

## Prakrti Chart

### I. VATA Characteristics

	<b>Applies least</b>						<b>Applies most</b>							
My stature is shorter or taller than average	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My body is unusually proportioned	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My body is slender and small-boned for my height	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My musculature tends to be hard, thin, or wiry	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I find it difficult to gain weight	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My body's secondary sexual characteristics are not markedly developed	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My complexion is dark relative to my ancestral group.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My facial features are irregular or very refined	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My hair is rough, breaks easily, or is very curly	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My skin tends to be dry, and I don't perspire easily.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I have a lot of nervous energy and often fidget when sitting	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My joints often crack when I move.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I tend to move, talk, and eat quickly.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I have trouble being on time.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I dislike windy, cold, and dry climates.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I often feel chilly.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My energy level fluctuates.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
My appetite is irregular and my elimination tends to constipation.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I am attracted to sweet foods.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I prefer warm, soupy meals.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I like rich creamy foods with flavorful sauces.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I like dairy products, butte or gheer, nut butters, and healthy oils.	0	1	2	3	4	5	6	0	1	2	3	4	5	6
I like salty and sour tastes.	0	1	2	3	4	5	6	0	1	2	3	4	5	6

**Vata, cont.**

**Applies least**

**Applies most**

Left to myself, I tend to snack and graze rather than taking the time to prepare a meal.

0 1 2 3 4 5 6

My sleep patterns are often disturbed or irregular

0 1 2 3 4 5 6

I dream of levitation, flying, floating, or fleeing helplessly.

0 1 2 3 4 5 6

I have many interests, and am often easily distracted.

0 1 2 3 4 5 6

I can work quickly, but often have difficulty completing tasks.

0 1 2 3 4 5 6

I understand theoretical things quickly, but my memory is not the best.

0 1 2 3 4 5 6

I am enthusiastic and vivacious.

0 1 2 3 4 5 6

I sometimes feel shy or lacking confidence in social situations.

0 1 2 3 4 5 6

I am empathic, sensitive, and seek emotional intimacy

0 1 2 3 4 5 6

When emotionally imbalanced, I tend to worry; or feel anxious, nervous, fearful, or insecure.

0 1 2 3 4 5 6

Among my blood relatives, nervous system and mental/ emotional disorders are common.

0 1 2 3 4 5 6

In difficult situations, I tend to feel overwhelmed.

0 1 2 3 4 5 6

I am naturally expressive, and find it difficult to hide my emotions.

0 1 2 3 4 5 6

I am naturally creative, and like to do artwork, or theater, music, graphic design, creative writing, etc.

0 1 2 3 4 5 6

I enjoy movement-related activities: hiking, yoga, skiing, bicycling, dancing, etc

0 1 2 3 4 5 6

I am spiritually and psychically attuned, but less well grounded in the physical world compared to others.

0 1 2 3 4 5 6

Finances are often a challenge for me

0 1 2 3 4 5 6

**TOTALS**

1) Number of times that column was chosen

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2) Total score for each column (Multiply the number in each space above by the number of the column)

— — — — — —

3) **Total Vata Score** (Sum all of the numbers in the line above)

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## II. PITTA Characteristics

	<b>Applies least</b>			<b>Applies most</b>			
My stature is medium height with medium build.	0	1	2	3	4	5	6
My skin is soft and warm to the touch, and bruises easily.	0	1	2	3	4	5	6
My skin has reddish, yellowish, or coppery cast, and my hair has reddish tints.	0	1	2	3	4	5	6
My hair is straight, fine, thin, and tends to be oily.	0	1	2	3	4	5	6
My eyes have an intense expression, and are greenish, hazel, reddish-brown, amber, or gray	0	1	2	3	4	5	6
I have a high metabolism.	0	1	2	3	4	5	6
People who are my blood relatives tend to gray early (before age 40)	0	1	2	3	4	5	6
Among my older blood relatives, hyperacidity, heart disease, and high blood pressure are common.	0	1	2	3	4	5	6
I dislike heat and hot climates.	0	1	2	3	4	5	6
I am overly sensitive to bright light.	0	1	2	3	4	5	6
I perspire easily.	0	1	2	3	4	5	6
I feel better in cool climates and when near bodies of water.	0	1	2	3	4	5	6
I have a strong appetite, and get irritable if meals are delayed.	0	1	2	3	4	5	6
I am attracted to sweets,	0	1	2	3	4	5	6
I like bitter or astringent tastes (eg., as in coffee, beer, white wine, chocolate)	0	1	2	3	4	5	6
Hot spices and acidic foods can be aggravating to my mouth or my digestion.	0	1	2	3	4	5	6
I like dairy products and soft, creamy, mild foods.	0	1	2	3	4	5	6
I like to eat a lot of raw foods, like fruits and salads.	0	1	2	3	4	5	6
My digestion is fairly rapid, and my evacuation tends towards loose stools, often twice per day.	0	1	2	3	4	5	6
I tend to sleep soundly, about 6-7 hours.	0	1	2	3	4	5	6
I have dreams of violence, adventure, problem-solving, or bright colors.	0	1	2	3	4	5	6
In conversations, my communication style is often aggressive or argumentative.	0	1	2	3	4	5	6
In difficult situations, I try to take control.	0	1	2	3	4	5	6
In situations of injustice, I will fight back.	0	1	2	3	4	5	6

