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| ***Characteristic*** | ***Vata*** | ***Pitta*** | ***Kapha*** |
| *Body Frame* | Thin | Moderate | Thick, strong |
| *Body weight* | Low | Moderate | Overweight |
| *Skin* | Dry, rough, cool | Soft, oily, warm, fair, sensitive | Thick, oily, cool, pale, white |
| *Hair* | Dry, easy to break, broken ends | Soft, oily, early grey, tendency towards baldness | Thick, oily, wavy, dark or light |
| *Teeth* | Protruded, big & crooked, gums emaciated, cavities | Moderate in size, soft gums, yellowish | Strong, white |
| *Eyes* | Small, dull, dry | Sharp, shiny, penetrating | Big, attractive, thick eyelashes |
| *Appetite* | Variable, scanty | Good, excessive, unbearable | Slow but steady |
| *Preferred Taste* | Salty, sour, sweet | Sweet, bitter, astringent | Pungent, bitter, astringent |
| *Thirst* | Variable | Excessive | Scanty |
| *Mind* | Restless, active, anxiety, confusion, worry, nervous | Aggressive, intelligent, critical, analytical | Calm, slow, lethargy, dullness |
| *Emotional temperament* | Fearful, insecure, unpredictable, moody | Aggressive, irritable, anger, impatience, jealous | Calm, greedy, attached, depression, likable |
| *Faith* | Changeable | Passionate about faith, tendency towards fanatism | Steady |
| *Memory* | Quick to understand / perceive, quick to forget | Sharp | Slow but prolonged |
| *Dreams* | Fearful, flying, jumping, running | Fiery, anger, violence, war | Watery, river, ocean, lake, swimming, romantic |
| *Sleep* | Scanty, interrupted | Little but sound | Heavy, prolonged |
| *Speech* | Fast | Sharp and cutting | Slow, monotonous |
| *Tongue* | Cracked, impression of teeth, black-to-brown,  trembling | Red, yellow or green coating | White coated |
| *Nails* | Brittle, longitudinal striations, dry, crooked | Soft, pink, tender, slightly glistering | Thick, strong, soft, very shiny, bump at the end |
| *Physical activity* | Very active | Moderate | Lethargic |