

# Ayurvedic Constitutional Assessment

Circle descriptions that most apply to your long-term patterns. Give one point for each category. If descriptions from two columns apply, give one-half point for each.

Category	Vata	Pitta	Kapha
<b>Frame</b>	Tall or short, thin; poorly developed physique	Medium; moderately developed physique	Stout, stocky, short, big; well developed physique
<b>Weight</b>	Low, hard to hold weight, prominent bones and veins	Moderate, good muscles	Heavy, tends toward obesity
<b>Complexion</b>	Dull, dark, brownish	Red, ruddy, flushed, glowing	White, pale
<b>Skin texture</b>	Thin, dry, rough, cracked, prominent veins	Moist, pink, with moles, freckles, acne	Thick, white, moist, soft, smooth
<b>Temperature</b>	Tends to feel cold	Tends to feel warm	Tends to feel cool
<b>Hair</b>	Scanty, coarse, dry, brown, slightly wavy	Moderate, fine, soft, early gray or bald	Abundant, oily, thick, very wavy, lustrous
<b>Head</b>	Small, thin, long, unsteady	Moderate	Large, stocky, steady
<b>Forehead</b>	Small, wrinkled	Moderate, with folds	Large, broad
<b>Face</b>	Thin, small, long, wrinkled, dusky, dull	Moderate, ruddy, sharp contours	Large, round, fat, white or pale, soft contours
<b>Neck</b>	Thin, long	Medium	Large, thick
<b>Eyebrows</b>	Small, thin, unsteady	Moderate, fine	Thick, bushy, many hairs
<b>Eyelashes</b>	Small, dry, firm	Small, thin, fine	Large, thick, oily, firm
<b>Eyes</b>	Small, dry, thin, brown, dull, unsteady	Medium, thin, red-inflame easily, green, piercing, deep-set	Wide, prominent, thick, oily, white, attractive
<b>Nose</b>	Thin, small, long, dry, crooked	Medium, sharp (pointed)	Thick, big, firm, oily
<b>Lips</b>	Thin, small, darkish, dry, unsteady	Medium, soft, red	Thick, large, oily, smooth, firm
<b>Teeth and Gums</b>	Thin, dry, small, rough, crooked, receding gums	Medium, soft, pink, gums bleed easily	Large, thick, soft, pink, oily
<b>Shoulders</b>	Thin, small, flat, hunched	Medium	Broad, thick, firm, oily
<b>Chest</b>	Thin, small, narrow, poorly developed	Medium	Broad, large, well or overly developed
<b>Arms</b>	Thin, overly small or long, poorly developed	Medium	Large, thick, round, well-developed

<b>Hands</b>	Long, thin, dry, cold, rough, fissured, unsteady	Medium, warm, pink	Large, thick, oily, cool, firm
<b>Thighs</b>	Thin, narrow	Medium	Well-developed, round, fat
<b>Legs</b>	Thin, excessively long or short, prominent knees	Medium	Large, stocky
<b>Calves</b>	Small, hard, tight	Loose, soft	Shapely, firm
<b>Feet</b>	Small, thin, long, dry, rough, fissured, unsteady	Medium, soft, pink	Large, thick, hard, firm
<b>Joints</b>	Small, thin, dry, unsteady, cracking	Medium, soft, loose	Large, thick, well built
<b>Nails</b>	Small, thin, dry, rough, fissured, cracked, darkish	Medium, soft, pink	Large, thick, smooth, white, firm, oily
<b>Urine</b>	Scanty, difficult, colorless	Profuse, yellow, red, burning	Moderate, whitish, milky
<b>Feces</b>	Scanty, dry, hard, difficult or painful, gas, constipation	Abundant, loose, yellowish, diarrhea, with burning sensation	Moderate, solid, sometimes pale in color, mucous in stool
<b>Sweat / Body odor</b>	Scanty, no smell	Profuse, hot, strong smell	Moderate, cold, pleasant smell
<b>Appetite</b>	Variable, erratic	Strong, sharp	Constant, low
<b>Taste preferences</b>	Prefers sweet, sour, or salty food, cooked with oil and spiced	Prefers sweet, bitter, or astringent food, raw, lightly cooked without spices	Prefers pungent, bitter or astringent food, cooked with spices but not oil
<b>Circulation</b>	Poor, variable, erratic	Good, warm	Good, slow, steady
<b>Activity</b>	Quick, fast, unsteady, erratic, hyperactive	Medium, motivated, purposeful, goal-seeking	Slow, steady, stately, strong
<b>Strength / Endurance</b>	Low, poor endurance, starts and stops quickly	Medium, intolerant of heat	Endurance, but slow in starting
<b>Sexual Nature</b>	Variable, erratic, deviant, strong desire but low energy, few children	Moderate, passionate, quarrelsome, dominating	Low but constant sexual desire, good sexual energy, devoted, many children
<b>Sensitivity</b>	Fear of cold, wind, sensitive to dryness	Fear of heat, dislike of sun, fire	Fear of cold, damp, likes wind and sun
<b>Resistance to disease</b>	Poor, variable, weak immune system	Medium, prone to infection	Good, prone to congestive disorders
<b>Reaction to medications</b>	Quick, low dosage needed, unexpected side effects or nervous reactions	Medium, average dosage	Slow, high dosage required, effects slow to manifest

<b>Disease tendency</b>	Nervous system diseases, pain, arthritis, mental disorder	Fevers, infections, inflammatory diseases	Respiratory system diseases, mucous, edema
<b>Voice</b>	Low, weak, hoarse	High pitch, sharp, moderate	Pleasant, deep, good tone
<b>Speech</b>	Quick, inconsistent, erratic, talkative	Moderate, argumentative, convincing	Slow, definite, not talkative
<b>Mental Nature</b>	Quick, adaptable, indecisive	Intelligent, penetrating, critical	Slow, steady, dull
<b>Memory</b>	Poor, notices things easily but easily forgets	Sharp, clear	Slow to take notice, but will not forget
<b>Finances</b>	Earns and spends quickly, erratically	Spends on specific goals, causes or projects	Holds on to what one earns, particularly property
<b>Emotional Tendencies</b>	Fearful, anxious, nervous	Angry, irritable, contentious	Calm, content, attached, sentimental
<b>Neurotic Tendencies</b>	Hysteria, trembling, anxiety attacks	Extreme temper, rage, tantrums	Depression, unresponsiveness, sorrow
<b>Faith</b>	Erratic, changeable, rebel	Determined, fanatic, leader	Constant, loyal, conservative
<b>Sleep</b>	Light, tends toward insomnia	Moderate, may wake up but will fall asleep again	Heavy, difficulty in waking up
<b>Dreams</b>	Flying, moving, restless, nightmares	Colorful, passionate, conflict	Romantic, sentimental, watery, few dreams
<b>Habits</b>	Like speed, traveling, parks, plays, jokes, stories, trivia, artistic activities, dancing	Like competitive sports, debates, politics, hunting, research	Likes water, sailing, flowers, cosmetics, business ventures, cooking
<b>Total (50)</b>	<b>Vata:</b>	<b>Pitta:</b>	<b>Kapha:</b>

\*Ayurvedic Constitutional Assessment courtesy of *Ayurvedic Healing*, by Dr. David Frawley.