

Determining Your Constitution (Prakriti*)

According to Ayurveda, the five elements (space, air, fire, water, and earth) manifest in each of us in a unique way to give us our physical and mental qualities. This quiz is to help you identify which of those elements are most dominant. Once established, you can use this information to make lifestyle choices that help you be balanced and healthy.

Review the list of physical and mental attributes for each dosh. Check all that apply to you. At the end, add up the checks from each category to estimate the dominant dosha(s). Doshas are: Vata – Air and Space, Pitta – Fire, Kapha – Earth and Water.

What will this tell you?

Doshas are the lenses through which we experience and see the world. Each dosha has its own beauty, the world needs them all to function well.

Your highest score refers to your most dominant doshic blueprint. Most people have two fairly active strong doshas and one weaker one. It is rare for them all to be in equal strength or to have only one really strong dosha.

The balance of one's doshas is constantly being altered by a number of ever changing influences such as change of season, time of life, what one eats, and how one exercises. It is important to note which doshas are prominent so that you can give them extra attention and help them maintain balance through the changing seasons and throughout your life. In this way you can more effectively promote/regain your health and well-being.

Ayurveda takes into account all aspects of a person when developing the best approach to help a person either maintain or regain health. Start looking at your symptoms from the standpoint of their qualities. The basic Ayurvedic approach to rebalancing anything is to do the opposite. Example, if your pitta is aggravated and high, and you find yourself irritable and angry a lot, choose cooling activities, foods and drinks. Stay away from heat producing things for a while.

In order to rebalance, use the two key principles:

1. Like increases like
2. Opposites decrease

* Your natural state when doshas are in balance

Vata

Physical	Emotional Temperament	Under Stress
<input type="checkbox"/> Thin Frame	<input type="checkbox"/> Talks fast or a lot	<input type="checkbox"/> Loses Weight
<input type="checkbox"/> Prominent Joints	<input type="checkbox"/> Indecisive	<input type="checkbox"/> Constipation
<input type="checkbox"/> Very tall or short	<input type="checkbox"/> Learns fast, but forgets	<input type="checkbox"/> Excess gas
<input type="checkbox"/> Flat chested	<input type="checkbox"/> Enthusiastic/joyful	<input type="checkbox"/> Restless / Active
<input type="checkbox"/> Weight at middle	<input type="checkbox"/> Restless / active	<input type="checkbox"/> Chronic pain
<input type="checkbox"/> Chilly	<input type="checkbox"/> Sensitive to noise / lights	<input type="checkbox"/> Light sleeper / insomnia
<input type="checkbox"/> Dry, kinky hair	<input type="checkbox"/> Creative / artistic	<input type="checkbox"/> Anxious / fearful
<input type="checkbox"/> Small, dry eyes	<input type="checkbox"/> Intuitive	<input type="checkbox"/> Drug use / abuse
<input type="checkbox"/> Joint instability / pain	<input type="checkbox"/> Introspective	<input type="checkbox"/> Panic attacks
<input type="checkbox"/> Variable energy	<input type="checkbox"/> Psychic	

Pitta

Physical	Emotional Temperament	Under Stress
<input type="checkbox"/> Medium build	<input type="checkbox"/> Words sharp / concise	<input type="checkbox"/> Rashes
<input type="checkbox"/> Athletic	<input type="checkbox"/> Competitive	<input type="checkbox"/> Excess sweat / body odor
<input type="checkbox"/> Warm-blooded	<input type="checkbox"/> Intelligent / perceptive	<input type="checkbox"/> Gastritis / ulcers
<input type="checkbox"/> Oily, soft skin	<input type="checkbox"/> Keen memory	<input type="checkbox"/> High blood pressure
<input type="checkbox"/> Freckles / pimples	<input type="checkbox"/> Irritable / impatient	<input type="checkbox"/> Excess bleeding
<input type="checkbox"/> Prematurely gray	<input type="checkbox"/> Controlling	<input type="checkbox"/> Eats hot spices
<input type="checkbox"/> Straight, fine hair	<input type="checkbox"/> Jealous	<input type="checkbox"/> Drinks alcohol to excess
<input type="checkbox"/> Eyes red or yellow	<input type="checkbox"/> Courageous	<input type="checkbox"/> Anger / violent temper
<input type="checkbox"/> Pink, pliable nails	<input type="checkbox"/> Organized / efficient	
<input type="checkbox"/> Excessive hunger / thirst	<input type="checkbox"/> Successful	
<input type="checkbox"/> Sleep sound / short		

Kapha

Physical	Emotional Temperament	Under Stress
___ Thick, wide frame	___ Slow speech	___ Over sleeps
___ Good stamina	___ Calm	___ Overeats or loss of appetite
___ Strong	___ Responsible	___ Excess mucus
___ Well-lubricated joints	___ Steady in faith	___ Water retention
___ Weight in hips / thighs	___ Slow memory but prolonged	___ Overweight
___ White, even teeth	___ Stubborn	___ Lazy / inert
___ Thick, lustrous hair	___ Forgiving	___ Greedy
___ Large eyes	___ Empathic	___ Complacent
___ Slow, regular bowels	___ Nurturing / maternal	___ Depressed
___ Thick, oily, cool skin	___ Loyal	
___ Chilly		

Totals	Physical	Emotional Temperament	Under Stress	Total
Vata				
Pitta				
Kapha				