

# 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**\_\_