

Prakriti

(Lifelong Characteristics, Qualities and Tendencies)

Quality	Doesn't Apply	Somewhat Applies	Applies
1. My lifelong tendency has been to be thin and lanky	0	1	2
2. I find having a routine in life to be challenging	0	1	2
3. My skin tends to be rough and dry, even if I don't live In a dry, arid climate (but especially if I do)	0	1	2
4. My joints are fairly prominent	0	1	2
5. My teeth are protruded and/or crooked	0	1	2
6. My hair is kinky, curly and tends to be dry or frizzy	0	1	2
7. It is usually easy for me to lose weight and I usually Have difficulty gaining weight	0	1	2
8. Usually in my life I enjoy hot weather	0	1	2
9. I tend to dislike wind	0	1	2
10. I tend to dislike dry	0	1	2
11. I have a medium build with medium bone structure	0	1	2
12. I enjoy competitive activities and enjoy physical or Intellectual challenges	0	1	2
13. My teeth are medium-sized and/or a little yellow (stained doesn't count)	0	1	2
14. I have fair skin which easily sunburns	0	1	2
15. I have a lot of moles or freckles	0	1	2
16. I am or am becoming bald, I have grayed early, or I Have thin or fine hair	0	1	2
17. Chili peppers, tomatoes and spicy food in general Tends to cause me digestive distress, including Heartburn or stomachache or loose stools, (even if I Really enjoy the taste and am attracted to these things)	0	1	2
18. I prefer a cool climate to a warm one	0	1	2
19. I dislike heat, especially humid heat and feel easily Fatigued by it	0	1	2
20. I have a sharp, Intelligent, aggressive mind	0	1	2
21. I have a sturdy constitution with a large bone Structure	0	1	2
22. I enjoy having a routine in life	0	1	2
23. My teeth are large, straight and white	0	1	2
24. My hair is a little wavy, thick and lustrous	0	1	2
25. My eyes are large and luxurious	0	1	2
26. I enjoy sleep and generally sleep deeply	0	1	2
27. I gain weight easily and have difficulty losing weight	0	1	2

28. My appetite is slow and steady	0	1	2
29. I tolerate most climates well but usually in my Life I have preferred warm weather	0	1	2
30. My energy and stamina are consistent. When I Have a lot to do I do it at a pace that I can maintain For a long time	0	1	2

Scoring

Add the numbers you circled for each of the questions above and record the results below. Divide each section score by the sum of all three scores. This will be your score for that Prakriti (note: as score of 0.35 equals a percentage score of 35%)

Prakriti	Points	Sum	Score
Vata (questions 1-10)		=	
Pitta (questions 11-20)		=	
Kapha (questions 21-30)		=	

If all three of your scores are 30% or higher, you have a Tri Dosha constitution.

If two or more of your scores are 20% or higher, you have a Dual Dosha constitution.

If all three of your scores are over 20% but they are not all over 30% you should take the higher two out of three scores as your dominant types.

If only one of your scores is above 20%, then this is your constitutional type.