DETERMINING YOUR CONSTITUTION  
(PRAKRITI)

This quiz will help you identify your Ayurvedic constitution. Once determined, you can use this information to make lifestyle choices that help you to be balanced and healthy. Below is a list of physical and mental attributes of each dosha. Please check all that apply to you. At the end, add the checks from each category to estimate the dominant dosha(s).

Name ___________________________________________ Date ________________

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**Vata**

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional Temperament</th>
<th>Under Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin frame ____</td>
<td>Talks fast or a lot ____</td>
<td>Loses weight____</td>
</tr>
<tr>
<td>Prominent Joints ____</td>
<td>Indecisive ____</td>
<td>Constipation ____</td>
</tr>
<tr>
<td>Very tall or short ____</td>
<td>Learns fast, but forgets ____</td>
<td>Excess gas ____</td>
</tr>
<tr>
<td>Flat chested ____</td>
<td>Enthusiastic/joyful ____</td>
<td>Restless/active ____</td>
</tr>
<tr>
<td>Weight at middle ____</td>
<td>Restless/active ____</td>
<td>Chronic pain ____</td>
</tr>
<tr>
<td>Chilly ___</td>
<td>Sensitive to noise/lights ____</td>
<td>Light sleeper/insomnia __</td>
</tr>
<tr>
<td>Dry Skin ____</td>
<td>Creative/artistic ____</td>
<td>Anxious/fearful ____</td>
</tr>
<tr>
<td>Dry wavy hair ____</td>
<td>Intuitive ____</td>
<td>Drug use/abuse ____</td>
</tr>
<tr>
<td>Small dry eyes ____</td>
<td>Introspective ____</td>
<td>Panic attacks ____</td>
</tr>
<tr>
<td>Joint instability/pain ____</td>
<td>Psychic ____</td>
<td></td>
</tr>
<tr>
<td>Variable appetite/thirst ____</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Variable energy ____</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Turn page over ➤
**Pitta*  

**Physical**
- Medium build ____
- Athletic _____
- Warm-blooded _____
- Oily, soft skin _____
- Freckles/pimples _____
- Prematurely gray_____
- Straight fine hair _____
- Eyes red or yellow ____
- Pink, pliable nails _____
- Excessive hunger/thirst ___
- Sleep sound/short _____

**Emotional Temperament**
- Words sharp/concise _____
- Competitive _____
- Intelligent/perceptive _____
- Keen memory _____
- Irritable/impatient _____
- Controlling _____
- Jealous _____
- Courageous _____
- Organized/efficient _____
- Successful _____

**Under Stress**
- Rashes ___
- Excess sweat/ body odor _____
- Gastritis/ulcers _____
- High blood pressure ___
- Excess bleeding _____
- Eats hot spices ___
- Drinks alcohol to excess___
- Anger/violent temper _____
- Headaches _____

**Kapha*  

**Physical**
- Thick, wide frame _____
- Good Stamina _____
- Strong _____
- Well-lubricated joints _____
- Weight in hips/thighs _____
- White, even teeth _____
- Thick lustrous hair _____
- Large eyes _____
- Slow/regular bowels _____
- Thick oily cool skin _____
- Chilly___

**Emotional Temperament**
- Slow speech _____
- Calm _____
- Responsible _____
- Steady faith _____
- Slow memory, but prolonged _____
- Stubborn _____
- Comprehends Slowly _____
- Feelings hurt easily_____  
- Nurturing/maternal _____
- Loyal _____
- Slow to change _____

**Under Stress**
- Over sleeps _____
- Overeats/ or loss of appetite _____
- Excess mucus_____  
- Water retention___
- Overweight_____  
- Lazy/inert _____
- Greedy _____
- Complacent _____
- Depressed _____

*Your natural state when doshas are in balance

**Totals**

Vata _____
Pitta _____
Kapha _____

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