

# PRAKRITI CHART: Your Ayurvedic Constitution

*Renaissance Yoga and Ayurveda: 416-920-4520*

Name:

Date:

*applies least - applies most*

<b>VATA CHARACTERISTICS:</b>							
My stature is shorter or taller than average.	0	1	2	3	4	5	6
My body is unusually proportioned.	0	1	2	3	4	5	6
My body is slender and small-boned for my height.	0	1	2	3	4	5	6
My musculature tends to be hard, thin, or wiry.	0	1	2	3	4	5	6
I find it difficult to gain weight.	0	1	2	3	4	5	6
My body's secondary sexual characteristics are not markedly developed.	0	1	2	3	4	5	6
My complexion is dark relative to my ancestral group.	0	1	2	3	4	5	6
My facial features are irregular or very refined.	0	1	2	3	4	5	6
My hair is rough, breaks easily, or is very curly.	0	1	2	3	4	5	6
My skin tends to be dry, and I don't perspire easily.	0	1	2	3	4	5	6
I have a lot of nervous energy and often fidget when sitting.	0	1	2	3	4	5	6
My joints often crack when I move.	0	1	2	3	4	5	6
I tend to move, talk, and eat quickly.	0	1	2	3	4	5	6
I have trouble being on time.	0	1	2	3	4	5	6
I dislike windy, cold, and dry climates.	0	1	2	3	4	5	6
I often feel chilly.	0	1	2	3	4	5	6
My energy level fluctuates.	0	1	2	3	4	5	6
My appetite is irregular and my elimination tends to constipation.	0	1	2	3	4	5	6
I am attracted to sweet foods.	0	1	2	3	4	5	6
I prefer warm, soupy meals.	0	1	2	3	4	5	6
I like rich creamy foods with flavorful sauces.	0	1	2	3	4	5	6
I like dairy products, butter or ghee, nut butters, and healthy oils.	0	1	2	3	4	5	6
I like salty and sour tastes.	0	1	2	3	4	5	6
Left to myself, I tend to snack and graze rather than taking the time to prepare a meal.	0	1	2	3	4	5	6
My sleep patterns are often disturbed or irregular.	0	1	2	3	4	5	6
I dream of levitation, flying, floating, or fleeing helplessly.	0	1	2	3	4	5	6
I have many interests, and am often easily distracted.	0	1	2	3	4	5	6
I can work quickly, but often have difficulty completing tasks.	0	1	2	3	4	5	6
I understand theoretical things quickly, but my memory is not the best.	0	1	2	3	4	5	6
I am enthusiastic and vivacious.	0	1	2	3	4	5	6
I sometimes feel shy or lacking confidence in social situations.	0	1	2	3	4	5	6
I am empathetic, sensitive, and seek emotional intimacy.	0	1	2	3	4	5	6
When emotionally imbalanced, I tend to worry, or feel anxious, nervous, fearful, or insecure	0	1	2	3	4	5	6
Among my blood relatives, nervous system and mental/emotional disorders are common.	0	1	2	3	4	5	6
In difficult situations, I tend to feel overwhelmed.	0	1	2	3	4	5	6
I am naturally creative, and like to do artwork, or theater, music,	0	1	2	3	4	5	6

