



Prakruti Quiz

In each row, circle the option that best describes you based on your **long-term life characteristics**. You're identifying characteristics which you were born with and which you've had throughout your lifetime, so go back to your youth. If you need to pick two from the same category, give each one half a point. To determine your Prakruti (constitution), add your score in each column then calculate percentages (#/42). Note if anything has recently changed; this indicates Vikruti (imbalance).

	VATA 	PITTA 	KAPHA 
Face	Oblong/oval	Angular, triangular	Round
Eyes	Small, dry, active; or unusually large	Medium, sharp, bright	Big, very white & large sclera
Eye brow	Thin, scant	Moderate	Thick & full
Nose Bridge	Narrow, bent	Medium reddish tip	Wide
Lips	Thin	Moderate	Thick
Neck	Long, thin	Moderate	Short, thick
Hands	Small, dry, cold	Medium, moist	Thick, firm
Palm	Rectangular	Square	Square & fleshy
Fingers	Narrow/thin & long	Medium, pointed	Short & thick/stocky
Nails	Thin, rough, fragile	Flexible, strong	Strong, thick
Hair	Coarse or scant, dry, brittle, frizzy	Oily, fine/bald, gray	Thick, dark, full, moist, soft (lustrous)
Bones	Narrow	Moderate	Thick/large
Joints	Small, prominent	Medium, moist	Large, lubricated
Skin thickness	Thin	Moderate	Thick
Skin quality	Dry, cold, rough; cold hands & feet	Oily, flushed, pink, warm, freckles	Soft, smooth, pale, moist, cold
Complexion	Dusty, gray, dull	Rosy, ruddy, glowing	Fair, pale, bright
Body build	Thin as a child; very short or tall	Medium build as child; average height	Endomorph
Body weight	Light	Medium	Heavy
Metabolism	Fast or variable; hard to gain weight, easy to lose weight	Strong; gains & loses weight easily	Slow/sluggish; gains weight easily, hard to lose weight
Appetite	Irregular; needs to eat frequently, forgets to eat	Strong, sharp; can't miss meals	Steady or low; can get away with missing meal
Digestion	Irregular, delicate	Good	Sluggish
Elimination	Irregular; tends toward dry stools, constipation	Regular; tends toward loose stools	Sluggish; tends toward soft, sticky, bulky stools
Menses	irregular; often scanty	regular; heavy flow	regular; moderate flow
Sweat	Minimal, little odor	Profuse, often with strong odor	Moderate or profuse, pleasant odor
Body Temp	Feels cold easily	Feels warmer	Not too cold or warm
Climate	likes sun & warm temperatures; dislikes wind & cold	likes cool temperatures; dislikes heat & high humidity	likes warmth & sun; dislikes cold, wet & humid (can handle all weather)
Sleep	Irregular; tends to have difficulty sleeping (active mind)	Regular; sleeps well (unless stressed), falls back to sleep easily	Deep; sleeps well, hard to awaken
Voice	Weak, hoarse	Strong tone	Deep, gentle/pleasant
Speech	Talkative, rapid; softer or shrieky	Clear, sharp; concise, articulate	Quiet, slow, low melodious voice
Gait	quick & light	purposeful	slow & flowing
Energy/activity	Active, erratic, impulsive, restless	Focused, purposeful, efficient	Relaxed, calm, slow & steady
Personality	Creative, inspired, enthusiastic, adaptable, hates routine	Intelligent, courageous, ambitious, perceptive, friendly, goal-oriented	Stable, grounded, patient, loving, loyal, nurturing, loves routine
Mental nature	Quick, adaptable	Intelligent, penetrating	Slow, steady
Memory	Variable; learns quickly & forgets quickly; forgives quickly	Selective; moderate; learns quickly & forgets slowly	Detailed; learns slowly & forgets slowly (great long-term memory)
Thinking style	Very flexible, thinks out loud (in words)	Planner, thinks in pictures, practical	Stable, reliable, thinks in concrete terms
Dreams	Active, vivid; flying, being chased	Colorful, passionate; chasing, conflict	Peaceful, uneventful; sentimental
Routine	Dislikes routine	Likes routine	Sticks to routine
Finances	Spends freely, erratic	Efficiently manages	Saves well
Living space	Very full or untidy	Well-organized	Habitual, comfortable
Under stress	Anxious, afraid, nervous, overwhelmed, indecisive, excitable	Upset, angry, irritable, contentious, arrogant, aggressive	Sad, depressed, greedy, stubborn, attached, unresponsive
Pain in the body	Frequent, sharp, shifts places	Inflammatory pain	Rare
Disease tendency	Nervous system; pain, arthritis, mental	Inflammatory; fevers, infections	Respiratory system; mucus, edema



Vikruti Quiz

Vikruti is your **current** doshic balance. Your Vikruti is influenced by many factors and will change over time. While this isn't a complete list, it will provide you with a solid understanding of your current doshic imbalances. Circle all of the symptoms that you're currently experiencing. If desired, add your score in each column to calculate percentages.

