

Constitution Chart

When looking at the chart below, don't answer according to your current situation/state but rather think about what you've been like for the majority of your life – this will give a more accurate picture of your Prakriti. Put a tick in the V, P or K column and add them all up at the end. You will usually see higher numbers in two of the columns and lower numbers in a third, indicating a dual constitution. If you can't decide between two columns, put a tick in both.

OBSERVATION	VATA	PITTA	KAPHA	V	P	K
Body height	Slim, Tall, Short	Medium, average	Large			
Body weight	Slim, thin	Medium	Overweight			
Chin	Thin, weak	Tapering, angular	Rounded, double chin			
Neck	Thin, long	Moderate	Thick, big, folded			
Cheeks	Sunken, protruding cheek bones	Smooth, flat	Rounded, plump			
Eyes & lashes	Small, sunken, dry, active, black, brown, slate blue, nervous, spacey eyes; thin and scanty lashes	Sharp, bright, sparkling, grey, green eyes, yellow/red sclera; sensitive to light; thin and scanty lashes; need glasses	Big, beautiful, blue, calm, loving, watery eyes; deep, thick, oily lashes			
Nose	Uneven shape, irregular size, deviated septum	Medium-long, pointed, sharp, red nose tip	Short, rounded, button nose			
Lips	Thin, pale with brown tinge, prone to being dry, cracked	Medium, pointed, red, inflamed	Large, full, smooth, round, soft, pink			
Teeth	Irregular, big or small, roomy, uneven thin gums	Medium, sometimes sharp, soft, tender gums, yellowish tinge to teeth	Healthy, strong & regular, large & white, strong pink gums			
Complexion	Darkish or with a brown tinge, dull, matt	White with red or yellow tinge or ruddy red hue	Milky white complexion			

OBSERVATION	VATA	PITTA	KAPHA	V	P	K
Skin	Thin, dry, cold, rough, dark, cracked, prominent veins	Smooth, oily, warm, rosy, soft, thin, lots of moles, skin eruptions	Thick, oily, cool, white, pale, lustrous, wet, hidden veins			
Hair	Dry, brown, black, knotted, brittle, breaks easily, thin	Straight, soft, thin, oily roots, blonde, red, premature grey, bald	Thick, curly, oily, wavy, luxuriant, strong, dark, good quality			
Nails	Dry, rough, brittle, break easily, small, discoloured, cracked, flaking	Sharp, flexible, pink, lustrous	Thick, oily, cool, white, pale, soft			
Chest, breasts	Flat-chested, sunken	Moderate	Expanded, round, large breasts			
Belly, muscles	Thin, flat or sunken, poor muscle development	Moderate belly, moderately developed, moderate muscles - develop easily	Heavy, big belly, bulky & very strong muscles			
Hips	Slender, thin	Moderate	Heavy, big			
Joints	Fine, dry, prominent joints, tend to crack, usually stiff	Moderate, can be well lubricated/ flexible or hyperflexible	Heavy, big joints, well lubricated/ flexible			
Limbs	Thin, well-differentiated	Moderate, reasonably differentiated	Heavier limbs with joints not well differentiated			
Appetite	Irregular or scanty	Strong - need to eat regularly or get angry	Slow but steady. Don't mind missing meals but eat a lot when eating			
Digestion	Irregular, tends towards gas, burping, flatulation	Strong, quick, tends towards reflux/burning	Slow, tends towards mucous formation			
Thirst	Changeable	Strong	Sparse			
Elimination	Tend towards dry constipation	Tend towards loose stools	Tend towards thick, sluggish constipation			

OBSERVATION	VATA	PITTA	KAPHA	V	P	K
Menstrual Flow	Scanty and brown	Profuse, red	Moderate flow			
Perspiration	Less, cold sweats	Excessive, esp hot sweats	Less, cold sweats			
Physical activity	Hyperactive, fast movements	Moderate movement, enjoys competitive sports	Slow, steady, heavy movement			
Sex drive	Weak libido or changeable libido	Moderate libido, passionate and intense	Strong libido, very sensual lover			
Sleep	Scanty, light, broken up, prone to insomnia	Moderate but sound, tend towards hot sleeps	Deep, long sleep			
Energy	Use energy up quickly then collapse	Pace energy so it is always moderate	Store energy & prefer not to use it up			
Mental activity	Prone to being too restless with a very busy mind	Prone to being too intense and judgmental	Prone to being a bit dull mentally or avoiding issues			
Intellect	Quick intellect, flexible mind	Very sharp intellect,	Slow, exact intellect			
Memory	Good short term memory, hopeless long term memory	Moderate retention	Excellent memory			
Dominant positive traits	Creative, flexible	Good leadership, courageous	Loving, caring, kind			
Dominant negative emotions	Anxiety, fear, changing moods, restlessness	Anger, irritability, jealousy, impatience, judgmental, intense	Attachment, possessiveness, dullness			
Temperature likes & dislikes	Loves the warmth, hates the cold	Hates hot weather and humidity. Likes cold	Loves the dry warmth, hates the cold and wet			
TOTALS						