

## Determining your Prakruti (Constitution)

Observation	V	P	K	Vata	Pitta	Kapha
Body Frame				Slim	Medium	Large
Body Weight				Low	Medium	Overweight
Chin				Thin, Angular	Tapering	Rounded, Double
Cheeks				Wrinkled, Sunken	Smooth, Flat	Rounded, Plump
Eyes				Small, Sunken, Dry, Active, Black, Brown, Nervous	Sharp, Bright, Gray, Green, Yellow/Red, Sensitive To Light	Big, Beautiful, Blue, Calm, Loving.
Nose				Uneven Shape, Deviated Septum	Long Pointed, Red-Nose Tip	Short Rounded, Button Nose
Lips				Dry, Cracked, Black/Brown, Tinge	Red, Inflamed, Yellowish	Smooth, Oily, Pale, Whitish
Teeth				Stick Out, Big, Roomy, Thin Gums	Medium, Soft, Tender Gums	Healthy, White, Strong Gums
Skin				Thin, Dry, Cold, Rough, Dark	Smooth, Oily, Warm, Rosy	Thick, Oily, Cool White, Pale
Hair				Dry Brown, Black, Knotted, Brittle, Scarce	Straight, Oily, Blond, Gray, Red, Bald	Thick, Curly, Oily, Wavy, Luxuriant
Nails				Dry, Rough, Brittle, Break Easily	Sharp, Flexible, Pink, Lustrous	Thick, Oily, Smooth, Polished
Neck				Thin, Tall	Medium	Big, Folded
Chest				Flat, Sunken	Moderate	Expanded, Round
Belly				Thin, Flat, Sunken	Moderate	Big, Pot-Bellied
Belly-Button				Small, Irregular, Herniated	Oval, Superficial	Big, Deep, Round, Stretched
Hips				Slender, Thin	Moderate	Heavy, Big
Joints				Cold, Cracking	Moderate	Large, Lubricated
Appetite				Irregular, Scanty	Strong, Unbearable	Slow But Steady
Digestion				Irregular, Forms Gas	Quick, Causes Burning	Prolonged, Forms Mucus
Taste				Sweet, Sour, Salty	Sweet, Bitter, Astringent	Bitter, Pungent, Astringent
Thirst				Changeable	Surplus	Sparse
Elimination				Constipation	Loose	Thick, Oily, Sluggish
Physical Activity				Hyperactive	Moderate	Slow
Mental Activity				Hyperactive	Moderate	Dully, Slow
Emotions				Anxiety, Fear, Uncertainty	Anger, Hate, Jealousy	Calm, Greedy, Attachment
Faith				Variable	Extremist	Consistent
Intellect				Quick But Faulty Response	Accurate Response	Slow, Exact
Recollection				Recent Good, Remote Poor	Distinct	Slow And Sustained
Dreams				Quick, Active, Many, Fearful	Fiery, War, Violence	Lakes, Snow, Romantic
Sleep				Scanty, Broken Up, Sleeplessness	Little But Sound	Deep, Prolonged
Speech				Rapid, Unclear	Sharp, Penetrating	Slow, Monotonous
Financial				Poor, Spends On Trifles	Spends Money On Luxuries	Rich, Good Money Preserver
Total						

**INSTRUCTIONS:** To determine your **prakruti**, base your choices on what has been consistent over a long period of your life. Fill it based on what is consistently true about your life as a whole, over many years. Be objective and honest with yourself. If you find there are two columns that describe you, choose the one which is most prominent.

Sometimes it helps to have a friend ask you the questions and fill in the heart for you as they have insight (and impartiality) to offer. Add up the number of marks under vata, pitta and kapha. This will help you discover your own ratio of doshas in your prakruti. Most people have one predominant dosha, a few have two approximately equal and even fewer have all three in equal proportion.

