Embodying the Principles of Ayurveda

PRAKRUTI DOSHA

**Instructions:** For each line item, circle the response that best represents your lifelong characteristics and tendencies. If more than one response fits, circle all that apply. If none fits, leave the line blank. Total each section, then the grand total for VPK. The highest score is your dominant dosha. Most individuals also have a strong secondary dosha (dual doshic). More unusual are individuals who are purely a single dosha or evenly balanced among all three doshas (tridoshic).

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| **APPEARANCE**  | **VATA**  | **PITTA**  | **KAPHA**  |
| 1. Body Frame  | Thin, bony, short *or* tall  | Average, balanced  | Large, big-boned  |
| 2. Weight  | Light  | Moderate  | Heavy  |
| 3. Hips & Shoulders  | Narrow hips & wide shoulders *or* the reverse  | Medium, well-proportioned  | Broad  |
| 4. Joints  | Prominent, dry, knobby; prone to cracking, popping  | Normal, well-proportioned  | Big, smooth, strong; well-formed & lubricated  |
| 5. Musculature  | Slight; prominent tendons  | Medium; firm  | Plentiful; solid  |
| 6. Abdomen  | Flat to sunken  | Moderate  | Rounded to pot-bellied  |
| 7. Skin / Complexion  | Thin, dry; cool; dark or very light with a touch of gray; tans easily without burning  | Fair, soft, lustrous, warm; freckles; many moles; pinkish; burns easily  | Thick, oily, pale or white; cold; smooth  |
| 8. Hair  | Thin, dark, coarse, kinky or curly  | Fine, soft, fair or reddish  | Plentiful, thick, wavy, lustrous, generally brown  |
| 9. Face  | Long, angular; chin often underdeveloped  | Heart-shaped; chin often pointed  | Large, round, full; chin rounded or double  |
| 10. Eyes  | Small, narrow, or sunken  | Average  | Large, prominent, long lashes  |
| 11. Nose  | May be crooked, small, or narrow  | Neat, pointed, average in size  | Large, rounded  |
| 12. Lips  | Thin, narrow; dry  | Average; soft  | Big, full; smooth  |
| 13. Teeth & Gums  | Irregular, protruding; receding gums  | Medium-sized; yellowish; sensitive gums  | Even; large; white; strong gums  |
| 14. Body Hair  | Little *or* overabundant; curly *or* fine  | Light and fine  | Moderate amounts of heavy hair  |
| 15. Fingernails  | Rough, dry, brittle, bitten  | Soft, medium, strong, pink  | Soft, large, pale  |
| **APPEARANCE TOTAL**  |   |   |   |

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| **PHYSIOLOGICAL CHARACTERISTICS**  |  |  |
| 1. Appetite  | Irregular; often skips meals  | Intense; must eat regular meals  | Steady; can skip a meal  |
| 2. Thirst  | Low, variable  | High  | Moderate  |
| 3. Tastes  | Sweet, salty, sour  | Sweet, bitter, astringent  | Pungent, bitter, astringent  |
| 4. Cravings  | Dry, crunchy snacks; salty and sour foods  | Greasy foods; iced drinks  | Desserts, creamy textures  |
| 5. Elimination  | Irregular; constipation; hard, dry stools  | Regular; soft, loose stools  | Slow elimination; thick, heavy  |
| 6. Sweat / Body Odor  | Scanty; odorless  | Profuse, hot; strong odor  | Moderate, cold; pleasant odor  |
| 7. Pulse  | Weak, erratic  | Stable, strong  | Slow, smooth  |
| 8. Circulation  | Variable; cold extremities  | Good  | Slow, steady  |
| 9. Immunity  | Variable, poor  | Moderate  | High  |
| 10. Sleep  | Light, fitful, interrupted  | Sound, even, moderate  | Deep, long; slow to waken  |
| 11. Libido  | Low to variable; fantasizes  | Passionate, excessive  | Slow, but strong; loyal  |
| 12. Weight Fluctuations  | Puts on weight at the waist; hard to gain, easy to lose  | Gains weight evenly; willful dieters  | Gains weight easily; difficult to diet  |

