

## CONSTITUTION (PRAKRUTI) QUESTIONNAIRE

Think about a time when you were most at balanced and **circle the items that most describe that state**; add your total at the end.

**Some things to note:** You can have characteristics of more than one dosha i.e. Curly thin hair, then circle both boxes. If you are experiencing dry hair today and maybe for a few years but typically it was oily, then you choose oily. The dry hair is likely a symptom of your current state (Vikruti) imbalance.

**This is for fun!** Enjoy the learning journey. To be certain about your prakruti, see an Ayurveda Practitioner.



VATA



PITTA



KAPHA

PHYSICAL CHARACTERISTICS			
Body Type	Lean, skinny, small frame, irregularly shaped, low body fat	Average, some natural muscle tone	Voluptuous, curvy, muscular, stable, higher body fat percentage
Skin	Darker, dry, prominent veins, cool	Olive, yellow, or red tone, freckles or moles, warm	Pale, oily, smooth, thick (hardly see veins)
Height	Tall or short	Average	Any height
Hair	Thin, dry, brittle. Light brown, blond	Straight, oily. Red, auburn, copper tones, early to grey or bald	Thick, luscious, curly/ wavy, oily
Nose	Crooked, irregularly shaped, thin	Average	Large, round, button
Eyes	Small, active/ nervous gaze, dry. Dark brown or grey. (Dry could be Vata imbalance)	Medium size, sharp gaze, sensitive to light, wears glasses/ contacts. Light blue, grey or hazel.	Medium to large, bright whites, soft gaze, well lubricated. Blue or light brown.
Mouth/ Teeth	Lips: small, thin, pale. Teeth: small, crooked.	Average size, naturally red lips	Lips: Big, thick, smooth., Big teeth, big smile.
Ears	Small, irregularly shaped, extruding	Average size	Big
Hands	Long fingers (length of middle finger is equal to or longer than palm), cool, dry	Average or short fingers, prominent knuckles, warm	Thick fingers, clammy/ cool, smooth
Temperature	Variable, cold	Usually warm	Cool, Clammy
Hunger Level	Irregular, often snacking	Regular, can get hangry	Can miss a meal easily
Typical Imbalances/ Dis-ease	Dry skin, nails, hair, etc. Constipation, excessive gas, poor circulation, cracking joints, osteoporosis, dizziness, insomnia, poor memory, Alzheimer's, Parkinson's, premature ejaculation, irregular menstrual cycle.	Acne, hives, rash, hot flashes, nausea, burning pain, anemia. Any condition with an "itis" at the end: tendinitis, arthritis, colitis, etc. Poor eyesight, overheated liver.	Congestion, salivation, weight gain, diabetes, leukemia, tumors, swelling, fibrocystic lumps. Joint stiffness, bone spurs, enlarged prostate, prolonged menstrual cycle, thickening of uterus lining (dark hairs on chin/ around nipples)
<b>Sub Total</b>	-----	-----	-----





VATA



PITTA



KAPHA

PERSONALITY/ MENTAL CHARACTERISTICS

Mental activity	Quick mind, restless, creative. Multiple browsers open, hamster wheel	Sharp, intelligent, problem solving, aggressive, passionate	Calm, steady, chill, stable, content.
Memory	Tends to be forgetful. Goes into a room for something and cannot remember why, trouble finding keys, cards, wallet, etc.	Generally good. Remembers things that have a logic base. Can forget information they do not deem important	Good, detailed, remembers exact words, dates, what the weather was like.
Thoughts	Constantly changing, distracted, difficult to concentrate long-term	Steady, generally focused, determined	Steady, stable, focused. Once their mind is made up it is unlikely to change.
Speech Pattern	Talkative, unorganized, excited	Sharp, direct, convincing	Slow, definitive, listens more then talks
Ability to learn	Quick to grasp something, but may forget it later	Sharp mind, may take work to grasp a concept	Slow to learn new things
Feeling Hurt	Cries	Argues	Withdraws
Stress Reaction	Anxiety, worry, fear, nervous	Anger, jealousy, irritability	Depression, deep attachment, withdrawn
Sleep Pattern	Light, variable, tends to stay up late.	Regular, undisturbed, sleeps/ wakes up easily	Deep, sleeps longer, difficult to wake up
Dreams	Fearful, movement, flying, running	Fiery, frustrating, adventurous, violent	Romantic, pleasant, friends and family, watery
Friendships	Makes friends easy, Many short-term friends.	Typically associated with work or dharma	Long lasting relationships or any kind
<b>Sub Total</b>	-----	-----	-----

DHARMA/ ACTIVITY CHARACTERISTICS

Type of Work	Creative, writing, art, design, events, marketing. Flight attendant, nomad, entrepreneur.	Professional, doctor, lawyer, engineer, CEO, team lead, business owner, athlete	Worker Bee, nurse, councillor, gardener, data entry, programming, IT, accountant, manual labour
Achieving Goals	Easily distracted. Starts projects but does not finish	Focused and driven, looks for perfection	Slow and steady, patient
Likes to work	With supervision, collaboration	Alone or in charge or a competent team	In groups, happy to do their own part and help others
Faith	Variable	Evidence based, extreme	Unwavering, consistent
Financial	Spends quickly	Saves but spends money or the best of the things they want	Saves, can collect at flea markets, consignment.
Exercise	Spontaneous, irregular. Fast walker, runner.	Regular, pushes hard. Beat their own record.	Resists, slow to start, steady once moving. Weightlifting
<b>Sub Total</b>	-----	-----	-----

Totals:      V: -----      P: -----      K: -----

