

DISCOVERING YOUR CONSTITUTION (Prakriti)

ASPECT	VATA	PITTA	KAPHA
Frame	Thin, very tall or very short	Medium, well-proportioned	Ample in build
Structure	Light bones, prominent joints	Medium bones	Heavy bone structure
Body Weight	Hard time gaining weight	Gain or lose easily, if you put your mind to	Gain easily, hard time losing
Eyes	Small, active, dark eyes	Penetrating light green, grey or amber	Large attractive eyes thick eyelashes
Skin	Dry skin, chaps easily	Oily skin and hair	Thick, cool, well-lubricated
Complexion	Dark, tan easily	Fair, sunburn easily	Tan slowly but evenly, skin stays cooler than most
Hair	Dark, rough, wiry or kinky	Fine, light, oily hair, blond, red or early grey	Thick wavy hair, a little oily, dark or light
Nails	Brittle	Flexible, but pretty strong	Strong thick nails
Speech	Fast	Sharp and cutting	Slow, monotonous
Taste preference	Sweet, sour, salty	Sweet, bitter, astringent	Pungent, bitter, astringent
Food	Like to snack, nibble	Like high protein foods, like chicken, fish, eggs, beans	Love fatty foods, bread, starch
Thirst.	Variable	Usually thirsty	Rarely thirsty
Illness	Nervous disorders or sharp pain more likely	Fevers, rashes, inflammation more likely	Excess fluid retention or mucous more likely
Perspiration	Cold hands and feet, little perspiration	Good circulation, perspire frequently	Moderate perspiration
Climate	Prefer warm climate, sunshine, moisture	Prefer cool well ventilated places	Any climate, as long as it is not too humid
Appetite	Variable, can get very hungry, but may find "eyes were bigger than stomach"	Irritable if you miss a meal or can't eat when hungry; good appetite	Like to eat, fine appetite, but can skip meals if you have to

Bowel movements		Irregular, hard, dry, constipated		Easy and regular, if anything soft, oily, loose stools twice a day		Regular daily steady, thick, heavy
Digestion		Sometimes good, sometimes not		Usually good		Fine but sometimes slow
Routine		Dislike routine		Enjoy planning and routine especially if you create it		Work well with routine
Mind		Creative thinker, change your mind easily		Good initiator and leader, have opinions and like to share them		Good at keeping an organization or project running smoothly, change mind slowly
Physical activity		Like to stay active		Enjoy activity especially		love leisurely activities most
Exercise		Feel more mentally relaxed when exercising		Exercise helps keep emotions from going out of control		Exercise keeps weight down in a way a diet alone won't
Emotional temperament		Tend towards fear, insecurity and anxiety /under		Tend towards anger, frustration or irritability under		Avoids difficult situations
Dreams		Often dream, but rarely remember them, fearful, flying, jumping, running dreams		Remember dreams easily, often dream in colour, fiery, angry, violence, war ^		Only remember dreams if they are especially significant or intense, watery, romantic dreams
Moods		Changeable moods and ideas		Forceful about expressing your ideas and feelings		Steady, reliable, slow to change
Sleep		Light sleeper, insomnia		Usually sleep well		Sound, heavy sleeper
Finance		Money is to be spent		Spend on special items or on purchases that will advance you		Easy to save
Sexual interest		Variable, fantasy life active		Ready sexual interest and drive		Steady sexual interest and drive

Total up scores

If they are less than 10 points apart then two doshas (body types) predominate – seldom but sometimes three doshas are very similar which indicates you are tridoshic (all three body types): Vata, pitta & kapha.

Total up scores / If they are less than 10 points apart then two doshas predominate - seldom but sometimes the three doshas are very similar which indicates you are tridoshic.

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VIKRin

This is the condition or state of your health at this moment. It often differs from your prakriti and may differ from moment to moment. Vikriti is the imbalance within the body that causes discomfort or disease. For example, if there is a predominance of pitta in someone, the weather on a very hot day would cause that person to experience discomfort in the form of excess heat. <<