graphic design, creative writing, etc.							
I am spiritually and psychically attuned, but less well grounded in the physical world, compared to others.	0	1	2	3	4	5	6
Finances are often a challenge for me.	0	1	2	3	4	5	6
<b>TOTALS:</b>							
Number of times each column was chosen:		–	–	–	–	–	–
Total score for each column (multiply the number in each space the number of the column itself):		–	–	–	–	–	–
<b>TOTAL VATA SCORE</b> (Sum of all numbers in the line above):							
<b><i>PITTA CHARACTERISTICS:</i></b>							
My stature is medium height with medium build.	0	1	2	3	4	5	6
My skin is soft and warm to the touch, and bruises easily.	0	1	2	3	4	5	6
My skin has reddish, yellowish, or coppery cast, and my hair has reddish tints.	0	1	2	3	4	5	6
My hair is straight, fine, thin, and tends to be oily.	0	1	2	3	4	5	6
My eyes have an intense expression, and are greenish, hazel, reddish-brown, amber, or gray.	0	1	2	3	4	5	6
I have a high metabolism.	0	1	2	3	4	5	6
People who are my blood relatives tend to gray early (before 40)	0	1	2	3	4	5	6
Among my older blood relatives, hyperacidity, heart disease, and high blood pressure are common.	0	1	2	3	4	5	6
I dislike heat and hot climates.	0	1	2	3	4	5	6
I am overly sensitive to bright light.	0	1	2	3	4	5	6
I perspire easily.	0	1	2	3	4	5	6
I feel better in cool climates and when near bodies of water.	0	1	2	3	4	5	6
I have a strong appetite, and get irritable if meals are delayed.	0	1	2	3	4	5	6
I am attracted to sweets.	0	1	2	3	4	5	6
I like bitter or astringent tastes (coffee, beer, white wine, chocolate).	0	1	2	3	4	5	6
Hot spices and acidic foods can be aggravating to my mouth or my digestion.	0	1	2	3	4	5	6
I like dairy products and soft, creamy, mild foods.	0	1	2	3	4	5	6
I like to eat a lot of raw foods, like fruits and salads.	0	1	2	3	4	5	6
My digestion is fairly rapid, and my evacuation tends towards loose stools, often twice per day.	0	1	2	3	4	5	6
I tend to sleep soundly, about 6-7 hours.	0	1	2	3	4	5	6
I have dreams of violence, adventure, problem-solving, or bright colors.	0	1	2	3	4	5	6
In conversations, my communication style is often aggressive or argumentative.	0	1	2	3	4	5	6
In difficult situations, I try to take control.	0	1	2	3	4	5	6
In situations of injustice, I will fight back.	0	1	2	3	4	5	6
I am an inspirational speaker, and can talk for a long time.	0	1	2	3	4	5	6
I am hard-working, ambitious, organized, and achievement-oriented.	0	1	2	3	4	5	6
I am a perfectionist, and tend to be overly critical of myself and others.	0	1	2	3	4	5	6

When emotionally imbalanced, I tend towards impatience, frustrations, irritability, and anger.	0	1	2	3	4	5	6
After expressing anger, I calm down quickly.	0	1	2	3	4	5	6
I have a strong intellect, and tend to like mentally stimulating activities.	0	1	2	3	4	5	6
I enjoy competitive sports.	0	1	2	3	4	5	6
I thrive on challenges, I enjoy overcoming obstacles, and I take pride in solving problems.	0	1	2	3	4	5	6
I am a good leader.	0	1	2	3	4	5	6
In school, I liked science, math, or social sciences.	0	1	2	3	4	5	6
I am highly educated, with one or more university degrees.	0	1	2	3	4	5	6
I am particular about how I dress, and I like to look attractive to the opposite sex.	0	1	2	3	4	5	6
Emotional intimacy is sometimes challenging for me.	0	1	2	3	4	5	6
I keep commitments to others most of the time, unless it is inconvenient.	0	1	2	3	4	5	6
I can be intensely committed politically, professionally, or spiritually.	0	1	2	3	4	5	6
I enjoy an adequate income.	0	1	2	3	4	5	6
<b>TOTALS:</b>							
Number of times each column was chosen:		–	–	–	–	–	–
Total score for each column (multiply the number in each space the number of the column itself):		–	–	–	–	–	–
<b>TOTAL PITTA SCORE</b> (Sum of all numbers in the line above):							
<b>KAPHA CHARACTERISTICS:</b>							
My body stature is robust, with well-developed secondary sexual characteristics.	0	1	2	3	4	5	6
I am taller than average.	0	1	2	3	4	5	6
Most of my life I have gained weight easily.	0	1	2	3	4	5	6
My skin is moist, and my body tends to retain water.	0	1	2	3	4	5	6
My body has a tendency to produce excess mucous.	0	1	2	3	4	5	6
My complexion is whitish.	0	1	2	3	4	5	6
I have large, attractive eyes.	0	1	2	3	4	5	6
I have abundant body hair.	0	1	2	3	4	5	6
My hair is thick and lustrous.	0	1	2	3	4	5	6
My hair is very dark or very pale, lacking reddish pigment.	0	1	2	3	4	5	6
My facial features are rounded.	0	1	2	3	4	5	6
I usually walk slowly and gracefully.	0	1	2	3	4	5	6
My metabolism is slow.	0	1	2	3	4	5	6
I sometimes find it difficult to motivate myself to take action, but once I start, I work slowly and steadily and complete assigned tasks.	0	1	2	3	4	5	6
I can bear hunger and thirst easily.	0	1	2	3	4	5	6
I am not particularly attracted to sweets, dairy products, cold food, fruits, oil, or heavy, bland foods.	0	1	2	3	4	5	6
I like spicy, warm foods.	0	1	2	3	4	5	6
My digestion and evacuation tend to be slow; I usually evacuate	0	1	2	3	4	5	6

