

IDENTIFYING PRAKRUTI: Physical Characteristics

Sl No	Aspect of Constitution		Vata		Pitta		Kapha
1	Shape of face Jaw line *	<input type="radio"/>	Thin, bony, high cheek bones, plain looking elongated	<input type="radio"/>	Oval, angular Medium fullness	<input type="radio"/>	Round, square, Full, attractive. broad jaw line
2	Nose *	<input type="radio"/>	Narrow, deviated nasal septum	<input type="radio"/>	Straight, hooked, Flared, upturned nostrils	<input type="radio"/>	Broad. bulbous, Wide nostrils
3	Eyes *	<input type="radio"/>	Close together or far apart, small pupils Small "sparrow-or mouse-like", deep-set Thin, scanty eyelashes	<input type="radio"/>	Sharp, intense. penetrating Brown, blond or coppery eyelashes, intense gaze	<input type="radio"/>	Large. attractive and full, "doe-like" Long, thick lashes
4	Sclera (white of the eye)	<input type="radio"/>	Grey and dark yellow, light blue	<input type="radio"/>	Reddish or glossy, yellowish	<input type="radio"/>	White, milky
5	Facial skin, texture and Complexion	<input type="radio"/>	Thin, dry, rough. Cracked or scaly. Veins are often visible. Dark complexion (no subcutaneous fat)	<input type="radio"/>	Moist, slightly oily, freckles, moles "Pock-marked" from previous inflammation, acne, Coppery or ruddy complexion	<input type="radio"/>	Pale, oily, soft. smooth
6	Hair colour. Texture	<input type="radio"/>	Thin, coarse. dry and wiry, darker in colour, scaly, dandruff	<input type="radio"/>	Thin, fine, soft, blond or red , Early balding, early graying. Moles/freckles. Hair looks like flames coming out from scalp	<input type="radio"/>	Thick, glossy, firmly rooted Wavy and black
7	Neck	<input type="radio"/>	Thin, prominent veins, arterial pulsations visible (no fat)	<input type="radio"/>	Moderate thickness, muscular	<input type="radio"/>	Thickset, well covered, stump-like, almost no neck
8	Musculoskeletal *	<input type="radio"/>	Thin bones, little muscle bulk, little subcutaneous fat	<input type="radio"/>	Moderate bone structure, good muscle bulk Intermediate subcutaneous fat	<input type="radio"/>	Dense, thick bones Great muscle bulk Greater subcutaneous fat
9	Tendons and Veins	<input type="radio"/>	Prominent	<input type="radio"/>	Neither hidden nor prominent	<input type="radio"/>	Deep and hidden
10	Antero-Posterior Diameter of Chest *	<input type="radio"/>	Narrow Reduced cardio-respiratory reserve – tire easily – commonly tired at 2-4pm	<input type="radio"/>	Intermediate Good cardio-respiratory reserve	<input type="radio"/>	Wide Great cardio-respiratory reserve

11	Joints	<input type="radio"/>	Pronounced, loose or rigid Crack and pop (not a disease)	<input type="radio"/>	Smooth, flexible, well knit	<input type="radio"/>	Strong, well covered
12	Fingers *	<input type="radio"/>	Very short or very long, spindly	<input type="radio"/>	Medium length, square or oval	<input type="radio"/>	Thick, stubby, fleshy
13	Nails	<input type="radio"/>	Short, often bitten, brittle, rough	<input type="radio"/>	Pink or coppery In colour	<input type="radio"/>	Thick, well rooted, oily, soft. glossy
14	Body odour	<input type="radio"/>	Little or no smell or perspiration	<input type="radio"/>	Strong, fetid, especially axilla	<input type="radio"/>	None
15	Body weight	<input type="radio"/>	Light	<input type="radio"/>	Medium	<input type="radio"/>	Heavy (puts on weight easily)
16	Body Temperature	<input type="radio"/>	Low, cold extremities. Acutely feels changes in temperature	<input type="radio"/>	High, always feels warm	<input type="radio"/>	Low, body feels cool
17	Teeth	<input type="radio"/>	Very small or very big, protruding. Crooked. easily cracked	<input type="radio"/>	Moderate size, yellowish	<input type="radio"/>	Strong and large, white
18	Lips	<input type="radio"/>	Dark, dry, cracked	<input type="radio"/>	Soft, pink or copper coloured	<input type="radio"/>	Full, thick, moist, oily
19	Body hair	<input type="radio"/>	Scanty	<input type="radio"/>	Moderate	<input type="radio"/>	Thick & plentiful (lots in ears)
20	Tongue	<input type="radio"/>	Thin, trembles. Cracked (geographic) (numerous lines). Central deep furrow	<input type="radio"/>	Soft, pink or dark red, long, pigment patches on side/surface (blue/black)	<input type="radio"/>	Thick. Fleshy. Moist. pink
21	Rib cage	<input type="radio"/>	Prominent	<input type="radio"/>	Not so visible	<input type="radio"/>	Well covered, not visible
22	Abdomen	<input type="radio"/>	Scaphoid (hollowed out)	<input type="radio"/>	Flat	<input type="radio"/>	Round, full, protruding
23	Gait (walk)		Erratic, uncoordinated, All limbs move	<input type="radio"/>	Steady, determined, controlled, striding	<input type="radio"/>	Slow, glides, ambles along, plodding
24	Involuntary body movements	<input type="radio"/>	Twitching, Jerking, fine tremors	<input type="radio"/>	Body is usually still	<input type="radio"/>	Body is usually still – (No involuntary – can remain very still)
25	Peculiar eye characteristics	<input type="radio"/>	Dry. frequent blinking, move lots	<input type="radio"/>	Light sensitive, easily reddened	<input type="radio"/>	Teary or runny
	TOTAL SCORE		VATA		PITTA		KAPHA

