflict, violence, passion, light, or vivid colors.



Water, nature, romance, peaceful settings, or a sense of heaviness.

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| Vata: | Pitta: | Kapha: |
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Social



More often than not I am insecure and nervous in new social situations.



I am outgoing and usually assertive and accessible around people.



I usually do more listening than speaking in new situations, but people are attracted to me nonetheless.

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| Vata: | Pitta: | Kapha: |
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Temperament



Nervous, changeable, never seems to be content.



Always seems to be struggling, achieving; highly self-motivated.



Usually happy, slow to desire or see the need for change.

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| Vata: | Pitta: | Kapha: |
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Truthfulness



Will often harmlessly lie to avoid uncomfortable situations.



Usually tells the truth.



Never lies, there is no reason to ever do this.

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| Vata: | Pitta: | Kapha: |
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Spiritual Reading / Study



I go through periods of interest and periods when I lose interest.



I have surprising discipline and constancy in spiritual matters.



I have never really pursued any spiritual avenues.

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| Vata: | Pitta: | Kapha: |
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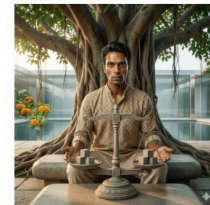
Mental Tendency



Questions everything, theorizes as to the cause of events, creative.



Discriminating, judging, suspicious.



Logical, stable, reasonable, slow to evaluate.

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| Vata: | Pitta: | Kapha: |
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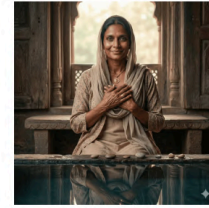
Forgiveness



I forgive and forget easily and often.



It takes me a very long time to forgive; I tend to hold grudges.



I understand that people make mistakes; it rarely upsets me.

Vata:

Pitta:

Kapha:

Love



I fall in and out love easily.



I have had relatively few but intensely passionate love affairs.



I feel I am hungry for love and affection; long term relationships.

Vata:

Pitta:

Kapha:

Hygiene



Very clean and neat, intolerant of sloppiness, uncleanness.



Moderately clean, but secondary to other concerns.



Can be dirty and sloppy for periods of time.

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| Vata: | Pitta: | Kapha: |
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Work Habits



Selfless, often volunteers to help out.



Works intensely, especially to achieve personal goals.



Procrastinates, sometimes lazy, takes time to complete projects.

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| Vata: | Pitta: | Kapha: |
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Recreation

Exercise, travel, movies, dancing, parties, skating, visiting friends.

Attending sporting events, competitive athletics, reading, building or repairing, woodworking, playing musical instruments.


Attending concerts, dining out, television, sleep, sex, food, literature.

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| Vata: | Pitta: | Kapha: |
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Tongue



Thin, surface with several or more furrows, dark pink, blue-tinted (especially on undersurface).




Moderately thick, reddish especially near the tip, moist.




Thick, whitish coating, pink.

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| Vata: | Pitta: | Kapha: |
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Taste Preferences



Sweet, Sour and Salty



Sweet, Bitter and Astringent



Pungent, Bitter and Astringent

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| Vata: | Pitta: | Kapha: |
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| | | |
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| Total number of times you ticked under Vata, Pitta and Kapha columns | | |
| Vata: | Pitta: | Kapha: |

Use Your Questionnaire Score to Determine Your Type By

Using the Guide Below:

By adding the scores for Vata, Pitta, and Kapha you have determined your Ayurvedic Constitutional type. Although there are only three doshas, they can combine in ten possible ways to give ten possible Constitutional Types. These are enumerated below.

If one score is much higher than the other two, you are a single dosha type.

Single Dosha Type (3):

Vata:

Pitta:

Kapha:

Examples:

If you scored Vata 38, Pitta 8, Kapha 4 you would be considered a Vata Type

If you scored Vata 10, Pitta 35, Kapha 5 you would be considered a Pitta Type

If you scored Vata 9, Pitta 8, Kapha 33 you would be considered a Kapha Type

Generally, the single dominant dosha must be at least 2.5 times as much as the other doshas for an individual to be considered a single dosha type. There are rare exceptions to this rule but can feel confident by applying it.

If no single dosha is dominant, you are a bi-doshic type.

Bi-doshic Types (6):

Vata-Pitta

Pitta-Vata

Pitta-Kapha

Kapha-Pitta

Kapha-Vata

Vata-Kapha

Examples:

If you scored Vata 20, Pitta 24, Kapha 8 you would be considered a Pitta-Vata Type

If you scored Vata 6, Pitta 18, Kapha 26 you would be considered a Kapha-Pitta Type

In practice, the majority of individuals are bidoshic types. The dosha with the relatively highest score is your primary dosha, but its manifestation in your mind and body is significantly colored by the secondary dosha. There can also be a few traits which are attributable to the third dosha (i.e. thick bushy eyebrows in a Vata-Pitta individual) but these will be few if any.

If all three scores are nearly equal, you are a tri-doshic type.

Tri-doshic Types (1):

Vata-Pitta-Kapha

This doshic type is truly rare and requires all three dosha to score within 10% of each other.

Remember also that the questionnaire should be supported by the descriptions given above for each type.

If the questionnaire says you are a Pitta type yet you feel from the descriptions that you are definitely a Vata type, re-take the test the next day, or have a close friend or family member take it with you. The odds are you will be a bi-doshic type.

Your Dominant Prakriti =

