

Questioner to Determine Your Ayurvedic Body Type

Instructions: Prakruti is your ideal combination of the 3 body types. It is determined at birth and does not change. To determine your Prakruti, enter V for Vata, P for Pitta, or K for Kapha in the “1” Column for each observation. Your answers should be based on what typically appears most often, or your ideal, or how you were in youth. Answer the questions again using column “2” to determine your Vikruti. Vikruti is your current combination of the doshas and if it is different than Prakruti, it shows an imbalance. Base your answers on how you have recently been over the last 1 to 3 months. Tally the VPKs to determine your Prakruti and Vikruti.

Observations	1	2	Vata	Pitta	Kapha
Body Size			Slim, Thin muscles	Medium, Symmetrical	Large, Broad, Rounded
Face			Long	Heart Shaped	Round
Chin			Thin, Angular	Tapering	Double Chin
Cheeks			Sunken, Wrinkled	Flat, Smooth	Plump, Rounded
Eyes			Small, Active, Dark, Sunken	Colorful, Light, Piercing, Sharp	Large, Calm, Gentle, Loving
Nose			Crooked, Deviated Septum	Pointed, Symmetrical, Red Tip	Short, Rounded
Lips			Dry, Cracked, Dark	Red, Inflamed	Large, Smooth, Pale
Teeth			Large, Crooked, Thin Gums	Medium, Tender Gums	Healthy, White, Strong Gums
Skin			Thin, Dry, Dark, Cold	Warm, Oily, Smooth, Rosy	Thick, Oily, Cool, Pale
Hair			Dry, Dark, Frizzy	Fine, oily, Early Grey, Early Balding, Red	Lustrous, Thick, Wavy, Oily
Nails			Dry, Brittle, Rough	Pink, Flexible, Lustrous	Thick, Oily, Smooth, Polished
Neck			Long, Thin	Moderate	Large, Folded
Chest			Sunken, Visible Ribs	Medium	Expanded Round
Belly			Flat, Sunken, Thin	Medium	Large, Potbelly
Belly Button			Small, Irregular	Oval, Superficial	Large, Deep, Round
Hips			Slender, Thin	Medium	Wide, Heavy
Joints			Small, Popping, Crepitus	Medium	Large, Well Lubricated
Body Weight			Underweight	Consistent Weight	Overweight
Appetite			Irregular	Strong	Slow, Steady
Digestion			Irregular, Gas	Rapid, Burning	Slow, Congestion
Thirst			Variable	Frequent	Rare
Elimination			Constipation	Loose	Thick, Sluggish

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Physical Activity			Hyperactive	Moderate	Seldom
Mental Activity			Hyperactive	Medium	Slow, Dull
Emotions			Fear, Anxiety	Hatred, Jealousy, Anger	Greed, Attachment, Calm
Faith			Variable	Extreme	Consistent
Recollection			Short Term Good Long Term Poor	Strong and Distinct	Slow to Remember, Slow to Forget
Dreams			Many, Fearful, Active	Fire, War, Violence	Water, Snow, Romance
Sleep			Scanty	Little but Sound	Deep, Prolonged
Speech			Rapid	Penetrating	Slow
Financial			Overspends	Spends on Luxury	Good at Saving
Personality			Indecisive	Competitive	Easy going
Reaction to Stress			Anxious, Worried	Angry Irritable Impatient	Withdrawn Unmotivated
Temperament			Spontaneous Creative	Focused Driven	Calm and Steady
Sweat			Almost Never	Profusely	Little
Stamina			Short Bursts of Energy	Moderate Stamina	High Stamina

Two people with the same Ayurvedic constitution can be very similar or very different depending on the way the doshas are expressed in their bodies. One person may have V3 because they are thin, tall, and have scoliosis. Another person can have V3 because they are thin and short with crooked teeth. They both have the same quantity of Vata, but it is expressed in different ways.

Although ideal, it is rare to have a perfect balance of all three types, but these people are most equipped to deal with the stresses of life. It requires less effort for them to stay balanced.

Prakruti Total _____ *(Ideal Doshic Ratio - Never Changes)*

Vikruti Total _____ *(Current Doshic Ratio – Shows Imbalances)*