## Determining your Vikruti (Current State)

Observation	V	P	K	Vata	Pitta	Kapha
Appearance				Thin, Bony, Emaciated	Medium, Intense	Large, Sluggish
Weight				Underweight	Steady	Overweight
Joints				Cracking And Popping	Tender	Swollen
Spine				Scoliosis Tendency	Kyphosis Tendency	Lordosis Tendency, Slipped Disk
Muscles				Tremors, Ticks, Spasms	Tenderness	Swelling
Skin				Dark, Dry, Rough, Scaly, Liver Spots	Yellow Or Red Rashes, Pimples, Acne	Pale,Oily, Smooth, Swelling
Lymph Nodes				Narrow	Tender, Inflamed	Enlarged, Congested
Veins				Prominent, Collapsed	Moderately Visible, Bruises Easily	Full, Wide, Stagnant
Eyes				Dry, Restless, Blinking	Red, Burning, Hypersensitive To Light	Pale, Swollen, Sticky, Excessive Lacrimation
Ears				Ringing (Tinnitus)	Pain, Infections	Clogged, Discharge
Nose, Sinuses				Dry, Crusty	Red, Inflamed	Congestion
Lips				Dry, Cracked	Red, Inflamed	Pale, Oily
Mouth				Dry, Receding Gums	Red, Inflamed, Tender Gums	Excessive Salivation
Teeth				Cavities, Receding Gums, Cracked Enamel	Yellow, Wasted Enamel	White, Strong Enamel
Tongue				Dry, Cracked, Tremors, Dark Coating	Red, Inflamed, Yellow Coating	Pale, Thick, White Coating
Hair				Dry, Knotted, Brittle	Oily, Graying, Bald	Oily, Wavy
Nails				Dry, Rough,Brittle, Cracked, Bitten	Soft, Sharp, Inflamed	Pale, Thick, Oily
Appetite				Variable, Anorexia Nervosa	Strong, Unbearable, Hypoglycemia	Slow, Steady
Digestion				Irregular, Gas And Bloating	Quick, Acid Digestion	Slow, Prolonged, Indigestion
Metabolism				Irregular	Hyperactive	Slow
Thirst				Variable,	Strong	Low
Elimination				Constipation, Dry, Hard Stools	Loose Stools, Diarrhea, Burning	Heavy, Oily Stools With Mucus
Energy Level				Hyperactive, Exhausts Quickly	Intense, Exhaust From Excessive Thinking	Low, Exhaustion Due To Excess Weight
Sexual Drive				Premature Orgasm	Painful Sex	Low Libido
Liver & Spleen				Palpable (Double Normal Size)	Tender	Enlarged, Fatty Degenerative Changes
Voice				Dry, Exhausted, Explosive, Whispering, Suttering	Sharp, Penetrating, Metallic	Deep, Hoarse, Drum-Like
Speech				Rapid, Abrupt, Unclear Ideas	Sharp, Determined, Premeditated	Slow, Monotonous
Breathing				Nervous, Diaphragmatic (Sympathetic Nervous System)	Agressive, Intercostals, Tight In Chest.	Slow, Abdominal, Apnea Tendency.
Allergies				Dry Wheezing, Breathlessness	Hives, Rashes, Urticaria	Congestion, Runny Nose
Sleep				Insomnia, Broken	Difficult Entering, Insufficient	Excessive, Drowsiness
Dreams				Many, Active, Fearful	Fiery, Violent	Watery, Romantic
Emotions				Anxiety, Fear, Loneliness	Judgement, Criticism, Anger, Hate, Jealousy	Attachment, Greed, Depression.
Intellect				Fast, Faulty Response	Abrupt, Accurate Response	Slow, Exact Response
Memory				Recent Good, Remote Poor	Moderate, Distinct	Slow, Remote Very Good
Total						

**INSTRUCTIONS:** To determine your **vikruti**, base your choices on how you have been feeling recently. Sometimes it helps to ask a friend as they may be more impartial. Add up the number of marks under vata, pitta or kapha to calculate the ratio of doshas in your vikruti. If your prakruti is **V2P3K1**, but your vikruti shows **V2P4K1**, this indicates high pitta.

