

How to determine your constitution

When answering these questions, go as far back as you can remember, to your youth and early adult years. You want to identify those characteristics that you were born with. This will help in identifying your constitution. Pick one per category and circle, and then add up your score at the bottom.

	Vata	Pitta	Kapha
Body frame	Thin, tall, or short	Medium	Heavy, broad
Weight	Hard to gain, easy to lose	Easy to gain, easy to lose	Easy to gain, hard to lose
Skin	Cold, dark/sallow, tans easily	Warm, light, sunburns easily	Cool, fair, oily, thick
Hair	Dry, frizzy, thin, dark	Straight, fine, premature graying	Oily, wavy, thick
Eyes	Small, brown, gray, violet, unusual color	Green, hazel, almond-shaped	Big, dark, blue
Appetite	Irregular	Intense	Consistent
Evacuation	Constipated, irregular, small quantity	Loose, regular, large quantity	Slow, regular, moderate quantity
Sweat	Scanty	Profuse	Moderate
Temperament	Fearful, indecisive, nervous, perceptive	Angry, intelligent, arrogant, successful	Greedy, calm, stable, stubborn
Memory	Learns quickly, forgets quickly	Learns quickly, forgets slowly	Learns slowly, forgets slowly
Speech	Erratic, talkative	Articulate, decisive	Slow, cautious
Climate	Dislikes dryness, cold	Dislikes heat and humidity	Dislikes humidity
Activity	Restless and active	Competitive	Calm and likes leisure activity
Routines	Dislikes routine	Likes planning and organizing	Works well with routine
Totals			