

PRAKRUTI (CONSTITUTION) QUIZ

CIRCLE THE ITEMS THAT BEST DESCRIBE YOU

CATEGORY	VATA	PITTA	KAPHA
Face shape	Narrow, oblong	Angular with strong features	Round and soft
Face energy	Subtle	Intense / passionate	Sweet, gentle
Nose bridge	Narrow	Medium	Wide
Lips	Thin	Medium	Full
Complexion	Dusty, gray, lackluster	Rosy, ruddy	Pale
Hair	Scant and dry	Fine and moderately full, Coarse	Very full and oily
Skin	Dry and thin	Moderate	Thick
Bones	Narrow	Medium	Thick
Neck	Narrow	Medium	Shorter / thicker
Palm	Rectangular	Square	Square and fleshy
Finger	Long and thin	Medium	Shorter and thicker
Nails	Thin and fragile	Moderate	Thick and strong
Body build	Less musculature	Moderate musculature	Thick muscles, extra body fat / stocky
Appetite	Picky, variable	Not picky, can always eat	Low
Digestion	Tendency toward gas but little odor	If gassy, it is very smelly	Sluggish, heavy after meals
Elimination	Tends toward constipation and straining	Tends toward loose stools	Regular, 1x per day
Sweat	Minimal with little odor	Sweats easily with strong odor	Sweats easily with pleasant odor
Temperature	Feels cold easily, likes warmth	Feels warmer, likes cool temps.	No too cold or warm
Skin	Tends toward dry, rough skin	Tends toward oily skin or red rashes	Tends toward soft, smooth, moist skin

Menses	Tends to be irregular, often scanty	Regular with a 3-5 day heavy flow	Regular with a 5-7 day moderate flow
Sleep	Tends to have difficulty sleeping	Sleeps well, if awakened falls back asleep	Sleeps well, hard to awaken, difficult to get up early
Pain in the body	Frequent, shifts around	Inflammatory pain that stays in the same place	Rare pain
TOTAL			