once per day.							
Among my blood relatives, larger-than-average family sizes are common.	0	1	2	3	4	5	6
Among my older blood relatives, long lifespans are common.	0	1	2	3	4	5	6
I dislike cool, wet, cloudy weather	0	1	2	3	4	5	6
I am usually early to bed and early to rise.	0	1	2	3	4	5	6
I tend to need a lot of sleep, and don't feel good during the day if I get less than eight hours of sleep.	0	1	2	3	4	5	6
I often dream of bodies of water.	0	1	2	3	4	5	6
I am dignified in my speech and bearing.	0	1	2	3	4	5	6
I don't show my emotions easily, and am uncomfortable with emotional displays.	0	1	2	3	4	5	6
I am often not very talkative.	0	1	2	3	4	5	6
I am often relaxed, calm, and humorous.	0	1	2	3	4	5	6
I am not easily thrown off balance emotionally, tending to be calm and unruffled in difficult situations.	0	1	2	3	4	5	6
I listen attentively to the arguments of others, but I keep my own counsel.	0	1	2	3	4	5	6
I enjoy doing volunteer work, and take satisfaction in helping others.	0	1	2	3	4	5	6
I have an excellent memory, and am organized and patient with details.	0	1	2	3	4	5	6
Physical activity often does not appeal to me, even though I know it's healthy.	0	1	2	3	4	5	6
I enjoy practical activities and working with my hands: activities such as engineering, farming, gardening, construction, decorating, architecture, cooking, and crafts appeal to me.	0	1	2	3	4	5	6
I am often accused of being overly complacent about life.	0	1	2	3	4	5	6
I have a tendency to suppress my emotions; when emotionally imbalanced, I most often feel sadness, longing, or depression.	0	1	2	3	4	5	6
I have a stable and supportive family life.	0	1	2	3	4	5	6
I am sentimental, devoted to my family and teachers, and loyal to my friends.	0	1	2	3	4	5	6
Material wealth seems to come easily to me.	0	1	2	3	4	5	6
<b>TOTALS:</b>							
Number of times each column was chosen:		–	–	–	–	–	–
Total score for each column (multiply the number in each space the number of the column itself):		–	–	–	–	–	–
<b>TOTAL KAPHA SCORE</b> (Sum of all numbers in the line above):							

SUMMARY OF CHART TOTALS:            **V:**            **P:**            **K:**

PRAKRITI (reduce ratio to numbers 1-3):    **V\_\_P\_\_K\_\_**



# Dosha Tests



## Dosha Test #1:

From Eat, Taste, Heal by Yarema, Rhoda & Brannigan

### Vata – Physical Characteristics

#	Question	Rating (0 to 2)
1	I am slender and do not gain weight easily	
2	I am taller or shorter than average	
3	“Thin” describes many of my bodily features (hair, neck, fingers, lips, etc.)	
4	My energy fluctuates and often comes in bursts	
5	My appetite is variable (ie: high one day and low the next)	
6	I have a tendency to become bloated, gassy, or constipated	
7	My skin frequently becomes dry	
8	I tend to have cold hands and feet	
9	I am a light sleeper and often have difficulty falling asleep	
10	I prefer warm, moist weather to cold or dry weather	
	<b>Total Physical Vata:</b>	

