

**The self-assessment questionnaire to assess *Prakriti*\***

Sl. No.	Question/statement	<i>Guna</i>	Is your answer the following?	Scores to be allotted if your answer is the one that is mentioned in the previous column	Allot the Scores in this column
<b><i>KAPHA</i></b>					
1.	Whether your skin remains oily throughout the year in comparison to others?	<i>Snigdha</i>	Yes	120	
2.	Are your body-hairs & skin shiny, even when no oil or moisturizer is used?	<i>Shlakshna</i>	Yes	120	
3.A.	Are you considered attractive among your friends?	<i>Mridu</i>	Yes	40	
3.B.	Do even mild or trivial injuries on your body make you upset?	<i>Mridu</i>	Yes	40	
3.C.	Among your family members, is your complexion considered fairer?	<i>Mridu</i>	Yes	40	
4.	Do you think you have intense sexual desire?	<i>Madhura</i>	Yes	120	
5.A.	Have you got well built muscles?	<i>Saara</i>	Yes	60	
5.B.	Do you change your body posture frequently? (You cannot manage yourself in a stable posture for a long duration.)	<i>Saara</i>	No	60	
6.	Do you have a well-nourished & normally developed body? (You are neither malnourished nor obese.)	<i>Sandra</i>	Yes	120	
7.A.	Are you lazy and disinterested in activities like morning walk/ jogging, swimming or any type of outdoor games?	<i>Manda</i>	Yes	40	

7.B.	Are you slow in consuming the food? (Even after all have left the dining hall, you are still consuming the same amount of food).	<i>Manda</i>	Yes	40	
7.C.	When you go to morning walk or college or office, do you walk slowly in comparison to others?	<i>Manda</i>	Yes	40	
8.A.	If you are assigned any work, do you take some extra time to start it?	<i>Stimita</i>	Yes	40	
8.B.	Do you get irritated easily? (For example, when you don't get breakfast on time in your hostel or when the power goes off while watching a cricket match or your favourite movie on television).	<i>Stimita</i>	No	40	
8.C.	Are you late to develop/suffer from symptoms after exposure to common causative factors? (For example, during seasonal changes, when your friends are easily caught up with flu etc., you are still healthy among them).	<i>Stimita</i>	Yes	40	
9.	Does your gait (style of walking) change with respect to speed or manner frequently?	<i>Guru</i>	No	120	
10.A.	Do you feel hungry more frequently and do you consume more food in comparison to others?	<i>Shita</i>	No	30	
10.B.	Do you tolerate heat easily?	<i>Shita</i>	Yes	30	
10.C.	Do you consume liquids in more quantity and frequency in comparison to others?	<i>Shita</i>	No	30	
10.D.	Do you perspire less in comparison to others?	<i>Shita</i>	Yes	30	
11.	Are sounds produced frequently in your joints on movement?	<i>Picchila</i>	No	120	
12.A.	Have you got a good/ attractive complexion?	<i>Achcha</i>	Yes	60	

12.B.	Have you got sweet & pleasant voice?	<i>Achcha</i>	Yes	60	
				<b>1440</b>	<b>Total=</b>
<b>PITTA</b>					
1.A.	Are you more comfortable in winter than summer?	<i>Ushna</i>	Yes	17	
1.B.	Among your family members, is your complexion considered fairer?	<i>Ushna</i>	Yes	17	
1.C.	Does your temperature of oral cavity remain towards upper limit of normal range?	<i>Ushna</i>	Yes	17	
1.D.	Do you have excessive black moles, Freckles etc on your skin? Or Have you noticed new appearance of black moles often on your skin?	<i>Ushna</i>	Yes	17	
1.E.	Do you feel excessive hunger & thirst in comparison to others?	<i>Ushna</i>	Yes	17	
1.F.	Have you experienced premature graying, wrinkling of skin & early baldness?	<i>Ushna</i>	Yes	17	
1.G.	Do you have soft, scanty, brown hair on your face, body & head?	<i>Ushna</i>	Yes	17	
2.A.	Do you involve yourself in risky & heroic activities requiring physical strength often?	<i>Tikshna</i>	Yes	24	
2.B.	Do you have ability to digest large quantities of food easily?	<i>Tikshna</i>	Yes	24	
2.C.	Do you take large quantities of food & drink in comparison to others?	<i>Tikshna</i>	Yes	24	

