



Prakriti Determination

AYURVEDIC CONSTITUTIONAL TYPE 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.



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5. Eyes

- V) Small, dry, brown and I tend to blink a lot.
- 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. Complexion

- V) Darkish, dull.
- P) Reddish, ruddy, flushed.
- K) Whitish, pasty, pale, soft.



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10. Shoulders

- V) Not very broad or thick and down-sloping.
- P) Medium.
- K) Thick, broad, firm.

11. Chest

- V) Thin and not muscular; breasts are small (women).
- P) Medium in all respects.
- K) Muscular, thick, over-developed, breasts are large.

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.



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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 diarrhea, 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.



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20. Perspiration

- V) Scanty, no strong odor.
- P) Profuse, strong odor.
- K) Moderate, sweet odor.

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 intensely 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 if 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.



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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 a lot 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.



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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.



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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, theorizes as to the cause of events, creative.
- P) Discriminating, judging, suspicious.
- K) Logical, stable, reasonable, slow to evaluate.



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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; long term relationships.

41. Dreams

- V) Flying, running, fear, searching, traveling.
- 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.



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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 Behavior

- 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.



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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) Bounding, 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 number of each responses below:

Number of V's (Vata's) _____

Number of P's (Pitta's) _____

Number of K's (Kapha's) _____



Prakriti Determination

Using Your Questionnaire Score To Determine Your Ayurvedic Constitutional Type

Use Your Questionnaire Score to Determine Your Type By Using the Guide Below:

By adding the scores for Vata, Pitta, and Kapha you have determined your Ayurvedic Constitutional type. Although there are only three doshas, they can combine in ten possible ways to give ten possible Constitutional Types. These are enumerated below.

If one score is much higher than the other two, you are a single dosha type.

Single Dosha Type (3):

Vata

Pitta

Kapha

Examples:

If you scored Vata 38, Pitta 8, Kapha 4 you would be considered a Vata Type

If you scored Vata 10, Pitta 35, Kapha 5 you would be considered a Pitta Type

If you scored Vata 9, Pitta 8, Kapha 33 you would be considered a Kapha Type

Generally, the single dominant dosha must be at least 2.5 times as much as the other doshas for an individual to be considered a single dosha type. There are rare exceptions to this rule but can feel confident by applying it.



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Using Your Questionnaire Score To Determine Your Ayurvedic Constitutional Type

If no single dosha is dominant, you are a bi-doshic type.

Bi-doshic Types (6):

Vata-Pitta

Pitta-Vata

Pitta-Kapha

Kapha-Pitta

Kapha-Vata

Vata-Kapha

Examples:

If you scored Vata 20, Pitta 24, Kapha 8 you would be considered a Pitta-Vata Type

If you scored Vata 6, Pitta 18, Kapha 26 you would be considered a Kapha-Pitta Type

In practice, the majority of individuals are bidoshic types. The dosha with the relatively highest score is your primary dosha, but its manifestation in your mind and body is significantly colored by the secondary dosha. There can also be a few traits which are attributable to the third dosha (i.e. thick bushy eyebrows in a Vata-Pitta individual) but these will be few if any.



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Using Your Questionnaire Score To Determine Your Ayurvedic Constitutional Type

If all three scores are nearly equal, you are a tri-doshic type.

Tri-doshic Types (1):

Vata-Pitta-Kapha

This doshic type is truly rare and requires all three dosha to score within 10% of each other.

Remember also that the questionnaire should be supported by the descriptions given above for each type.

If the questionnaire says you are a Pitta type yet you feel from the descriptions that you are definitely a Vata type, re-take the test the next day, or have a close friend or family member take it with you. The odds are you will be a bi-doshic type.