|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Characteristic | Kapha | X | Pitta | X | Vata | X  \*For each category, put a check in the box that most represents you. You may have characteristics of all three choices. Make a choice that is the closest to the way you have been the most consistently throughout your life, especially your earliest years.  \*Remember your earliest years and compare yourself to other children. Take a year (5) and think: were you the chubbiest, thinnest, or middle.  \*Make only 1 check for each category. Do not split answers.  \*Put a check in each category.  \*Do not overrate yourself as a Pitta, many people check it as a compromise.  \*Add the checks in each column-total should equal 20. |
| Frame | Large Frame Stout, Thick, Muscles not visible |  | Medium Frame Moderately developed, Muscles visible |  | Thin, Poorly developed, Tall or Short |  |
| Body Weight | Heavy, Obese |  | Moderate |  | Low, Prominent bones |  |
| Disease Tendency | Mucus, Congestion, Water |  | Inflammation, Infection, Heat, Fever |  | Pain, Nerve Diseases |  |
| Skin | Thick, Oily, Cool |  | Moist, Soft, Oily, Warm, Moles, Freckles, Acne, Pink |  | Dry, Rough, Cool, Thin, Cracked, Veins visible |  |
| Complection | Pale, White |  | Fair, Red (Ruddy, Flushed), Yellow |  | Brown, Black, Dull |  |
| Hair | Thick, Oily Wavy, Dark or Light |  | Soft, Oily, Fine, Yellow, Red, Early Gray, Balding |  | Brown, Black, Dry, Kinky, Wavy, Scanty, Coarse |  |
| Joints | Thick, move smoothly |  | Medium, Soft, Loose |  | Thin, Crackling, Unstable |  |
| Teeth | Large, White Full |  | Moderate size, Soft, Pink, Bleeding gums |  | Protruded, Cracked, Spaces, Thin and receding gums |  |
| Eyes | Big, Wide, Prominent, Blue, Thick,Oily, White sclera |  | Medium size, Penetrating gaze, Green, Gray, Red or Yellow sclera |  | Active, Dry Brown, Black, Small, Thin, Unsteady |  |
| Elimination | Oily, Thick, Slow, Heavy |  | Loose, soft, oily |  | Constipation, Hard, Dry, Pain |  |
| Activity | Lethargic, Stately |  | Moderate, Mid-length, Purposeful, Goal setting |  | Active, Talkative, Nervous, Short Bursts |  |
| Appetite | Slow, Steady |  | Excessive Strong |  | Variable, Erratic, Low |  |
| Thirst | Slight |  | Excessive |  | Variable |  |
| Sleep | Heavy, Deep, Long, Excessive, Difficulty waking |  | Short and Sound |  | Insomnia, Light |  |
| Mind | Calm, Slow, Steady |  | Aggressive Perceptive |  | Restless, Curious, Short attention |  |
| Personality Strength | Loyalty, Calm, Contentment |  | Leadership |  | Creativity |  |
| Personality Weakness | Greed, Attachment, Self-centered |  | Jealousy, Irritability, Agression |  | Anxiety, Insecurity, Fear |  |
| Dreams | Water, Romance, Few Dreams |  | Angry, Passion, Color, Fire, Conflict |  | Active, Flying, Fear, Involved, Nightmares |  |
| Speech | Slow, Melodious, Definite, Reticent |  | Cutting, Incisive, Argumentative, Convincing |  | Chaotic, Continuous, Quick, Talkative |  |
|  | Total |  | Total |  | Total |  |