2.D.	Do you get easily irritated for small/negligible problem in day-to-day life?	<i>Tikshna</i>	Yes	24	
2.E.	Do you consume food more frequently than others? (5-6 times/day)	<i>Tikshna</i>	Yes	24	
3.A.	Do you have soft & loose muscle bulk especially around the joints?	<i>Drava</i>	Yes	60	
3.B.	In comparison to others do you pass urine & stool in large quantities and do you perspire more?	<i>Drava</i>	Yes	60	

4.	Do your friends complain of bad smell being emitted from your body & mouth?	<i>Visra</i>	Yes	120	
5.	Do you think you have intense sexual desire?	<i>Amla+Katu</i>	No	120	
				<b>600</b>	<b>Total=</b>

#### VATA

1.A.	Whether your skin remains dry throughout the year in comparison to others?	<i>Ruksha</i>	Yes	30	
1.B.	Is your body undernourished/ emaciated?	<i>Ruksha</i>	Yes	30	
1.C.	Have you got rough, low, broken or obstructed voice?	<i>Ruksha</i>	Yes	30	
1.D.	Does Your sleep last less than 6 hours per day? Or Can your sleep be disturbed easily?	<i>Ruksha</i>	Yes	30	
2.A.	Do you change walking speed & style from time to time?	<i>Laghu</i>	Yes	40	
2.B.	Do you keep changing your food habits from time to time?	<i>Laghu</i>	Yes	40	
2.C.	Do you keep changing your walking / jogging habit from time to time?	<i>Laghu</i>	Yes	40	

3.	Do you keep your joints, eyes, eyebrows, jaw, lips, tongue, head, Shoulder, hands & feet frequently moving?	<i>Chala</i>	Yes	120	
4.A.	Are you considered a talkative among your friends?	<i>Bahu</i>	Yes	60	
4.B.	Do you have prominent veins & tendons all over the body?	<i>Bahu</i>	Yes	60	
5.A.	Do you generally start the work assigned to you immediately?	<i>Shighra</i>	Yes	15	
5.B.	Do you get irritated easily? (E.g., when you do not get breakfast on time in your hostel or when the power goes off while watching a cricket match or your favourite movie over television)	<i>Shighra</i>	Yes	15	
5.C.	Do you get frightened easily?	<i>Shighra</i>	Yes	15	
5.D.	Do you make friends easily & also lose them easily?	<i>Shighra</i>	Yes	15	
5.E.	Do you generally learn things quickly? Or Do you have a good grasping power?	<i>Shighra</i>	Yes	15	
5.F.	Is your long term memory weak? (E.g., you can remember only few names of your friends at your primary school).	<i>Shighra</i>	Yes	15	
5.G.	Are you more comfortable in summer? Or Do you prefer hot/warm drinks over cold drinks?	<i>Shighra</i>	Yes	15	
5.H.	Do you generally develop symptoms immediately after exposure to common causative factors?(You are easily caught by diseases like flu, allergy during seasonal changes).	<i>Shighra</i>	Yes	15	

6.A.	Do you shiver in winter season more than your friends?	<i>Shita</i>	Yes	60	
6.B.	Do you often feel stiffness in your body after exercise, travelling?	<i>Shita</i>	Yes	60	
7.	Are your nails, teeth, hands, feet and hairs on your body and face rough?	<i>Parusha</i>	Yes	120	
8.A.	Do you have cracks on the body especially on the heels?	<i>Vishada</i>	Yes	60	
8.B.	Are some crackling sounds produced in your joints during movements?	<i>Vishada</i>	Yes	60	
				<b>960</b>	<b>Total=</b>

*Total score scored by an individual for a Dosha*

*x100 Total scores allotted to that Dosha*

**Final percentage scores for Vata =**

**Final percentage scores for Pitta =**

**Final percentage scores for Kapha =**

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