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| **PHYSIOLOGICAL CHARACTERISTICS *(cont’d)***  |  |  |
| 13. Climate Sensitivities  | Dislikes cold, dry  | Irritated by heat  | Dislikes damp, cool  |
| 14. Activity  | Always doing many things; fidgeting  | Moderate, directed  | Steady, plodding  |
| 15. Endurance  | Expends energy quickly, then sinks until recovered  | Moderate to high; can push the limits  | Good, long-lasting; slow, even pace  |
| 16. Gait  | Fast, short steps  | Medium, purposeful  | Slow, graceful  |
| 17. Voice / Speech  | Hoarse, crackly; fast talking, talkative  | Sharp, clear, precise; can be argumentative  | Slow, melodious; deliberate with moments of silence  |
| **PHYSIOLOGICAL CHAR TOTAL**  |   |   |   |

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| **MIND / EMOTIONS**  | **VATA**  | **PITTA**  | **KAPHA**  |
| 1. Lifestyle / Routine  | Erratic, full, untidy  | Busy, achieves much  | Steady and regular; may be stuck in a rut  |
| 2. Work  | Creative  | Intellectual  | Caring  |
| 3. Finances  | Spends freely, whimsical  | Efficient, high quality  | Cautious, saves well  |
| 4. Hobbies / Interests  | Travel, art, philosophy  | Sports, politics, luxuries  | Serene, leisurely activities  |
| 5. Friendships  | Tends toward short-term friendships; makes friends quickly  | Tends to be a loner; friends related to occupation  | Slow to form friendships, but then they are long-lasting  |
| 6. Relationships  | Many casual  | Intense  | Long & deep  |
| 7. Asana Practice  | Variable, creative  | Precise, demanding  | Slow, stable, steady  |
| 8. Sensitivities  | Noise; pain; cold & drafts  | Bright light; heat  | Strong odors; cold & damp  |
| 9. Temperament  | Nervous, insecure, shy  | Determined, motivated  | Conservative, resilient  |
| 10. Response to Stress  | Fear, paranoia  | Becomes competitive or angry  | Generally stable  |
| 11. Emotional Tendencies  | Fearful, anxious, insecure  | Angry, judgmental  | Greedy, possessive  |
| 12. Emotions – Positive  | Creative, intuitive, curious, imaginative, empathic  | Intelligent, forceful, confident, enterprising, perfectionist  | Tolerant, calm, generous, understanding, patient  |
| 13. Emotions – Negative  | Changeable, restless, weak-willed  | Stubborn, critical, vain, jealous, angry  | Dull, depressed, heaviness, lethargy, narrow-minded  |
| 14. Thinking  | Superficial with many ideas; more thoughts than deeds  | Precise, logical; good planner and gets plans carried out  | Calm, slow, cannot be rushed; good organizer  |
| 15. Memory  | Learns quickly, forgets quickly  | Learns quickly, forgets slowly  | Learns slowly, forgets slowly  |
| 16. Deep Beliefs  | Changes these frequently according to latest mood  | Extremely strong convictions that govern behavior  | Deep, steady beliefs that are not easily changed  |
| 17. Spiritual Tendencies  | Mystical  | Leader and organizer  | Loyal believer  |
| 18. Dreams  | Flying, moving, restless, nightmares  | Fiery, colorful, passionate, conflict  | Romantic, sentimental, calm, watery  |
| **MIND / EMOTIONS TOTAL**  |   |   |   |

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| **TOTALS:**  | **VATA**  | **PITTA**  | **KAPHA**  |
| • APPEARANCE  |   |   |   |
| •PHYSIOLOGICALCHARACTERISTICS  |   |   |   |
| •MIND / EMOTIONS  |   |   |   |
| **TOTAL VPK**  |   |   |   |

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