

Body constitution (Prakruti) Analysis

Personalize Your Life!

The Dosha System – Ayurveda Questionnaire

A Tool for Understanding Yourself

Prakriti is your basic constitution. It is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics and tendencies that are stable. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, etc., in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta and Kapha. These are loosely translated as Air, Fire and Earth, respectively. Each of us has all three doshas in our constitution, in unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant; three dual Prakritis, where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant and Vata-Kapha predominant; and one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Click below to determine your Ayurvedic Constitution (Prakriti)

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

PHYSICAL ASSESSMENT:

- A] I am slim and fine-boned with only soft muscular definition
 - B]I am of medium physique with fairly good muscular development
 - C] I am of large build , prone to roundness and gain weight easily
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- A] I can eat what I want without having to worry about putting on weight
 - B] I gain weight if I eat too much, but can lose it if I try
 - C] If I put on weight, which I do fairly easily, it's a real struggle to shed it
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- A] My skin is cool, rough, and prone to being quite dry in places
 - B] My skin is warm and prone to oiliness
 - C] My skin is smooth, cool to the touch and hardly ever dry
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- A] My underlying skin tone is best described as bluish
 - B] My underlying skin tone is best described as reddish

- C] My underlying skin tone is best described as yellowish
- A] My skin is prone to dehydration and dryness, especially when it is cold outside
- B] I suffer from rashes and inflammation and sometimes burn
- C] I sometimes suffer from whiteheads and blackheads

- A] My complexion is marked by fine lines and prominent veins
- B] I have some broken capillaries, freckles and moles
- C] My skin is supple and soft

- A] My hair has a natural curl and can be quite dry on the ends
- B] My hair is fairly straight and fine
- C] My hair is wavy, thick and lustrous

- A] My eyes are small and pale, dark brown, grey or slate blue
- B] My eyes are bright blue, light brown, lustrous and bright
- C] My eyes are large, watery and brown

- A] My lips are dry and quite slender
- B] I have fairly average soft red lips
- C] My lips are firm, large and quite plump

- A] My fingernails are quite dry, brittle and can be rough
- B] I have soft pink fingernails that don't split often
- C] My fingernails are thick, smooth and very strong

PHYSICAL TENDENCIES:

- A] I prefer warm weather to cold
- B] I prefer cool weather and particularly enjoy cold foods like ice-cream and ice cold drinks

C] I enjoy most climates but prefer warmer weather

A] My energy is inconsistent and usually comes in bursts

B] My energy levels are moderate

C] My energy tends to be fairly steady when apparent but I'm often lazy

A] I am active but I lose strength quickly

B] I enjoy physical activity and sweat easily

C] I have good endurance but I'm naturally lethargic

A] I am active and restless, and what I lack in strength I make up for in enthusiasm

B] I have average stamina and good staying power

C] I have very good stamina and physical endurance

A] I do not usually require much sleep and I sleep lightly

B] I need a moderate amount of sleep and sleep soundly

C] I enjoy sleep and sleep deeply

A] I am talkative and tend to talk quite fast

B] I have a fairly confident voice and can be an assertive speaker

C] I have a gentle voice and talk fairly slow

A] My appetite is irregular, I eat what I want when I want it

B] I have a good appetite and tend to eat regularly

C] I eat fairly slow, enjoy food and have a consistently good appetite

A] I alternate between dry and loose stools

B] I have soft stools that tend to be loose

C] Food moves through me slowly

A] I sometimes experience low appetite, low back pain and muscle spasms

B] I can suffer with hot flushes, acid stomach and heartburn

C] I have trouble with sinus congestion, coughs, colds, and weight gain

TEMPERAMENT ASSESSMENT:

A] I learn new things easily, but I tend to forget easily as well

B] My memory is good

C] Although I tend to learn slowly, I go on to have a good recall

A] I tend to be enthusiastic and vivacious with an active imagination

B] I tend to be somewhat orderly and precise and can be easily irritated

C] I am steady, calm and infrequently ruffled

A] When I am stressed I suffer anxiety attacks, insomnia, and sometimes hysteria

B] Under stress I can become jealous, hostile, frustrated and easy to anger

C] If I am under too much pressure I become depressed, despondent and possessive

A] I am upset by buffeting winds and cold

B] Heat and sun make me edgy

C] When it is cold and damp I feel miserable

A] My moods fluctuate, often fairly unpredictable

B] I am goal and task driven, my moods are a secondary consideration

C] I am consistently compassionate and caring

- A] I am creative and imaginative, I like to express myself
- B] I am a perfectionist who likes to be organized and efficient
- C] My thoughts and ideas are well organized and tend to be fairly tranquil

- A] My thoughts are often dreams which I do not need to see through to their conclusion
- B] My ideas and thoughts tend to be well-considered and logical
- C] I am thorough and good at following through

- A] I choose an unpredictable, exciting lifestyle and hate routine
- B] I like my life to be busy but wouldn't say I hate routine
- C] I enjoy a relaxed and fairly slow-paced routine lifestyle

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