



Self-Assessment (to print out)

This catalog of questions will give you an idea of your constitution.

However, it is by no means a substitute for a complete expertise.

Choose the most appropriate description. V= Vata, P= Pitta, K= Kapha.

If a condition has changed over the years, then select

which point applied to the longest time and in good health

(this applies, for example, to being slightly overweight at the moment). Have fun!

What is your body like?

V: I am slim and delicate in nature

P: I'm medium build, but well defined strong muscles.

K: I'm rather robustly built, with a good layer of fat under the skin.

How are your joints?

V: I have small cracking joints, sometimes overly flexible.

P: My joints are medium and flexible

K: I have big, tight joints, rather inflexible

How is your complexion?

V: My complexion is blotchy but tans easily

P: I have a lot of freckles and moles. I get sunburned easily

K: My complexion is even and I get a deep tan

How is your hair?

V: Thin and prone to dryness

P: Tends to be greasy and grays quickly.

K: Full, dense and a lot.

How is your skin?

V: Dry and sometimes rough

P: Warm, soft and sometimes wetish

K: Soft, moist, firm and cool



How are your teeth?

V: Small and irregular

P: Normal size, sometimes pointed

K: Large and regular

Describe your lips and nails.

V: My lips tend to be thin and dry. My nails break easily

P: My lips are rosy and well formed. My nails are elastic

K: My lips are soft and full. I have strong and smooth nails

Do you sweat easily?

R: Hardly

P: Sometimes a lot, especially in sports

K: Normal

How is your body odor?

V: Do I have that?

P: Can be very strong and uncomfortable

K: Hardly there

Sit quietly for 5 minutes and feel your pulse. What are you feeling?

V: My pulse is fast and meanders irregularly

P: My pulse is bouncing vigorously and regularly, neither fast nor slow

K: My pulse glides full, regular and slow

How about movements?

V: I tend to fidget. Sitting still is not my thing. Sport can bore me

P: I like precise, sweaty competitive sports. That drives me

K: I find it difficult to motivate myself to exercise. I prefer to do nothing

What's your weight like?

V: Tend to be underweight

P: Normal. Gain weight and lose weight quickly.

K: Tend to be overweight. I find it difficult to lose weight



Which weather do you like the most?

V: I like it hot! Please no wind or cold

P: I prefer cooler temperatures. I don't like direct sun at all.

K: Warm is my favorite. But actually everything is ok. Just not too wet, please

What's your way of speaking?

V: I am talkative and speak quickly. Sometimes too fast, then I mumble

P: My language is precise and self-confident

K: I speak rather calmly and slowly. I'm not a big talker, though

How do you usually sleep?

V: My sleep is light and rather short

P: I sleep well, but it has to be 7-8 hours

K: My sleep is long and deep. I like to spend time in bed

What is your favorite food?

V: I like to eat warm and wet, like a stew or soup

P: I prefer cold foods, salads or raw vegetables

K: Preferably warm, spicy, also dry

How is your hunger?

V: Sometimes I'm hungry like a bear, sometimes I don't eat at all

P: I have to eat something regularly, otherwise I get in a bad mood

K: Actually, 2 meals a day is enough for me....

How is your digestion?

V: Varies greatly

P: Good digestion

K: Rather slow digestion

How often do you have to go to the toilet?

V: Sometimes I have constipation and/or gas

P: At times, I can go to the toilet several times a day, tending to be rather soft to liquid

K: Quite regular and well formed



How is your mood in general?

V: My mood can change very quickly, in an instant

P: You can provoke me quickly

K: Nothing shakes me, it sometimes seems emotionless to others

How do you deal with stress?

V: I get anxious and insecure

P: I get impatient and angry

K: I remain calm and cool-headed

How quickly do you pick up new things?

V: I get it quickly, but I also forget quickly

P: I have a sharp mind and I can concentrate well

K: I need time to study

How is your memory?

V: My long-term memory is bad

P: I remember everything!

K: My long-term memory is excellent

Describe your thoughts.

V: My thoughts jump from tree to tree like monkeys

P: I think analytically and like to make plans

K: My thoughts are thorough and methodical

Do you like changes?

V: Change is my middle name

P: Change is challenging but doable

K: I'd rather stick to my routine



How strong is your energy and endurance?

V: I have rather little stamina

P: I like to go to my limits and beyond

K: I don't really get going, but I have a lot of stamina.

Phew, done!

Now add up your individual answers.

Don't be surprised, in the rarest of cases someone clearly owns one single dosha.

Most of the time we are mixtures of 2 dominant doshas.

E.g. if you have checked 13 vata, 10 pitta and 4 kapha then your Prakruti is probably Vata -Pitta.

Your result:

Vata:

Pitta:

Kapha:

As I said, a more precise determination naturally requires more time!

