

What Is My Body Type (Prakruti)?

	Observations	VATA	PITTA	KAPHA
PHYSICAL CHARACTERISTICS				
1	BODY SIZE	Slim, Bony	Medium	Large, Broad
2	WEIGHT	Low	Medium, Muscular	Heavy
3	SKIN	Dry, Rough, cold, Dark	Soft, Oily, Warm, Rosy	Thick, moist, cold, Pale
4	HAIR	Dry, Brittle, Thin, Knotted	Soft, Oily, Fair, Red, Bald	Thick, Oily, Wavy, Luxuriant
5	TEETH	Protruding, Big, Uneven, Roomy	Medium, Yellowish, Soft and tender Gums	Strong/Even White, Strong Gums
6	NAILS	Rough, Dry, Brittle, Bitten	Soft, Pink, Strong	Soft, Large
7	EYES	Small, Dry, Dull, Nervous, Active	Sharp, Bright, Penetrating	Big, Beautiful, Calm, Loving, Blue
8	LIPS	Dry, Cracking, thin, Brown black tinged	Medium, soft, Red	Large, smooth, Oily, Thick
9	JOINTS	Weak, Cold, Cracking	Moderate, musculature	Strong build, Large, Lubricated
10	VOICE	Stammering, weak	Commanding, strong	Soft, sweet, resonating
11	SPEECH	Quick, talkative, Unclear	Sharp, Penetrating Moderate & argues	Slow & silent, Monotonous
12	WALK	Fast	Moderate	Slow
13	WHAT BOTHERS	Cold, Dry	Heat	Cold, Damp
BIOLOGICAL CHARACTERISTICS				
14	APPETITE	Variable Small	Good Regular, Strong,	Slow but Steady
15	THIRST	Changeable	Excessive	Sparse
16	ELIMINATION	Dry Hard Constipated	Soft Oily Loose	Thick Heavy Sluggish
17	URINE	Frequent Sparse	Yellow Copious	Infrequent Average
18	SWEAT	Minimal	Profuse Pungent	Slow Heavy
19	DIGESTION	Irregular, forms gas	Quick, causes burning	Prolonged , Forms Mucus
20	TASTE PREFERENCE	Sweet Sour Salty	Sweet Bitter Astringent	Pungent Bitter Astringent
21	HUNGER	Occasionally	Frequently, Unbearable	No Much
22	FOOD PREFERENCE	Warm	Cold	Warm Dry
23	TEA /COFFEE/WATER	Hot (less)	Cold	Hot
24	SLEEP	Light Disturbed Irregular	Light but Sound	Deep , Prolonged

MENTAL CHARACTERISTICS				
25	MIND	Restless Curious	Aggressive Clever	Calm Slow
26	MEMORY	Short term	Sharp Good	Long term
27	DREAMS	Frequent Fearful	Vivid Violent	Romantic Calm
28	ACTIVITY	High Restless Mobile	Moderate directed	Minimal Slow
29	IMMUNITY	Variable Poor	Moderate	Good
30	ROUTINE	Dislikes	Enjoys Planning	Adaptable tolerates
31	BELEIF	Erratic Changeable	Leader, goal oriented	Steady Devoted
32	MOODS	Changeable	Expresses Forcefully	Changes Slowly
33	CREATIVITY	Original, Fertile	Technical Scientific	Entrepreneur
34	TEMPARAMENT	Nervous Insecure	Determined Motivates	Conservative
35	HOBBIES	Travel/Art/ Philosophy	Sports/Politics	Serene/Leisurely Type
36	PERFORMANCE	Quickly	Precise	Slow and relaxed
37	REACTION TO STRESS	Worries	Anger	Slow to get irritated
38	FINANCIAL	Doesn't save Spends quickly	Saves but big spender	Saves regularly

VATA -

PITTA -

KAPHA -

My CONSTITUTION / BODY TYPE IS: _____ PREDOMINANT

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