



PRAKRUTI + VIKRUTI

CONSTITUTION + CURRENT STATE OF IMBALANCE

PRAKRUTI

- Balance of the doshas at the moment of conception
- Related to genetics
- Influenced by physical, mental, emotional state of mother during pregnancy
- We each have our own unique balance
- Most have a predominance in one or two doshas
- Combinations: Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta-Vata, Pitta-Kapha, Kapha-Pitta, Kapha-Vata, Tridoshic

HOW TO DETERMINE

- Physical build
- Long-term internal functioning of the body
- Personality/mental and emotional tendencies
- Pulse
- Tongue

VIKRUTI

- Current state of imbalance
- Caused by an excess of certain qualities taken in through the senses
- Balanced by giving the opposite qualities through the five senses

HOW TO DETERMINE

- Symptoms
- More recent internal functioning of body, or long-term imbalances
- Pulse
- Tongue

KAPHA PRAKRUTI + VIKRUTI

HEAVY, MOIST, SOFT, STABLE

KAPHA PRAKRUTI

- Round face
- Large eyes, long lashes
- Thick lips
- Thick, cool, moist skin
- Fair skin tone
- Large, stocky, solid frame
- Build muscle easily
- Curvy frame
- Extra "padding" or fleshiness
- Wide nose and nose bridge

KAPHA VIKRUTI

- Sluggish digestion
- Mucousy stool
- Mucousy respiratory and sinus issues
- Excess weight
- Swelling, edema

BALANCED MIND + EMOTIONS

- Unconditionally loving
- Compassionate
- Profound ability to nurture others (watery nature)
- Feeding love to the deprived and undernourished
- Unshakable faith
- Stability that grounds others
- Even temperament
- Famous kapha-types: Oprah, Marlon Brando, Arnold Schwarzenegger, MLK

IMBALANCED MIND + EMOTIONS

- Withdrawn
- Tendency to overeat, oversleep
- Stubborn
- Overly attached
- Depressed
- Dull
- Materialistic, greedy

PITTA PRAKRUTI + VIKRUTI

HOT, LIGHT, MOBILE, SHARP

PITTA PRAKRUTI

- Moderate/athletic build
- Angular or angular features
- Rudy, rosy or yellow skin
- Fair or red hair
- Medium, deep set, blue, green, light eyes
- Moles, freckles
- Straight hair
- Early graying or hair loss
- Moderate bones
- Moderate teeth, yellow tone
- Square palms
- Medium length fingers
- Medium nose and nose bridge
- Medium lips

PITTA VIKRUTI

- Burning indigestion
- Diarrhea
- Inflammation
- Acne
- Inflamed mucosa
- Hypoglycemia
- Insatiable appetite

BALANCED MIND + EMOTIONS

- Clarity of mind
- Fire of the mind burns away false illusions
- Easily discern truth
- Excellent spiritual teachers, as the light from their fire illuminates the spiritual path for their students
- Brave, courageous, dynamic
- Teachers, leaders
- "The Bull"
- Famous Pitta people: Madonna, Brad Pitt, Nicole Kidman, JFK

IMBALANCED MIND + EMOTIONS

- Angry
- Critical/blaming
- Judgmental
- Jealous
- Overly ambitious
- Ego-driven
- Violent

VATA PRAKRUTI + VIKRUTI

LIGHT, MOBILE, DRY, COLD, IRREGULAR

VATA PRAKRUTI

- Physical Appearance (small, irregular, cold, dry)
- Petite and thin, or tall and thin
- Oval or long face
- Small frame
- Small bones
- Small eyes
- Small or crooked nose
- Thin or kinky hair – brown
- Long, thin fingers
- Rectangular palms of hand
- Irregular body shape (pear-shaped, etc.)
- Sallow skin
- Tans in sun
- Cold
- Sharp, small or irregular teeth
- Dry skin
- Thin or irregular lips

VATA VIKRUTI

- Sensitive nervous system
- Insomnia
- Gas
- Constipation
- Dry skin
- Pain

BALANCED MIND + EMOTIONS

- Express the genuine enthusiasm and inspiration within
- Bubbly, effusive personalities
- Talkative or etheric
- Often inspired artists and healers
- Blissful, adaptable, flexible
- "The Butterfly"
- Famous Vata people: Audrey Hepburn, Fred Astaire, Woody Allen, Sarah Jessica Parker

IMBALANCED MIND + EMOTIONS

- Anxiety, fear, worry (mobile, cold emotions)
- Ungrounded/spacey
- Addictive/Self-destructive
- Addicted to drama