

FINDING YOUR PRAKRUTI (CONSTITUTION)

Choose answers based on your general observations that you remember **as a child around age 10-12, (just before puberty)** OR your overall stable characteristics that have been constant for most of your life. There are no right or wrong answers! Most of us are a combination of the characteristics listed below. For each question pick one choice that best matches you. Answer as honestly as you can.

Observation	VPK	Vata	Pitta	Kapha
Body Frame	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Slender, skinny	Medium	Large, husky
Weight	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Low/Underweight	Average	Overweight
Chin	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Thin, angular	Tapering	Rounded, double
Cheeks	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Wrinkled, sunken	Smooth, flat	Plump, fleshy
Eyes	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Small, dry, active	Medium, sharp, sensitive to light, 'whites' are reddish or yellow	Large, calm, 'whites' are clear
Nose	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Uneven or with "bump" at bridge	Long, sharp, or with red tip	Short, round, fleshy
Lips	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Dry, cracked, thin	Red, inflamed	Smooth, moist, plump
Teeth	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Spaced, sensitive or crooked	Medium-size, sharp, yellowish	White, strong
Gums	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Thin or receding, sensitive	Red gums, inflamed or sensitive	Strong gums
Skin	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Thin, cold, dry	Oily, smooth, flushed, warm	Thick, pale, clammy
Hair	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Dry, brittle, thinning	Straight, oily, balding, early-graying, reddish	Thick, oily, wavy
Nails	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Dry, rough, brittle	Flexible, pink, sharp	Thick, smooth, oily-looking
Neck	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Thin, long	Medium	Thick

Chest	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Flat or sunken-in	Medium	Broad
Belly	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Flat, Concave	Medium	Big, Round
Navel	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Small, herniated, irregular in shape	Oval, Medium sized	Stretched, deep
Hips	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Thin, bones protruding	Medium	Wide or fleshy
Joints	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Cold, protruding, popping or cracking	Moderate	Large, buried in flesh, lubricated
Circulation	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Cold extremities	Warm/hot hands and feet	Cold and clammy extremities
Appetite	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Small or irregular	Strong, sharp hunger	Slow but steady and consistent
Digestion	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Irregular, gassy	Quick, prone to heartburn	Slow or even sluggish
Bowel Movements	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Constipation, hard stools, “pellets”, gassy	Loose, 2-3 times per day, may be burning	Thick, sluggish, passed with mucus
Physical Activity	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	“On the go”, hyperactive, fidgety	Moderate	Slow, sluggish
Sweating	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Scant	Excessive, pungent, leaves yellow stains	Moderate
Mental Activity	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Hyperactive, fleeting thoughts, scattered, creative	Moderate, analytical	Dull, slow
Emotions	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Anxious, fearful, tentative	Prone to anger, hatred or jealousy	Calm, but can be greedy, attached, prone to hoarding
Faith	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Changing, flickering	Extremist	Consistent

Intellect	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Blurts fast response, often incorrect	Accurate answers	Answers slowly but exactly
Dreams	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Active, Fast-paced, fearful, flying	Heat, fire, violence, intense emotions	Cold, bodies of water, romantic or sentimental
Sleep	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Light, easily broken, insomnia	Needs less sleep, sleeps soundly	Deep and prolonged slumber
Speech	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Rapid, tangential	Sharp-tongued	Monotonous, slow
Spending	<input type="checkbox"/> V <input type="checkbox"/> P <input type="checkbox"/> K	Spends easily, for many reasons	Spends on luxury items	Preserves money well, can tend to hoard it or be miserly