



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 \_\_\_\_\_

**Vata\***

**Physical**

- Thin frame \_\_\_\_\_
- Prominent Joints \_\_\_\_\_
- Very tall or short \_\_\_\_\_
- Flat chested \_\_\_\_\_
- Weight at middle \_\_\_\_\_
- Chilly \_\_\_\_\_
- Dry Skin \_\_\_\_\_
- Dry wavy hair \_\_\_\_\_
- Small dry eyes \_\_\_\_\_
- Joint instability/pain \_\_\_\_\_
- Variable appetite/thirst \_\_\_\_\_
- Variable energy \_\_\_\_\_

**Emotional  
Temperament**

- Talks fast or a lot \_\_\_\_\_
- Indecisive \_\_\_\_\_
- Learns fast, but forgets \_\_\_\_\_
- Enthusiastic/joyful \_\_\_\_\_
- Restless/active \_\_\_\_\_
- Sensitive to noise/lights \_\_\_\_\_
- Creative/artistic \_\_\_\_\_
- Intuitive \_\_\_\_\_
- Introspective \_\_\_\_\_
- Psychic \_\_\_\_\_

**Under  
Stress**

- Loses weight \_\_\_\_\_
- Constipation \_\_\_\_\_
- Excess gas \_\_\_\_\_
- Restless/active \_\_\_\_\_
- Chronic pain \_\_\_\_\_
- Light sleeper/insomnia \_\_\_\_\_
- Anxious/fearful \_\_\_\_\_
- Drug use/abuse \_\_\_\_\_
- Panic attacks \_\_\_\_\_

## 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 \_\_\_\_\_