



Analyzing everything from teeth and nails to temperament and sleep habits can help you identify your Ayurvedic constitution. Select the trait under each category that most applies to you.

- (a) responses correspond to vata,
- (b) to pitta, and
- (c) to kapha.

When you are finished, calculate your results to discover your dominant constitution.

#### Height

- Tall or very short
- Medium
- Usually short, but can be tall and large

#### Frame

- Thin, bony, good muscles
- Moderate, developed
- Large, well-built

#### Weight

- Low; hard to hold weight
- Moderate
- Heavy; hard to lose weight

#### Skin Luster

- Dull or dusky
- Ruddy, lustrous
- White or pale

#### Skin Texture

- Dry, rough, thin
- Warm, oily
- Cold, damp, thick

#### Eyes

- Small, nervous
- Piercing, easily inflamed
- Large, white

#### Hair

- Dry, thin
- Thin, oily
- Thick, oily, wavy, lustrous



Teeth

- Crooked, poorly formed
- Moderate, bleeding gums
- Large, well-formed

Nails

- Rough, brittle
- Soft, pink
- Soft, white

Joints

- Stiff, crack easily
- Loose
- Firm, large

Circulation

- Poor, variable
- Good
- Moderate

Appetite

- Variable, nervous
- High, excessive
- Moderate but constant

Thirst

- Low, scanty
- High
- Moderate

Sweating

- Scanty
- Profuse but not enduring
- Low to start but profuse

Stool

- Hard or dry
- Soft, loose
- Normal

Urination

- Scanty
- Profuse, yellow
- Moderate, clear



Sensitivities

- Cold, dryness, wind
- Heat, sunlight, fire
- Cold, damp

Immune Function

- Low, variable
- Moderate, sensitive to heat
- High

Disease Tendency

- Pain, inflammation
- Fever, edema
- Congestion

Disease Type

- Nervous
- Blood, liver
- Mucous, lungs

Activity

- High, restless
- Moderate
- Low, moves slowly

Endurance

- Poor, easily exhausted
- Moderate but focused
- High

Sleep

- Poor, disturbed
- Variable
- Excessive

Dreams

- Frequent, colorful
- Moderate, romantic
- Infrequent, disturbed

Memory

- Quick but absent-minded
- Sharp, clear
- Slow but steady



Speech

- Fast, frequent
- Sharp, cutting
- Slow, melodious

Temperament

- Nervous, changeable
- Motivated
- Content, conservative

Positive Emotions

- Adaptability
- Courage
- Love

Negative Emotions

- Fear
- Anger
- Attachment

Faith

- Variable, erratic
- Strong, determined
- Steady but slow to change

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Totals

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