

## Determining Your Constitution

### (Prakriti)

This quiz will help you identify your Ayurvedic constitution. Once determined, you can use this information to make lifestyle choices that help you to be balanced and healthy. Below is a list of physical and mental attributes of each dosha. Please check all that apply to you. At the end, add the checks from each category to estimate the dominant dosha(s).

Name: \_\_\_\_\_

### VATA

#### Physical

- Thin Frame
- Prominent Joints
- Very tall or short
- Weight at middle
- Chilly
- Dry skin
- Dry curly hair
- Small dry eyes
- Joint instability/pain
- Variable appetite/thirst
- Variable energy
- Love summer

#### Emotional Temperament

- Talks fast or a lot
- Indecisive
- Learns fast, but forgets
- Enthusiastic/joyful
- Restless/active
- Sensitive to noise/lights
- Creative/artistic
- Intuitive
- Introspective
- Psychic
- Likes/seek change

#### Under Stress

- Loses weight
- Constipation
- Excess gas
- Restless/active
- Chronic pain
- Light sleeper/insomnia
- Anxious/fearful
- Drug use/abuse
- Panic attacks

### PITTA

#### Physical

- Medium build
- Athletic
- Warm-blooded
- Oily, soft skin
- Freckles/pimples
- Prematurely gray
- Straight fine hair
- Love cool weather
- Pink, pliable nails
- Excessive hunger/thirst
- Sleep sound/short

#### Emotional Temperament

- Words sharp/concise
- Competitive
- Intelligent/perceptive
- Keen memory
- Irritable/impatient
- Controlling
- Jealous
- Courageous
- Organized/efficient
- Successful

#### Under Stress

- Rashes/hives
- Excess sweat/body odor
- Gastritis/ulcers
- High blood pressure
- Excess bleeding
- Eats hot spices
- Drinks alcohol to excess
- Anger/violent temper
- Headaches