IDENTIFYING PRAKRUTI: Mental, Emotional Behavioral Characteristics

Sl No	Aspect of Constitution		Vata		Pitta		Kapha
1	Performs Activity	<input type="radio"/>	Very rapidly	<input type="radio"/>	Moderate speed	<input type="radio"/>	Slowly
2	Motivation, Enthusiasm, Excitability,	<input type="radio"/>	Very easy – tends not to complete	<input type="radio"/>	Moderate	<input type="radio"/>	slow
3	Mood	<input type="radio"/>	Changes quickly – esp if vata unbalanced	<input type="radio"/>	Intense, changes quickly	<input type="radio"/>	Non-changing, steady
4	Cognitive/Learning Ability	<input type="radio"/>	Very quick, easy – poor long term	<input type="radio"/>	Quick and easy (Insightful Learner)	<input type="radio"/>	Slow and deliberate (systematic learner)
5	Quality of Mind	<input type="radio"/>	Quick, creative. imaginative, restless	<input type="radio"/>	Sharp, penetrating Intellect	<input type="radio"/>	Stable – don't like things to change
6	Memory	<input type="radio"/>	Good short-term, Poor long-term	<input type="radio"/>	Intermediate	<input type="radio"/>	Good long-term
7	Digestion	<input type="radio"/>	Inconsistent. delicate, varies between weak and strong	<input type="radio"/>	Usually strong	<input type="radio"/>	Weak, slow. sluggish
8	Appetite	<input type="radio"/>	Variable, can skip meals	<input type="radio"/>	Strong, consistent, Uncomfortable skipping meals (irritable)	<input type="radio"/>	Low, can skip meals without discomfort – don't need breakfast
9	Quantity of food eaten	<input type="radio"/>	Variable	<input type="radio"/>	Likes large meals	<input type="radio"/>	Likes small meals (unless unbalanced)
10	Taste preferences	<input type="radio"/>	Sweet, sour, salty	<input type="radio"/>	Sweet, bitter, astringent – opp if unbalanced	<input type="radio"/>	Pungent, bitter, astringent- opp if unbalanced
11	Thirst	<input type="radio"/>	Variable	<input type="radio"/>	Frequent	<input type="radio"/>	Infrequent
12	Food preferences	<input type="radio"/>	Warm. moist foods	<input type="radio"/>	Cool foods	<input type="radio"/>	Warm dry foods
13	Drink preferences	<input type="radio"/>	Hot	<input type="radio"/>	Cold	<input type="radio"/>	Hot
14	Freq. bowel movements	<input type="radio"/>	Irregular	<input type="radio"/>	Two or more times per day	<input type="radio"/>	Regular
15	Consistency of Stools	<input type="radio"/>	Hard, dry	<input type="radio"/>	Loose, soft	<input type="radio"/>	Well formed
16	Perspiration	<input type="radio"/>	Moderate	<input type="radio"/>	Profuse with body odour	<input type="radio"/>	Slight
17	Sexual desire	<input type="radio"/>	Small	<input type="radio"/>	Moderate - high	<input type="radio"/>	Abundant
18	Sleep required	<input type="radio"/>	5 - 6 hours	<input type="radio"/>	6 - 8 hours	<input type="radio"/>	8 or more hours
19	Quality of sleep *	<input type="radio"/>	Light, easily interrupted	<input type="radio"/>	Deep and uninterrupted – hard getting to sleep if unbalanced	<input type="radio"/>	Deep and heavy. Sonorous
20	Type of dreams	<input type="radio"/>	Fearful, flying, movement	<input type="radio"/>	Anger, violence, fire, struggle	<input type="radio"/>	Water, flowers, romance
21	Response to	<input type="radio"/>	Uncertain, worried.	<input type="radio"/>	Anger, Irritability.	<input type="radio"/>	Clear, stable,

	challenge		Indecisive		Impatience (Traffic ?)		patient, unflustered
22	Speech	<input type="radio"/>	Fast, limits words, digresses often	<input type="radio"/>	Fast. clear, articulate, precise	<input type="radio"/>	Slow, clear. Sweet, loud & commanding
	TOTAL		VATA		PITTA		KAPHA