## Determining your Mental Constitution

Observation	S	R	T	Sattva	Rajas	Tamas
Spiritual Practice				Regular	Irregular	Never
Spiritual Power				For Humanity	Sselfish	Destructive
Mental Clarity				Easy To Have Clarity	Moderate	Difficult To Have Clarity
Mental Peace				Quite Often Peaceful	Moderate	Rarely Peaceful
Satisfaction				Usually Satisfied	Partly Satisfied	Seldom Satisfied
Behavior				Gentle	Agressive	Destructive
Commitment				Total	Partial	Never
Concentration				Good	Fluctuating	Poor
Attentiveness				Good	Fluctuating	Poor, Careless
Will Power				Good	Variable	Low
Knowledge				Good	Variable	Low
Memory				Good	Variable	Low
Forgiveness				Easy	Difficult	Poor, Holds A Grudge
Cleanliness				Good	Moderate	Poor
Sexual Activity				Infrequent, Spiritually Based	Variable, For Pleasure	Excessive, With Lust
Donations				Anonymus	Occasional, With Name (Attachment)	Rare, Only For Gain
Love				Universal, No Expectation	Selfish, With Expectation	Obsessive
Emotions				Honest	Denial	Suppression
Attachment				Rarely, Brief	Moderately Frequent	Often, Longstanding
Fear				Rarely, Brief	Moderately Frequent	Often, Longstanding
Anger				Rarely, Brief	Moderately Frequent	Often, Longstanding
Greed				Rarely, Brief	Moderately Frequent	Often, Longstanding
Confusion				Rarely, Brief	Moderately Frequent	Often, Longstanding
Hate				Rarely, Brief	Moderately Frequent	Often, Longstanding
Grief				Rarely, Brief	Moderately Frequent	Often, Longstanding
Depression				Rarely, Brief	Moderately Frequent	Often, Longstanding
Pride				Little	Moderate	Much
Perception				Clear	Agitated	Faulty
Facial Expression				Calm, Contented, Happy	Mixed, Agitated	Dully, Gloomy
Eyes				Calm, Clear	Restless, Active	Dully, Gloomy
Speech				Clear, Calm, Peaceful	Fast, Restless, Agitated	Slow, Monotonous
Diet				Vegetarian, Loves All 6 Tastes In Moderation, 1-2 Meals/Day	Eats Meat Sometimes, Loves Hot Spicy Food, 2-3 Meals/Day	Heavy Meat Eater, Loves Sweets, Heavy Food In Excess, 4-5 Meals/Day
Digestion				Good, Normal	Variable	Poor, Slow
Elimination				Regular	Irregular	Sluggish
Alcohol/Drug Use				None	Social, Occasional	Frequent
Sleep				Light, Brief, Satisfying	Interrupted, Disturbed, Insufficient, Unsatisfying	Heavy, Deep, Excessive
Upon Waking				Happy, Fresh	Disturbed, Worried	Drowsy, Heavy Feeling
Physical Activities				Movements With Awareness	Hyperactive Movements	Slow, Sluggish, Habitual Movements
Exercise				Gentle Daily Exercise E.G. Yoga, Walking, Swimming	Agressive, Occasional Exercise, E.G., Jogging	Heavy, Difficult Exercise, E.G., Weightlifting, Hates Exercise.
Total						

**INSTRUCTIONS:** To determine your **mental constitution**, it is best to fill out the chart twice. First base your choices on what is most consistent over a long period of time (manas prakruti), then fill it out a second time responding to how you have been feeling recently in the last month or two (manas vikruti). Sometimes it helps have a friend ask you the questions and fill in the chart for you, as they may have a good insight (and impartiality) to offer. After finishing the chart add up the number of marks under sattva, rajas and tamas to discover your own balance of the gunas (qualities). Most people have one guna predominant, a few will have two approximately equal. All will have some of each guna.