VATA 	PITTA 	KAPHA 
Gas	Smelly gas	Sluggish, weak digestion
Constipation from dry, hard stools or alternating constipation & diarrhea	Burning indigestion, hyperacidity, heartburn, acid reflux	Mucousy stools
Very hard & dry stools	Diarrhea or very loose stools	Constipation from stickiness & bulkiness
Bloating/distension	Excessive bowel movements	Sluggish bowels
Insomnia with worry, sleep disturbances	Stools irritate anal area	Sense of incomplete elimination
Infertility due to weakness of egg or sperm	Burning sensation when urinating or defecating	Pale-colored stools
Scanty & irregular menses	Stools have excessive foul odor	Difficulty awakening
Dry, cracked & rough skin &/or scalp	Insomnia with problem solving	Excessive sleep
Cold hands & feet	Intense flow, heavy menses	Long menses
Poor circulation	Oily skin	Pale complexion
Dry eyes	Red & inflamed acne	Mucousy eyes, excessive eye secretions
Dry acne	Heat sensitivity	Excessive weight gain, overweight, obese
Unexplained weight loss or weight change	Rashes, hives, prickly heat	Excessive drowsiness, lethargy, heaviness/dullness in body & mind
Underweight, emaciated	Boils or other skin eruptions	Sweet or salty taste in mouth
Cold sensitivity	Skin disorder (vitiligo, etc.)	Cough, cold, sinus & lung congestion
Cramps & muscle spasms	Eczema, psoriasis	Sinusitis
Unexplained fatigue	Increased & excessive sweat	Bronchitis
Physical weakness	Yellowish skin, eye, stool or urine discoloration	Seasonal allergies
Astringent or bitter taste in mouth	Red, itchy, burning eyes	Asthma, emphysema
Cracking joints	Eye disorder	Tonsillitis
Joint instability	Inflamed & red skin	Flu
Lower back pain, sciatica	Burning sensation on skin or in body	Heart disorders
Motor reflex problems	Excessive energy	Acne from oily skin
Neuralgia (nerve pain), shooting pain	Pungent or sour taste in mouth	Weeping rashes
Tremors, tics, twitches	Gastritis, colitis, stomach/peptic ulcer	Diabetes
Paralysis	Migraine headaches	Water retention, edema
Arthritis	Fever	Cold clammy hands &/or feet
Anemia	Nose bleeds	Increased hardness of tissues
Weak bones, osteopenia, osteoporosis	Infection	Benign tumors, cysts
Heart palpitations	Inflamed joints &/or muscles	Stiff & swollen, dull & achy joints
Cervical dysplasia	Inflammatory disease	Joints that feel heavy
Kidney disorder	Autoimmune disease	Dull, vague, achy pain
Nerve disorder	Gallbladder/bile disorder	Rheumatoid arthritis
Bipolar disorder	Liver disorder (hepatitis, jaundice, etc.)	Overeating
Chronic fatigue syndrome	Excessive body heat, excessive thirst	Loss of appetite
Abandonment issues	Anger, hatred, violence	Attachment, greed
Fear, worry, anxiety, stress, overwhelm	Jealous	Envy
Nervousness	Short temper, irritable, agitated, impatient	Depression, melancholy, sadness
Confusion, disorientation, spaciness	Intense	Unmotivated, lethargic, sluggish
Weak memory	Critical, judgmental	Lazy
Ignorance	Intolerant, righteous, egotistical	Stubborn, rigid thinking
Mood swings	Argumentative, aggressive	Stingy
Panic attacks	Overly competitive	Seeks authority figures
Indecisive	Resentful	Controlling, possessive
Distracted, forgetful, unreliable, lack of follow through	Demanding, dominating	Uncommunicative, unresponsive
Ungrounded, unstable, erratic	Manipulative	Holds on to grudges
Restless, frenetic, excitable	Overly vocal	Memory loss