

Basic Mind-Body Constitution Self-Evaluation Chart

Mark the dominant (1 only) description typical of you when you are rested and functioning well.

Characteristic	Vata (air)	Pitta (fire)	Kapha (water)
1. Body	<input type="checkbox"/> Narrow hips, shoulders	<input type="checkbox"/> Moderate	<input type="checkbox"/> Broad hips, shoulders
2. Body weight	<input type="checkbox"/> Thin, tendons show	<input type="checkbox"/> Medium	<input type="checkbox"/> Heavy
3. Endurance, strength	<input type="checkbox"/> Low, poor	<input type="checkbox"/> Fair	<input type="checkbox"/> High, good
4. Skin condition	<input type="checkbox"/> Dry, rough, cool, dark	<input type="checkbox"/> Soft, fair, oily, delicate, pink to red	<input type="checkbox"/> Oily, pale, moist, white
5. Skin, aging	<input type="checkbox"/> Dry, flaky, wrinkles	<input type="checkbox"/> Pigmentation	<input type="checkbox"/> Smooth, few wrinkles
6. Hair	<input type="checkbox"/> Dry	<input type="checkbox"/> Medium	<input type="checkbox"/> Oily
7. Hair color	<input type="checkbox"/> Dark brown to black	<input type="checkbox"/> Light blond, red, light brown	<input type="checkbox"/> Medium blond, medium to dark brown
8. Hair texture	<input type="checkbox"/> Curly, kinky	<input type="checkbox"/> Wavy, fine, soft	<input type="checkbox"/> Strait or wavy, thick
9. Appetite, digestion	<input type="checkbox"/> Erratic, sluggish	<input type="checkbox"/> Sharp hunger	<input type="checkbox"/> Moderate, mild hunger
10. Teeth	<input type="checkbox"/> Large, protruding,	<input type="checkbox"/> Yellowish, moderate	<input type="checkbox"/> White, large, little decay
11. Eyes	<input type="checkbox"/> Small, black or brown	<input type="checkbox"/> Hazel, green, grey	<input type="checkbox"/> Large, blue or brown
12. Bowel movements	<input type="checkbox"/> Dry, hard, constipation	<input type="checkbox"/> soft, oily, loose	<input type="checkbox"/> Heavy, slow, thick
13. Sex urge	<input type="checkbox"/> Frequent	<input type="checkbox"/> Moderate	<input type="checkbox"/> Cyclical, infrequent
14. Physical activity	<input type="checkbox"/> Flighty, restless	<input type="checkbox"/> Aggressive, focused	<input type="checkbox"/> Calm, steady
15. Voice, speech	<input type="checkbox"/> High pitched, fast, vibrato dissonant, weeping	<input type="checkbox"/> Medium-pitched, sharp, laughing	<input type="checkbox"/> Low-pitched, melodious, slow, monotone
16. Taste preferences	<input type="checkbox"/> Oily, heavy, sweet, soupy, salty, sour	<input type="checkbox"/> Medium, light, sweet, warm, bitter, astringent	<input type="checkbox"/> Dry, light, low-fat, sweet, pungent
17. Emotional state	<input type="checkbox"/> Insecure, unpredictable	<input type="checkbox"/> Aggressive, irritable	<input type="checkbox"/> Calm, agreeable
18. Sleep pattern	<input type="checkbox"/> Short, insomnia	<input type="checkbox"/> Sound, medium	<input type="checkbox"/> Deep, easy, prolonged
19. Memory	<input type="checkbox"/> Short-term	<input type="checkbox"/> Good, but not prolonged	<input type="checkbox"/> Long-term
20. Financial behavior	<input type="checkbox"/> Spends quickly and unwisely	<input type="checkbox"/> Saves, though impulsive	<input type="checkbox"/> Saves and accumulates
21. When threatened	<input type="checkbox"/> Fearful, anxious	<input type="checkbox"/> Angry, irritable, fights	<input type="checkbox"/> Indifferent, withdraws
22. Dreams while asleep	<input type="checkbox"/> Fear, flying, running	<input type="checkbox"/> Fire, strife, emotional	<input type="checkbox"/> Of water, erotic
23. Mental tendencies	<input type="checkbox"/> Questions, theorizes	<input type="checkbox"/> Judgmental, artistic	<input type="checkbox"/> Stable, logical
24. Quality of pulse	<input type="checkbox"/> Thready, slithering	<input type="checkbox"/> Moderate, jumping	<input type="checkbox"/> Slow and graceful
25. Pulse beats	<input type="checkbox"/> 80–100 times a minute	<input type="checkbox"/> 70–80 times a minute	<input type="checkbox"/> 60–70 times a minute
	Subtotal Vata _____ times 4 = _____	Subtotal Pitta _____ times 4 = _____	Subtotal Kapha _____ times 4 = _____

The subtotals should add up to 100 percent.