

## Guidelines for Determining Your Constitution

**Instructions:** To determine your constitution it is best to fill out the chart twice. First, base your choices on what is most consistent over a long period of your life (your prakruti), then fill it out a second time responding to how you have been feeling more recently (your vikruti). Sometimes it helps to have a friend ask you the questions and fill in the chart for you, as they may have insight (and impartiality) to offer. After finishing the chart each time, add up the number of marks under vata, pitta and kapha.

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This will help you discover your own ratio of doshas in your prakruti and vikruti. Most people will have one dosha predominant, a few will have two doshas approximately equal and even fewer will have all three doshas in equal proportion. For instance, if your vikruti shows more pitta than your prakruti, you will want to follow a pitta-soothing regimen to try and bring your vikruti back into balance with your prakruti. If your prakruti and vikruti seem about the same, then you would choose the regimen of your strongest dosha.

OBSERVATIONS	V	P	K	VATA	PITTA	KAPHA
<b>Body size</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slim	Medium	Large
<b>Body weight</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Low	Medium	Overweight
<b>Chin</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, angular	Tapering	Rounded, double
<b>Cheeks</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wrinkled, sunken	Smooth flat	Rounded, plump
<b>Eyes</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small, sunken, dry, active, black, brown, nervous	Sharp, bright, gray, green, yellow/red, sensitive to light	Big, beautiful, blue, calm, loving
<b>Nose</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Uneven shape, deviated septum	Long pointed, red nose-tip	Short rounded, button nose
<b>Lips</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, cracked, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale, whitish
<b>Teeth</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stick out, big, roomy, thin gums	Medium, soft, tender gums	Healthy, white, strong gums
<b>Skin</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, dry, cold, rough, dark	Smooth, oily, warm, rosy	Thick, oily, cool, white, pale
<b>Hair</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, brown, black, knotted, brittle, scarce	Straight, oily, blond, gray, red, bald	Thick, curly, oily, wavy, luxuriant
<b>Nails</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, rough, brittle, break easily	Sharp, flexible, pink, lustrous	Thick, oily, smooth, polished
<b>Neck</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, tall	Medium	Big, folded
<b>Chest</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flat, sunken	Moderate	Expanded, round
<b>Belly</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, flat, sunken	Moderate	Big, pot-bellied
<b>Belly-button</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small, irregular, herniated	Oval, superficial	Big, deep, round, stretched
<b>Hips</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slender, thin	Moderate	Heavy, big
<b>Joints</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cold, cracking	Moderate	Large, lubricated
<b>Appetite</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irregular, scanty	Strong, unbearable	Slow but steady
<b>Digestion</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irregular, forms gas	Quick, causes burning	Prolonged, forms mucous
<b>Taste</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
<b>Thirst</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Changeable	Surplus	Sparse
<b>Elimination</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Constipation	Loose	Thick, oily, sluggish
<b>Physical Activity</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hyperactive	Moderate	Slow
<b>Mental Activity</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hyperactive	Moderate	Dull, slow
<b>Emotions</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anxiety, fear, uncertainty	Anger, hate, jealousy	Calm, greedy, attachment
<b>Faith</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Variable	Extremist	Consistent
<b>Intellect</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quick but faulty response	Accurate response	Slow, exact
<b>Recollection</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recent good, remote poor	Distinct	Slow and sustained
<b>Dreams</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quick, active, many, fearful	Fiery, war, violence	Lakes, snow, romantic
<b>Sleep</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Scanty, broken up, sleeplessness	Little but sound	Deep, prolonged
<b>Speech</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rapid, unclear	Sharp, penetrating	Slow, monotonous
<b>Financial</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Poor, spends on trifles	Spends money on luxuries	Rich, good money preserver
<b>TOTAL</b>						

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