### Vata – Psychological Characteristics

#	Question	Rating (0 to 2)
1	I am creative and imaginative	
2	I enjoy artistic forms of expression	
3	My mind is active and often restless	
4	I learn quickly but also forget quickly	
5	I become “spaced out” quite easily	
6	I have a tendency to feel anxious, nervous, and insecure	
7	I speak quickly and use hand gestures	
8	I am always on the go	
9	My lifestyle and daily routine are irregular	
10	My dreams are active and colorful	
	<b>Total Psychological Vata:</b>	



# Dosha Tests



## Pitta – Physical Characteristics

#	Question	Rating (0 to 2)
1	I have a medium build and gain or lose weight easily	
2	My height is average	
3	My physical features are sharp or pointed (nose, chin, teeth, etc.)	
4	My energy and activity levels are high	
5	My appetite is strong; I can eat large quantities of food	
6	My bowel movements are regular; I occasionally have diarrhea	
7	I perspire quite easily	
8	My skin is oily and has a reddish tone	
9	My eyes are penetrating and light in color	
10	I prefer cooler weather and become irritable in hot weather	
	<b>Total Physical Pitta:</b>	

## Pitta – Psychological Characteristics

#	Question	Rating (0 to 2)
1	I am goal oriented and achieve anything to which I put my mind	
2	I have a good sense of humor	
3	I have a strong intellect and enjoy learning new things	
4	I have a natural ability to lead others	
5	I am a perfectionist	
6	I tend to become irritable, impatient, and angry	
7	I am critical of myself and others	
8	Many people think I'm stubborn	
9	I become irritable if I skip a meal	
10	I enjoy competition	
	<b>Total Psychological Pitta:</b>	



# Dosha Tests



## Kapha – Physical Characteristics

#	Question	Rating (0 to 2)
1	I gain weight easily and lose weight with great difficulty	
2	I am short and stocky or tall and sturdy	
3	“Thick” describes many of my bodily features (hair, neck, fingers, lips, etc.)	
4	I have abundant strength and stamina	
5	My digestion is weak and I often feel heavy after eating	
6	My bowel movements are highly regular	
7	My skin is smooth and oily and tends to be pale	
8	I sleep deeply and soundly	
9	I catch colds quite often	
10	I prefer hot weather over cold or damp weather	
<b>Total Physical Kapha:</b>		

## Kapha – Psychological Characteristics

#	Question	Rating (0 to 2)
1	I have a big heart and prefer to focus on the good in the world	
2	I am calm in nature and not easily angered	
3	I prefer a slow, relaxed lifestyle	
4	I don't learn as quickly as others, but my long-term memory is excellent	
5	I become sentimental quite easily; I often think about the past	
6	I am methodical in my actions	
7	I am highly protective of myself and family	
8	I let negative emotions build up rather than addressing them	
9	I usually let others take the lead	
10	I am a natural listener and frequently help others with their problems	
<b>Total Psychological Kapha:</b>		