**Pitta, cont.**

**Applies least**

**Applies most**

I am an inspirational speaker, and can talk for a long time.	0	1	2	3	4	5	6
I am hard-working, ambitious, organized, and achievement-oriented.	0	1	2	3	4	5	6
I am a perfectionist, and tend to be overly critical of myself and others.	0	1	2	3	4	5	6
When emotionally imbalanced, I tend towards impatience, frustration, irritability, and anger	0	1	2	3	4	5	6
After expressing anger, I calm down quickly.	0	1	2	3	4	5	6
I have a strong intellect, and tend to like mentally stimulating activities.	0	1	2	3	4	5	6
I enjoy competitive sports.	0	1	2	3	4	5	6
I thrive on challenges, I enjoy overcoming obstacles, and I take pride in solving problems.	0	1	2	3	4	5	6
I am a good leader.	0	1	2	3	4	5	6
In school, I liked science, math, or social sciences.	0	1	2	3	4	5	6
I am highly educated, with one or more university degrees,	0	1	2	3	4	5	6
I am particular about how I dress, and I like to look attractive to the opposite sex.	0	1	2	3	4	5	6
Emotional intimacy is sometimes challenging for me.	0	1	2	3	4	5	6
I keep commitments to others most of the time, unless it is inconvenient.	0	1	2	3	4	5	6
I can be intensely committed politically, professionally, or spiritually.	0	1	2	3	4	5	6
I enjoy an adequate income.	0	1	2	3	4	5	6

**TOTALS**

- 1) Number of times that column was chosen \_ \_ \_ \_ \_
  
- 2) Total score for each column (Multiply the number in each space above by the number of the column) \_ \_ \_ \_ \_
  
- 3) **Total Pitta Score** (Sum all of the numbers in the line above) \_\_\_\_\_

**III. KAPHA Characteristics**

**Applies least**

**Applies most**

My body stature is robust, with well-developed secondary sexual characteristics.	0	1	2	3	4	5	6
I am taller than average.	0	1	2	3	4	5	6
Most of my life I have gained weight easily.	0	1	2	3	4	5	6
My skin is moist, and my body tends to retain water.	0	1	2	3	4	5	6
My body has a tendency to produce excess mucous.	0	1	2	3	4	5	6
My complexion is whitish.	0	1	2	3	4	5	6
I have large, attractive eyes.	0	1	2	3	4	5	6
I have abundant body hair.	0	1	2	3	4	5	6
My hair is thick and lustrous.	0	1	2	3	4	5	6
My hair is very dark or very pale, lacking reddish pigment.	0	1	2	3	4	5	6
My facial and body features are rounded.	0	1	2	3	4	5	6
I usually walk slowly and gracefully.	0	1	2	3	4	5	6
My metabolism is slow.	0	1	2	3	4	5	6
I sometimes find it difficult to motivate myself to take action, but once I start, I work slowly and steadily and complete assigned tasks.	0	1	2	3	4	5	6
I can bear hunger and thirst easily.	0	1	2	3	4	5	6
I am not particularly attracted to sweets, dairy products, cold food, fruits, oil, or heavy, bland foods.	0	1	2	3	4	5	6
I like spicy, warm foods.	0	1	2	3	4	5	6
My digestion and evacuation tend to be slow; I usually evacuate once per day.	0	1	2	3	4	5	6
Among my blood relatives, larger-than-average family sizes are common.	0	1	2	3	4	5	6
Among my older blood relatives, long lifespans are common.	0	1	2	3	4	5	6
I dislike cool, wet, cloudy weather.	0	1	2	3	4	5	6
I feel best on warm, sunny, dry days.	0	1	2	3	4	5	6
I am usually early to bed and early to rise.	0	1	2	3	4	5	6

**Kapha, cont.**

**Applies least**

**Applies most**

I tend to need a lot of sleep, and don't feel good during the day if I get less than eight hours of sleep.	0	1	2	3	4	5	6
I often dream of bodies of water.	0	1	2	3	4	5	6
I am dignified in my speech and bearing.	0	1	2	3	4	5	6
I don't show my emotions easily, and am uncomfortable with emotional displays.	0	1	2	3	4	5	6
I am often not very talkative.	0	1	2	3	4	5	6
I am often relaxed , calm, and humorous.	0	1	2	3	4	5	6
I am not easily thrown off balance emotionally, tending to be calm and unruffled in difficult situations.	0	1	2	3	4	5	6
I listen attentively to the arguments of others, but I keep my own counsel.	0	1	2	3	4	5	6
I enjoy doing volunteer work, and take satisfaction in helping others.	0	1	2	3	4	5	6
I have an excellent memory, and I am organized and patient with details.	0	1	2	3	4	5	6
Physical activity often does not appeal to me, even though I know it is healthy.	0	1	2	3	4	5	6
I enjoy practical activities and working with my hands: activities such as engineering, farming, gardening, construction, decorating, architecture, cooking, and crafts appeal to me.	0	1	2	3	4	5	6
I am often accused of being overly complacent about life.	0	1	2	3	4	5	6
I have a tendency to suppress my emotions; when emotionally imbalanced, I most often feel sadness, longing, or depression.	0	1	2	3	4	5	6
I have a stable and supportive family life.	0	1	2	3	4	5	6
I am sentimental, devoted to my family and teachers, and loyal to my friends.	0	1	2	3	4	5	6
Material wealth seems to come easily to me.	0	1	2	3	4	5	6

### TOTALS

1) Number of times that column was chosen                          —    —    —    —    —    —

2) Total score for each column (Multiply the number in each space above by the number of the column)    —    —    —    —    —    —

3) **Total Kapha Score** (Sum all of the numbers in the line above):                          \_\_\_\_\_

**Summary of Chart Totals:**      **V:** \_\_\_\_\_      **P:** \_\_\_\_\_      **K:** \_\_\_\_\_

**Prakrti (reduce ratio to numbers from 1-3): V \_\_\_\_ P \_\_\_\_ K \_\_\_\_**