



WHAT IS YOUR CONSTITUTION

Place an X next to the choice that best describes you. Occasionally more than one choice may need to be made

	Vata	Pitta	Kapha
	Thin and have always been thin; can be unusually tall or short	Medium well proportioned frame	Tend to be ample in build
	Thin as a child	Medium build as a child	Plump or a little chunky as a child
	Light bones &/or prominent joints	Medium bone structure	Heavy bone structure
	Have a hard time gaining weight	Can gain or lose weight relatively easily if you put your mind to it.	Can gain weight easily, have a hard time losing it
	Small, active, dark eyes	Penetrating light green, grey or amber eyes	Large, attractive eyes with thick eyelashes
	Thin, Dry skin, chaps easily	Oily skin and hair, freckles. Many moles	Thick skin, cool, well-lubricated
	Thin, dark, coarse, kinky or curly hair	Fine soft, fair, reddish, blond or early grey hair	Thick wavy hair, generally brown
	Hair tangles easily with split ends	Hair gets oily quickly, especially in hot weather	Lustrous
	Prefer war climate, sunshine, moisture	Prefer cool well-ventilated places	Any climate is fine, as long as it is not too humid
	Variable appetite, can get very hungry but may find your "eyes bigger than your stomach" Loves snacking	Irritable if you miss a meal or can't eat when you are hungry, good appetite. Strong, social eater, enjoys foods like spices	Like to eat, fine appetite, but you can skip meals without physical problems if you have to (not that you like to). Likes sweets and starchy foods
	Bowel movements can be irregular, hard, dry, or constipated	Easy and regular bowel movements. If anything, soft, oily, loose stools at least once to twice a day	Regular daily bowel movements steady, thick, heavy.
	Digestion sometimes good, sometimes not	Usually good digestion	Digestion fine, sometimes a little slow
	Dislike routine	Enjoy planning and like routine, especially if you create it	Work well with routine
	Creative thinker	Good initiator and leader	Good at keeping an organization or project running smoothly
	Like to stay physically active	Enjoy physical activities, especially competitive ones	Love leisurely activities most

	Vata		Pitta		Kapha
	You feel more mentally relaxed when you're exercising		Exercise helps keep emotions from going out of control for you		Exercise keeps your weight down in a way diet alone won't
	Change your mind easily		Have opinions and like to share them		Change opinions and ideas slowly
	Tend toward fear or anxiety under stress		Tend toward anger, frustration or irritability under stress		Tend to avoid difficult situations
	Often dream, but rarely remember your dreams		Relatively easy to remember your dreams, often dream in color		Generally only remember dreams if they are especially intense or significant.
	Changeable moods and ideas		Forceful about expressing your ideas and feelings		Steady, reliable, slow to change
	Like to snack, nibble		Like high protein foods, like chicken, fish, eggs, beans		Love fatty foods, bread, starch
	If ill, nervous disorders or sharp pain more likely		If ill, fevers, rashes, inflammation more likely		If ill, excess fluid retention or mucus more likely
	Light sleeper		Usually sleep well		Sound, heavy sleeper
	Your think that money is there to be spent		You think that money is best spent on special items or on purchases that will advance you		Money is easy to save for you
	Sexual interest variable, fantasy life active		Ready sexual interest and drive		Steady sexual interest and drive
	Brittle nails		Flexible nails, but pretty strong		Strong thick nails
	Cold hands and feet, little perspiration		Good circulation, perspire frequently		Moderate perspiration
	Thin, fast, variable pulse, hands cold		Strong full pulse, hands warm		Steady slow rhythmic pulse, hands cool
	Variable thirst		Usually thirsty		Rarely thirsty
	Total X's in column		Total X's in column		Total X's in column

Add up all your Xs. The constitution with the most checks generally indicates your primary constitution. If you have marked two constitutions nearly as often, you may be a dual dosha: Vata-Pitta, Pitta-Kapha etc. Rarely all three will be relatively equal.