

Ayurvedic Constitutional Assessment

Circle descriptions that most apply to your long-term patterns. Give one point for each category. If descriptions from two columns apply, give one-half point for each.

Category	Vata	Pitta	Kapha
Frame	Tall or short, thin; poorly developed physique	Medium; moderately developed physique	Stout, stocky, short, big; well developed physique
Weight	Low, hard to hold weight, prominent bones and veins	Moderate, good muscles	Heavy, tends toward obesity
Complexion	Dull, dark, brownish	Red, ruddy, flushed, glowing	White, pale
Skin texture	Thin, dry, rough, cracked, prominent veins	Moist, pink, with moles, freckles, acne	Thick, white, moist, soft, smooth
Temperature	Tends to feel cold	Tends to feel warm	Tends to feel cool
Hair	Scanty, coarse, dry, brown, slightly wavy	Moderate, fine, soft, early gray or bald	Abundant, oily, thick, very wavy, lustrous
Head	Small, thin, long, unsteady	Moderate	Large, stocky, steady
Forehead	Small, wrinkled	Moderate, with folds	Large, broad
Face	Thin, small, long, wrinkled, dusky, dull	Moderate, ruddy, sharp contours	Large, round, fat, white or pale, soft contours
Neck	Thin, long	Medium	Large, thick
Eyebrows	Small, thin, unsteady	Moderate, fine	Thick, bushy, many hairs
Eyelashes	Small, dry, firm	Small, thin, fine	Large, thick, oily, firm
Eyes	Small, dry, thin, brown, dull, unsteady	Medium, thin, red-inflame easily, green, piercing, deep-set	Wide, prominent, thick, oily, white, attractive
Nose	Thin, small, long, dry, crooked	Medium, sharp (pointed)	Thick, big, firm, oily
Lips	Thin, small, darkish, dry, unsteady	Medium, soft, red	Thick, large, oily, smooth, firm
Teeth and Gums	Thin, dry, small, rough, crooked, receding gums	Medium, soft, pink, gums bleed easily	Large, thick, soft, pink, oily
Shoulders	Thin, small, flat, hunched	Medium	Broad, thick, firm, oily
Chest	Thin, small, narrow, poorly developed	Medium	Broad, large, well or overly developed
Arms	Thin, overly small or long, poorly developed	Medium	Large, thick, round, well-developed

Hands	Long, thin, dry, cold, rough, fissured, unsteady	Medium, warm, pink	Large, thick, oily, cool, firm
Thighs	Thin, narrow	Medium	Well-developed, round, fat
Legs	Thin, excessively long or short, prominent knees	Medium	Large, stocky
Calves	Small, hard, tight	Loose, soft	Shapely, firm
Feet	Small, thin, long, dry, rough, fissured, unsteady	Medium, soft, pink	Large, thick, hard, firm
Joints	Small, thin, dry, unsteady, cracking	Medium, soft, loose	Large, thick, well built
Nails	Small, thin, dry, rough, fissured, cracked, darkish	Medium, soft, pink	Large, thick, smooth, white, firm, oily
Urine	Scanty, difficult, colorless	Profuse, yellow, red, burning	Moderate, whitish, milky
Feces	Scanty, dry, hard, difficult or painful, gas, constipation	Abundant, loose, yellowish, diarrhea, with burning sensation	Moderate, solid, sometimes pale in color, mucous in stool
Sweat / Body odor	Scanty, no smell	Profuse, hot, strong smell	Moderate, cold, pleasant smell
Appetite	Variable, erratic	Strong, sharp	Constant, low
Taste preferences	Prefers sweet, sour, or salty food, cooked with oil and spiced	Prefers sweet, bitter, or astringent food, raw, lightly cooked without spices	Prefers pungent, bitter or astringent food, cooked with spices but not oil
Circulation	Poor, variable, erratic	Good, warm	Good, slow, steady
Activity	Quick, fast, unsteady, erratic, hyperactive	Medium, motivated, purposeful, goal-seeking	Slow, steady, stately, strong
Strength / Endurance	Low, poor endurance, starts and stops quickly	Medium, intolerant of heat	Endurance, but slow in starting
Sexual Nature	Variable, erratic, deviant, strong desire but low energy, few children	Moderate, passionate, quarrelsome, dominating	Low but constant sexual desire, good sexual energy, devoted, many children
Sensitivity	Fear of cold, wind, sensitive to dryness	Fear of heat, dislike of sun, fire	Fear of cold, damp, likes wind and sun
Resistance to disease	Poor, variable, weak immune system	Medium, prone to infection	Good, prone to congestive disorders
Reaction to medications	Quick, low dosage needed, unexpected side effects or nervous reactions	Medium, average dosage	Slow, high dosage required, effects slow to manifest

Disease tendency	Nervous system diseases, pain, arthritis, mental disorder	Fevers, infections, inflammatory diseases	Respiratory system diseases, mucous, edema
Voice	Low, weak, hoarse	High pitch, sharp, moderate	Pleasant, deep, good tone
Speech	Quick, inconsistent, erratic, talkative	Moderate, argumentative, convincing	Slow, definite, not talkative
Mental Nature	Quick, adaptable, indecisive	Intelligent, penetrating, critical	Slow, steady, dull
Memory	Poor, notices things easily but easily forgets	Sharp, clear	Slow to take notice, but will not forget
Finances	Earns and spends quickly, erratically	Spends on specific goals, causes or projects	Holds on to what one earns, particularly property
Emotional Tendencies	Fearful, anxious, nervous	Angry, irritable, contentious	Calm, content, attached, sentimental
Neurotic Tendencies	Hysteria, trembling, anxiety attacks	Extreme temper, rage, tantrums	Depression, unresponsiveness, sorrow
Faith	Erratic, changeable, rebel	Determined, fanatic, leader	Constant, loyal, conservative
Sleep	Light, tends toward insomnia	Moderate, may wake up but will fall asleep again	Heavy, difficulty in waking up
Dreams	Flying, moving, restless, nightmares	Colorful, passionate, conflict	Romantic, sentimental, watery, few dreams
Habits	Like speed, traveling, parks, plays, jokes, stories, trivia, artistic activities, dancing	Like competitive sports, debates, politics, hunting, research	Likes water, sailing, flowers, cosmetics, business ventures, cooking
Total (50)	Vata:	Pitta:	Kapha:

*Ayurvedic Constitutional Assessment courtesy of *Ayurvedic Healing*, by Dr. David Frawley.