

Heal

AYURVEDA

Name: _____

Date: _____

Please select the appropriate column, V, P, or K, based on your general characteristics throughout the majority of your life, rather than how they have been recently.

FEATURES	VATA	V	PITTA	P	KAPHA	K
Physical Characteristics						
How would you describe your FRAME ?	I am tall and slender with thin muscles		I have a medium, proportional build with well-developed muscles		I have a broad, stout frame with a stocky build	
How would you describe your WEIGHT ?	My weight is low, and I have difficulty gaining weight		My weight is stable, and it is easy for me to gain or lose weight		My weight is heavy, and it is easy for me to gain weight	
How would you describe your JOINTS ?	My joints are small, prominent, and tend to crack		My joints are medium and moderately flexible		My joints are large and flexible	
How would you describe your SKIN/ COMPLEXION ?	My skin is dry and rough		My skin is oily, reddish and prone to irritation		My skin is smooth and moist	
How would you describe your EYES ?	My eyes are active, dark and tend toward dryness		My eyes are bright and sensitive to light		My eyes are round, soft and calm	
How would you describe your HAIR ?	My hair is dry, thin and frizzy		My hair is fine, oily, and straight		My hair is thick, wavy and lustrous	
How would you describe your NAILS ?	My nails are small, rough and brittle		My nails are soft, pink and tender		My nails are large, smooth and thick	
How would you describe your LIPS ?	My lips are thin and dry		My lips are medium sized and pink or red		My lips are thick, smooth and light pink	
How would you describe your VEINS ?	My veins are prominent		My veins are just visible		My veins are not visible	
How would you describe your BODY TEMPERATURE ?	My hands and feet are usually cold		I feel warm most of the time		My body temperature is adaptable	
Physiological Characteristics						
How would you describe your APPETITE ?	My appetite is irregular and I eat small meals at inconsistent times		I am frequently hungry, and I eat substantial sized meals		I am infrequently hungry, but when I eat I have large quantity meals	
How would you describe your THIRST ?	My thirst is irregular and I drink variable amounts		My thirst is frequent and I drink excessive amounts		My thirst is low and I drink infrequently	
How would you describe your PERSPIRATION ?	I hardly perspire and when I do it is very light		I perspire easily and profusely		I perspire moderately, depending on the activity	
How would you describe your BOWEL MOVEMENTS ?	My bowel movements are irregular, hard, and I tend toward constipation		My bowel movements are semi-solid, loose, and frequent		My bowel movements are bulky, well-formed, and regular	
How would you describe your GAIT ?	I take quick, short steps		I walk at a medium pace		I walk at a slow and graceful pace	
How would you describe your SLEEP ?	I have very light, easily disturbed sleep, with fewer hours		I have sound sleep with fewer to moderate hours		I have deep sleep for longer hours and awaken slowly	
How would you describe your SPEECH ?	My speech is fast and talkative		My speech is sharp and precise		My speech is slow and thoughtful	
Psychological Characteristics						
How would you describe your TEMPERAMENT ?	I am lively, enthusiastic and changeable		I am purposeful, intense and competitive		I am easygoing, accepting and supportive	
How would you describe yourself UNDER STRESS ?	I become anxious, worried and fearful		I become irritable and aggressive		I become withdrawn and reclusive	
How would you describe your MENTAL ACTIVITY ?	I have hyperactive thoughts		I have moderate, clear thoughts		I have underactive, slow thoughts	
How would you describe your MEMORY ?	My memory is poor, especially long-term		My memory is distinct but short-term		My memory is good, especially long-term	
How would you describe your FRIENDSHIPS ?	I have fewer friends because I am choosy		I have a moderate amount of friends		I have many long lasting friendships	
What are your preferred TASTES ?	I prefer sweet, sour and salty tastes		I prefer sweet and bitter tastes		I prefer pungent and bitter tastes	
What is your preferred SEASON(S) ?	I prefer Spring		I prefer Winter and/ or Fall		I prefer Summer	
What is your preferred WEATHER ?	I prefer warm and moist weather		I prefer cool weather		I prefer hot and dry weather	
What is your preferred TIME OF DAY ?	I prefer evening time		I prefer morning time		I prefer mid-day	
TOTALS:	VATA:		PITTA:		KAPHA:	

PRAKRITI: _____