

## PRAKRITI ASSESSMENT FORM

### Determining Your Ayurvedic Constitutional Type

From the viewpoint of Ayurveda, the first step in the treatment of any condition is to determine your individual constitutional type. This is determined by the proportion of each dosha and guna which occurs in each individual. The dosha/guna which is predominant will reflect the energies and metabolic tendencies within. Knowing what your Ayurvedic Constitutional Type will allow you to understand your mind and physiology and will allow you to interpret with great specificity your metabolic signals.

The questionnaire below is provided to help you determine your Ayurvedic Constitutional Type. The questionnaire is divided into three parts: Vata, Pitta and Kapha (V, P and K). Some answers will be obvious such as those asking about objective physical characteristics (i.e., hair color, height, dry skin, etc.). For emotional and behavioral characteristics which can be more subjective and variable, try to answer according to how you have felt and behaved over the course of your lifetime, or at least for many years, and not based on the past few months.

#### AYURVEDIC QUESTIONNAIRE

1. **Physique**
  - V I am taller (or shorter) than average and thin with a rather under-developed physique.
  - P I am average in height with a moderately developed physique.
  - K I am thick, large, broad, with a well-developed physique.
2. **Weight**
  - V I am thin; my bones tend to be prominent (knuckles, elbows, knees, facial bones, etc.)
  - P I am of moderate weight with a slight tendency toward overweight.
  - K I am heavy and easily tend towards overweight or obesity.
3. **Hair**
  - V My hair is two or more of these: Dry, kinky, curly, coarse, black, dark brown.
  - P My hair is two or more of these: Red, light brown, blond, soft, fine, prone to premature gray or balding.
  - K My hair is two or more of these: Thick, oily, wavy, medium to dark brown.
4. **Teeth**
  - V My teeth are two or more of these: Crooked, large, protruding, with large spaces, with receding gums.
  - P My teeth are two or more of these: Medium-sized, yellowish, gums bleed easily.
  - K My teeth are large, straight and white.
5. **Eyes**
  - V Small, dry, brown and I tend to blink alot.
  - P Sharp, penetrating, green, blue or gray, with reddish or yellowish sclerae.
  - K Large, attractive, charming, with white sclerae, brown or deep blue.
6. **Eyebrows**
  - V Thin, not bushy, dry and firm to touch.
  - P Medium in all respects.
  - K thick, bushy, oily, soft.
7. **Nose**
  - V Thin, small, bumpy and slightly crooked.
  - P Medium-sized, reddish, large pores.
  - K Large but proportionate, oily, thick
8. **Lips**
  - V Thin, can be dry or chapped, darkish and somewhat unsteady.
  - P Medium, soft, pink.
  - K Thick, moist, large, smooth, firm.
9. **Shoulders**
  - V Not very broad or thick and down-sloping.
  - P Medium.
  - K Thick, broad, firm.
10. **Chest**
  - V Thin and not muscular; breasts are small (women).
  - P Medium in all respects.
  - K Muscular, thick, over-developed, breasts are large.

11. **Gums**
  - V Receding, brown.
  - P Bleeding gums, red.
  - K Pink, good.
12. **Arms**
  - V Thin, long and the bones are prominent.
  - P Medium, strong and wiry.
  - K Large, thick and well-developed.
13. **Hands**
  - V Cool, dry and well-lined, sometimes tremulous, knuckles prominent.
  - P. Medium, warm, pink, moist, soft.
  - K Large, thick, long, well-developed, knuckles smooth.
14. **Calves**
  - V Small and firm.
  - P Moderately firm and long.
  - K Long, firm, shapely, rounded.
15. **Feet**
  - V Small, dry, cool and rough.
  - P Medium-sized, soft, warm, pink.
  - K Large, thick, solid, moist.
16. **Nails**
  - V Dry, small, tend to chip or crack, darkish, surface rough.
  - P Pinkish, medium-sized, soft.
  - K Large, thick, smooth, white, hard.
17. **Joints**
  - V Thin, prominent, dry and make cracking sounds, prone to fracture.
  - P Medium, soft, loose, prone to sprains.
  - K Large, thick well-knit, strong.
18. **Bowel Movements**
  - V Hard, dry, accompanied by gas, tendency towards constipation.
  - P Regular, tends towards loose and soft or diarrhoea, abundant.
  - K Regular, large, oily.
19. **Urine**
  - V Small amounts very frequently throughout the day.
  - P Abundant, deep yellow, occasionally slightly burning.
  - K Moderate, concentrated.
20. **Perspiration**
  - V Scanty, no strong odour.
  - P Profuse, strong odour.
  - K Moderate, sweet odour.
21. **Appetite**
  - V Unpredictable and erratic; I sometimes am not hungry at mealtimes and very hungry between meals.
  - P Sharp, acutely aware of mealtimes, dislikes delaying meals, enjoys and can digest large quantities of food.
  - K Constant, can miss a meal comfortably, feels best with smaller quantities of food.
22. **Activity Pattern**
  - V I perform activities very quickly, I can become distracted easily or may not always complete things I begin.
  - P I perform activities intently and efficiently; I am a perfectionist; I am likely to become aggravated if interrupted or encounter difficulties.
  - K I do things slowly, deliberately and calmly.
23. **Learning Pattern**
  - V I seem to learn new things very quickly; I can forget things I don't use them for a while.
  - P I learn moderately quickly after hearing new material two or three times.
  - K It takes me a little longer to really learn things, but once learned I never forget.
24. **Immunity**
  - V Low, I get minor illnesses fairly often.
  - P Moderate, I usually do not get sick.
  - K High, I seem resistant to disease.