# Dosha Tests



## Dosha Test #2: \*blend of multiple shorter dosha tests

<b>Body Frame</b>	Thin, bony, tall or short	Medium, balanced	Large, broad
<b>Weight</b>	Low	Moderate	Heavy
<b>Skin</b>	Dry, rough, cool, dull	Soft, oily, warm, ruddy	Thick, moist, cold, pale, white
<b>Hair</b>	Dark, dry, curly	Soft, oily, fair/red/grey	Thick, oily, wavy
<b>Teeth</b>	Protruding, big, uneven	Moderate, yellowish	Strong, even, white
<b>Nails</b>	Rough, dry, brittle, bitten	Soft, pink, strong	Soft, large, white
<b>Eyes</b>	Small, dull, dry, nervous	Sharp, penetrating	Big, thick lashes
<b>Appetite</b>	Variable, small	Good, regular	Slow and steady
<b>Thirst</b>	Variable	Excessive	Minimal
<b>Elimination</b>	Dry, hard, constipated	Soft, oily, loose	Thick, heavy, slow, mucousy
<b>Urine</b>	Frequent but sparse	Yellow, copious	Infrequent, average
<b>Sweat</b>	Minimal	Profuse, pungent odor	Slow to begin, heavy
<b>Pulse</b>	Weak, erratic	Stable, strong	Slow, smooth
<b>Circulation</b>	Variable, poor, sluggish	Good	Moderate
<b>Sleep</b>	Light, disturbed, minimal	Sound, moderate	Heavy, excessive
<b>Speech</b>	Rapid, high or hoarse voice	Sharp, cutting, loud	Slow, harmonious
<b>Libido</b>	Varies, directed in fantasy	Passionate, excessive	Slow but strong, loyal
<b>Immunity</b>	Variable, poor	Moderate	High
<b>Activity</b>	High, restless, mobile	Moderate, directed	Minimal, slow
<b>Endurance</b>	Minimal	Moderate	Excellent
<b>Mind</b>	Restless, curious	Aggressive, clever	Calm, slow
<b>Memory</b>	Short term	Sharp, good	Long term
<b>Routine</b>	Dislikes	Enjoys planning	Adaptable, tolerates
<b>Faith</b>	Erratic, changeable	Fanatical	Steady, devoted
<b>Dreams</b>	Frequent, fearful	Fiery, violent, vivid	Romantic, calm
<b>Opinions/Moods</b>	Variable, fluctuate	Expresses forcefully	Changes slowly
<b>Finances</b>	Poor, spends rapidly	Moderate, buys luxuries	Rich, thrifty
<b>Hobbies</b>	Travel, art, philosophy	Sports, politics, luxuries	Serene, leisurely types
<b>Food</b>	Simply, sparse, snacks	Requires regular meals	Gourmet, luxury, fatty
<b>Sensitivities</b>	Cold, wind, dryness	Heat, sun, fires	Cold, damp, humidity
<b>Temperament</b>	Social, loving, nervous, shy, insecure	Fun, determined, motivated, angry, aggressive	Conservative, resilient, lazy, possessive
<b>Totals:</b>	<b>Vata:</b> _____	<b>Pitta:</b> _____	<b>Kapha:</b> _____





# Dosha Tests



## Dosha Test #3

From the *Himalayan Institute of Yogic Science and Philosophy*.

Physical	Emotional	Under Stress
Thin Frame	Talks fast or a lot	Loses weight
Prominent joints	Indecisive	Constipation
Very tall or short	Learns fast, but forgets	Excess gas
Weight at the middle	Enthusiastic/joyful	Restless/active
Chilly	Restless/active	Chronic pain
Dry skin	Sensitive to light/noises	Light sleeper/insomnia
Dry curly hair	Creative/artistic	Anxious/fearful
Small dry eyes	Intuitive	Drug use/abuse
Joint instability/pain	Introspective	Panic attacks
Variable appetite/thirst	Psychic	
Variable energy	Likes/seeks change	
Love summer		

**Total Vata:** \_\_\_\_\_



# Dosha Tests



Physical	Emotional	Under Stress
Medium build	Words sharp/concise	Rashes/hives
Athletic	Competitive	Excess sweat/body odor
Warm-blooded	Intelligent/perceptive	Gastritis/ulcers
Oily, soft skin	Keen memory	High blood pressure
Freckles/pimples	Irritable/impatient	Excess bleeding
Prematurely gray	Controlling	Eat hot spices
Straight fine hair	Jealous	Drinks alcohol to excess
Loves cool weather	Courageous	Anger/violent temper
Pink, pliable nails	Organized/efficient	Headaches
Excessive hunger/thirst	Successful	
Sleep sound/short		

**Total Pitta:** \_\_\_\_\_

Physical	Emotional	Under Stress
Thick, wide frame	Slow speech	Over sleeps
Good stamina	Calm	Overeats/ loss of appetite
Strong	Responsible	Excess mucus
Well-lubricated joints	Steady faith	Water retention
Weight in the hips/thighs	Slow memory, good recall	Overweight
White, even teeth	Stubborn	Lazy/ inert
Thick lustrous hair	Comprehends slowly	Greedy
Large eyes	Feeling hurt easily	Complacent
Slow/regular bowels	Nurturing/ maternal	Depressed
Thick, oily, cool skin	Loyal	
Chilly	Slow to change	
Aversion to humidity		

**Total Kapha:** \_\_\_\_\_