

AYURVEDIC CONSTITUTION TEST

Tick the boxes if you find any characteristics that have been dominant most your life. Once finished add up each section to see which dosha (constitution) is dominant.

| | | Vata | Pitta | Kapha |
|--|---------------------|---|---|---|
| DEHA PRAKRUTI (Body Constitution) | | | | |
| 1. | Frame | Slim, unusually tall or short <input type="checkbox"/> | Medium, athletic <input type="checkbox"/> | Large body, rounded curves <input type="checkbox"/> |
| 2. | Weight | Lose easily, if gains weight around the middle <input type="checkbox"/> | Fairly stable and loses easily, deposits fat fairly evenly <input type="checkbox"/> | Gains easily, especially rear & thighs <input type="checkbox"/> |
| 3. | Chin | Thin, delicate, angular <input type="checkbox"/> | Moderate, tapering <input type="checkbox"/> | Large jaw, rounded, double <input type="checkbox"/> |
| 4. | Child Weight | Thin as a child <input type="checkbox"/> | Medium Build as a Child <input type="checkbox"/> | Large or chunky as a child <input type="checkbox"/> |
| 5. | Eyes | Small, sunken, dark, active <input type="checkbox"/> | Medium, grey, green, yellow/red, blue <input type="checkbox"/> | Big, loving, blue or chocolate brown <input type="checkbox"/> |
| 6. | Nose | Uneven shape, deviated septum <input type="checkbox"/> | Long, pointed, red nose tip <input type="checkbox"/> | Short, rounded, button nose <input type="checkbox"/> |
| 7. | Body hair | Scanty or excessive, dark, coarse and curly <input type="checkbox"/> | Light body hair fine texture <input type="checkbox"/> | Moderate amount of body hair <input type="checkbox"/> |
| 8. | Teeth | Stick out, big, roomy, thin gums, sensitivity <input type="checkbox"/> | Medium, even, soft and tender gums <input type="checkbox"/> | Large, even, white and gleaming <input type="checkbox"/> |
| 9. | Complexion | Dark complexion (relative to family) tans easy <input type="checkbox"/> | Fair skin, burns easy, freckles and moles common <input type="checkbox"/> | Tans evenly <input type="checkbox"/> |
| 10. | Child hair | Kinky, curly, brown, black, scarce <input type="checkbox"/> | Straight, fine, light or red coloured <input type="checkbox"/> | Thick, wavy, luxuriant <input type="checkbox"/> |
| 11. | Hands | Long tapering fingers and toes <input type="checkbox"/> | Fingers and toes medium in length <input type="checkbox"/> | Fingers & toes short and squarish <input type="checkbox"/> |
| 12. | Neck | Thin, tall, unsteady <input type="checkbox"/> | Moderate, medium <input type="checkbox"/> | Big, folded, steady <input type="checkbox"/> |
| 13. | Forehead | Small forehead <input type="checkbox"/> | Medium with folds and lines <input type="checkbox"/> | Large forehead <input type="checkbox"/> |
| 14. | Belly button | Small, irregular, herniated <input type="checkbox"/> | Oval, superficial <input type="checkbox"/> | Big, deep, round, stretched <input type="checkbox"/> |
| 15. | Hips | Slender, thin <input type="checkbox"/> | Moderate <input type="checkbox"/> | Heavy, big <input type="checkbox"/> |
| 16. | Bones | Light, small bones and/or prominent joints <input type="checkbox"/> | Moderate <input type="checkbox"/> | Heavy bone structure <input type="checkbox"/> |
| 17. | Bowels | Irregular appetite, tendency to constipation <input type="checkbox"/> | Strong appetite, tendency to loose stool <input type="checkbox"/> | Low but constant, thick/heavy stools <input type="checkbox"/> |
| DEHA PRAKRUTI SCORE | | | | |

| | | Vata | Pitta | Kapha |
|--|--------------------------|---|---|---|
| MANAS PRAKRUTI (<i>Mind Constitution</i>) | | | | |
| 18. | Mental activity | Hyperactive, short term concentration <input type="checkbox"/> | Purposeful, logical, rational <input type="checkbox"/> | Slow paced and consistent <input type="checkbox"/> |
| 19. | Habits | Travel, art, dance, trivia, new <input type="checkbox"/> | Intense sports, debates, politics, hunting, research <input type="checkbox"/> | Sailing, flowers, business, cosmetics, cooking <input type="checkbox"/> |
| 20. | Recollection | Recent good, forgets easily <input type="checkbox"/> | Distinct memory and often visual <input type="checkbox"/> | Slow to learn but sustained memory <input type="checkbox"/> |
| 21. | Routine | Dislikes routine <input type="checkbox"/> | Enjoy planning & organising, especially self created <input type="checkbox"/> | Works well with routine <input type="checkbox"/> |
| 22. | Decisions | Indecisive, changes mind easily <input type="checkbox"/> | Rapid decision making & sees things clearly <input type="checkbox"/> | Slow to decide, commits once chosen <input type="checkbox"/> |
| 23. | Thinking | Creative thinker, many ideas <input type="checkbox"/> | Organised thinker, entrepreneurial <input type="checkbox"/> | Prefers to follow a plan <input type="checkbox"/> |
| 24. | Projects | Many at once, often does not finish <input type="checkbox"/> | Organised and logical, goal focused <input type="checkbox"/> | Resists change, likes simplicity <input type="checkbox"/> |
| 25. | Financial | Spends impulsively, money is to be used <input type="checkbox"/> | Spends on luxuries and achieving purpose <input type="checkbox"/> | Wealthy, good money preserver <input type="checkbox"/> |
| 26. | Physical activity | Hyperactive, lots of movement <input type="checkbox"/> | Purposful, for goal or reason <input type="checkbox"/> | Slow and calm <input type="checkbox"/> |
| 27. | Sexual nature | Strong desire, fantasy's, but low energy <input type="checkbox"/> | Moderate desire, passionate and dominating <input type="checkbox"/> | Consistent desire, loving and nurturing <input type="checkbox"/> |
| MANAS PRAKRUTI SCORE | | | | |

| TOTAL COMBINED PRAKRUTI | | | | |
|--------------------------------|--|--------------|--|--------------|
| VATA | | PITTA | | KAPHA |

| | |
|--|--|
| <p>DOMINANT PRAKRUTI</p> <p>This test is a rough guideline to ascertain your dominant constitution, the disease tendencies you may be predisposed to, and the domains of life which may easily imbalance for you. If your body and mind type are the same, balance requires less fine tuning. Although body and mind are calculated separately, as it does influence the importance of which treatments to apply, what happens to the mind will affect the body and vice versa.</p> | <p>DOMINANT BODY SCORE.</p> <p>Represents dominant physical type you were born with. Work to create balance through more physical therapy tools of opposing nature. Such as: diet, herbal medicine and exercise.</p> <p>DOMINANT MIND SCORE.</p> <p>Represents dominant mental type you were born with. Work to create balance through more psychological therapy tools of opposing nature. Such as: meditation, mind herbs, lifestyle and profession.</p> |
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Balancing your gifts. Ayurveda is not a system of denying your innate gifts. It asks us to understand ourselves deeply and live our strengths, yet sandwich those strengths with opposing qualities. Then we can live them for longer without creating imbalance. The details of how to balance your dosha through opposing qualities is given in this article: <http://www.kimmana.com/treating-you-as-an-individual-with-ayurvedic-dosha/>

Treat Vikruti (present condition) Over Prakruti. This test is designed for healthy people wishing to create balance. Those with presenting imbalances should combine the Vikruti Test and work with a skilled practitioner to effectively guide you in treating the present imbalance.