25. **Disease Pattern**
  - V Fatigue, nervous system, insomnia, weakness, dryness.
  - P Fevers, inflammations, ulcers, skin conditions.
  - K Congestion, respiratory conditions, benign growths, obesity.
26. **Speech**
  - V I tend to talk alot and show enthusiasm in my speech by nature.
  - P Argumentative, precise, convincing, sharp, direct speech.
  - K Slow, sometimes monotonous, low-pitched, rhythmic speech.
27. **Social**
  - V More often than not I am insecure and nervous in new social situations.
  - P I am outgoing and usually assertive and accessible around people.
  - K I usually do more listening than speaking in new situations, but people are attracted to me nonetheless.
28. **Gait**
  - V I usually walk quicker than most people with short light steps.
  - P Stable, purposeful pace at moderate speed.
  - K Slow, unhurried, and graceful strides.
29. **Voice**
  - V Low volume, hoarse, vibrato, cracking, not really deep or resonant.
  - P Sharp, loud, captures attention.
  - K Pleasant, deep, harmonious, deep, resonant.
30. **Temperament**
  - V Nervous, changeable, never seems to be content.
  - P Always seems to be struggling, achieving; highly self-motivated.
  - K Usually happy, slow to desire or see the need for change.
31. **Sleep**
  - V Often light or interrupted, insomnia, 5-7 hours per night.
  - P Sound, 6-8 hours per night.
  - K Deep, uninterrupted, difficulty waking.
32. **Memory**
  - V Short, forgets relatively easily.
  - P Average, clear on details.
  - K Long.
33. **Concentration**
  - V Easily distracted.
  - P Rarely distracted, intensely engaged.
  - K Moderate levels of concentration.
34. **Truthfulness**
  - V Will often harmlessly lie to avoid uncomfortable situations.
  - P Usually tells the truth.
  - K Never lies, there is no reason to ever do this.
35. **Will Power**
  - V Weak, I often start out very determined but later give in.
  - P Moderate, I am very self-critical when I fail to follow through.
  - K Strong, if I make a decision I stay with it.
36. **Spiritual Reading/Study**
  - V I go through periods of interest and periods when I lose interest.
  - P I have surprising discipline and constancy in spiritual matters.
  - K I have never really pursued any spiritual avenues.
37. **Emotional Reaction to Stress**
  - V Fearful, anxious and worried.
  - P Anger, aggressiveness, irritability, demanding, uncompromising.
  - K Complacent, steady, calmly seeks solutions, may become depressed.
38. **Mental Tendency**
  - V Questions everything, theorises as to the cause of events, creative.
  - P Discriminating, judging, suspicious.
  - K Logical, stable, reasonable, slow to evaluate.

39. **Forgiveness**
  - V I forgive and forget easily and often.
  - P It takes me a very long time to forgive; I tend to hold grudges.
  - K I understand that people make mistakes; it rarely upsets me.
40. **Love**
  - V I fall in and out love easily.
  - P I have had relatively few but intensely passionate love affairs.
  - K I feel I am hungry for love and affection; longterm relationships.
41. **Dreams**
  - V Flying, running, fear, searching, travelling.
  - P Passion, violence, light, anger, jealousy, the sun, colors.
  - K Romance, water, ocean, sadness, empathy.
42. **Sex Drive**
  - V Frequent desire, low stamina.
  - P Moderate desire, dominating, passionate.
  - K Cyclical, sometimes insatiable, excellent stamina.
43. **Hygiene**
  - V Very clean and neat, intolerant of sloppiness, uncleanness.
  - P Moderately clean, but secondary to other concerns.
  - K Can be dirty and sloppy for periods of time.
44. **Work Habits**
  - V Selfless, often volunteers to help out.
  - P Works intensely, especially to achieve personal goals.
  - K Procrastinates, sometimes lazy, takes time to complete projects.
45. **Recreation**
  - V Exercise, travel, movies, dancing, parties, skating, visiting friends.
  - P Attending sporting events, competitive athletics, reading, building or repairing, woodworking, playing musical instruments.
  - K Attending concerts, dining out, television, sleep, sex, food, literature.
46. **Financial Behaviour**
  - V Spends impulsively, spends on trifles, feels poor.
  - P spends moderately, enjoys luxuries, gourmet meals.
  - K Frugal, saves money, spends freely on food, entertainment.
47. **Weather Intolerance**
  - V Cold, windy, dry.
  - P Hot, humid.
  - K Cold, damp, rain.
48. **Disease Tendency**
  - V Nervous system, pain, mental instability, arthritis, fatigue, weakness, hearing loss.
  - P Febrile illness, inflammations, infections, skin disorders, heart disease, ulcer disease, hemorrhoids, alcoholism.
  - K Respiratory diseases (bronchitis, asthma), obesity, high cholesterol, sinusitis.
49. **Pulse**
  - V Rapid, thready, light.
  - P Bouncing, strong, superficial.
  - K Slow, broad, strong.
50. **Tongue**
  - V Thin, surface with several or more furrows, dark pink, blue-tinged (especially on undersurface).
  - P Moderately thick, reddish especially near the tip, moist.
  - K Thick, whitish coating, pink.

Record the total numbers of each response below:

- Number of V's (Vata) \_\_\_\_\_
- Number of P's (Pitta) \_\_\_\_\_
- Number of K's (Kapha) \_\_\_\_\_