



Ayurvedic Constitutional Type

Check all tendencies that describe you and add up the score. Dual constitutions are often equal scores, or within a few points of each other. Occasionally all three scores may be nearly equal.

Vata

- ☐ smaller, lighter frame
- ☐ thin before puberty
- ☐ small bones or prominent joints
- ☐ do not gain weight easily
- ☐ eyes dark and active
- ☐ dry skin, chaps easily
- ☐ skin tans easily
- ☐ hair dark, thick, wiry
- ☐ prefers warm climate, sun, humidity
- ☐ appetite variable, sometimes hungry, sometimes not
- ☐ bowel movements irregular, sometimes constipated
- ☐ digestion variable, occasional indigestion
- ☐ dislikes routine, schedules, deadlines
- ☐ expressive creative thinker
- ☐ likes physical activity
- ☐ derives relaxation from exercise
- ☐ changes mind easily and often
- ☐ tendency to anxiety under stress
- ☐ dreams often but has difficulty remembering dreams
- ☐ changeable moods, concepts and ideas
- ☐ likes to snack, nibble, "graze"
- ☐ when ill, sharp pains are common
- ☐ sleeps lightly, wakes easily, "morning person"
- ☐ spends money readily
- ☐ sexual libido irregular
- ☐ nails brittle, break easily
- ☐ hands and feet cool, perspires little
- ☐ pulse fast, hands cool or cold
- ☐ thirsty sometimes, not at others

Pitta

- ☐ medium or average build
- ☐ medium build before puberty
- ☐ medium/average bone structure
- ☐ gains and loses weight easily
- ☐ eyes green or hazel
- ☐ oily hair and skin
- ☐ sunburns easily, fair skin,
- ☐ fine blonde hair, redhead, prematurely grey
- ☐ prefers cool weather, cannot tolerate heat
- ☐ good appetite, irritable if late for a meal
- ☐ easy, regular bowel movements
- ☐ good digestion, "iron" stomach
- ☐ likes routines of own choosing
- ☐ good leadership abilities, high initiative
- ☐ likes exercise, especially competition
- ☐ exercise keeps emotions under control
- ☐ likes to express opinions
- ☐ angry, irritable under stress
- ☐ dreams in colour, remembers dreams readily
- ☐ express ideas forcefully
- ☐ likes high protein diet
- ☐ tendency towards fevers, skin rash, inflammation when ill
- ☐ usually sleeps well
- ☐ likes to spend money on education, self improvement
- ☐ strong sex drive
- ☐ strong, flexible nails
- ☐ perspires easily, profusely
- ☐ warm hands, strong pulse
- ☐ often thirsty

Kapha

- ☐ husky build
- ☐ plump before puberty
- ☐ large bone structure
- ☐ gains weight easily, hard to lose
- ☐ large eyes, thick eyelashes
- ☐ cool, moist, thick skin
- ☐ tans slowly but evenly
- ☐ hair thick and wavy
- ☐ cannot tolerate high humidity
- ☐ large appetite, loves food, can skip meals without a problem
- ☐ bowel movements daily, regular, thick, heavy, steady
- ☐ good digestion, sometimes slow
- ☐ works well in a routine
- ☐ good administrator, likes to run things smoothly
- ☐ prefers leisurely activities
- ☐ only exercise controls overweight
- ☐ change opinions slowly
- ☐ procrastinates, tends to avoid difficult situations
- ☐ remembers only significant dreams
- ☐ steady and reliable, slow to change
- ☐ loves bread, baked goods, sweets
- ☐ tends to fluid retention or excess mucus
- ☐ heavy sleeper
- ☐ saves money, "packrat"
- ☐ steady sexual interest, loves cuddling
- ☐ strong, thick nails
- ☐ moderate perspiration
- ☐ slow pulse, cool hands
- ☐ rarely thirsty

SCORE _____ X 4 =
_____ %

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Notes:

Name: _____

Date: _____