

PRAKRUTI DOSHA MIND BODY QUIZ

This mind-body questionnaire gathers information about your basic nature—the way you were as a child or the basic patterns that have been true most of your life.



INSTRUCTIONS (Please read carefully): Rank each characteristic with either 7, 4 or 1. For each row, use each number one time. (Each row should add up to 12)

7 - MOST ACCURATELY REPRESENTS ME 4 - SECONDARILY REPRESENTS ME 1 - RARELY REPRESENTS ME

EXAMPLE	7 VATA	4 PITTA	1 KAPHA	= 12
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CHARACTERISTICS	VATA	PITTA	KAPHA	TOTALS
1. BODY TYPE	<input type="radio"/> I am thin, lanky and slender and lose weight easily.	<input type="radio"/> I have a medium, symmetrical build with good muscle development.	<input type="radio"/> I have a large, round, broad, thick, or stocky build. I gain weight easily.	= 12
2. WHEN MY NEEDS ARE NOT MET ...	<input type="radio"/> I look inward and often blame myself asking, "what have I done wrong?"	<input type="radio"/> I look outward and often blame others asking "what have you done wrong?"	<input type="radio"/> I often withdraw or say, "whatever."	= 12
3. EYES	<input type="radio"/> My eyes are small and active.	<input type="radio"/> I have a penetrating gaze.	<input type="radio"/> I have large pleasant eyes.	= 12
4. COMPLEXION	<input type="radio"/> My skin is dry, rough or thin. I can see my veins.	<input type="radio"/> My skin is warm, reddish in color and prone to irritation.	<input type="radio"/> My skin is thick (emotionally & physically), moist and smooth.	= 12
5. HAIR	<input type="radio"/> My hair is dry, brittle or frizzy.	<input type="radio"/> My hair is fine with a tendency towards early thinning or graying.	<input type="radio"/> I have abundant, thick and oily hair.	= 12
6. MEMORY & LEARNING	<input type="radio"/> Quick to learn; quick to forget. I get lost in the details.	<input type="radio"/> I am focused and learn quickly. I retain what I need.	<input type="radio"/> I need to be told the big picture A to Z in order to fully understand.	= 12
7. SLEEP PATTERN	<input type="radio"/> I am a light sleeper with a tendency to awaken easily.	<input type="radio"/> I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	<input type="radio"/> My sleep is deep and long. I tend to awaken slowly in the morning.	= 12
8. ENERGY	<input type="radio"/> Restless & sometimes fidgety.	<input type="radio"/> Intense & direct	<input type="radio"/> Patient & relaxed	= 12
9. BODY TEMPERATURE	<input type="radio"/> My hands and feet are usually cold and I prefer warm environments.	<input type="radio"/> I am usually warm, regardless of the season, and prefer cooler environments.	<input type="radio"/> My hands can get clammy I am adaptable to most temperatures.	= 12
10. SPEECH	<input type="radio"/> I like to talk	<input type="radio"/> I like to convince. I am purposeful with my words.	<input type="radio"/> I don't feel the need to speak. I am leisurely with my words.	= 12
11. WHEN STRESSED ...	<input type="radio"/> I become anxious or worried.	<input type="radio"/> I become irritable and/or aggressive.	<input type="radio"/> I become withdrawn and/or reclusive.	= 12
TOTAL	<input type="radio"/> VATA TOTAL	<input type="radio"/> PITTA TOTAL	<input type="radio"/> KAPHA TOTAL	

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VATA

Resembling the Wind

CHARACTERISTICS

- Thin, light frame
- Variable digestion and sleep patterns
- Dry skin and hair
- Cold hands and feet
- Moves and talks quickly
- Resists routine
- Welcomes new experiences

BALANCED

- Energetic
- Creative
- Adaptable
- Shows initiative
- Good communicator
- Spontaneous

IMBALANCED

- Overactive Mind
- Anxiety
- Worry
- Inconsistency
- Insomnia
- Constipation
- Gas, bloating

PITTA

Fiery in Nature

CHARACTERISTICS

- Medium build
- Strong digestion
- Warm body temp
- Sleeps soundly for short periods
- Sharp intellect
- Direct and precise
- Stays close to routine
- Courageous

BALANCED

- Bright
- Warm, friendly
- Good decisionmaker
- Leader
- Strong digestion

IMBALANCED

- Angry
- Irritable
- Excessively critical
- Judgmental
- Aggressive
- Skin rashes
- Inflammation
- Indigestion

KAPHA

Grounded, Unruffled, May Resist Change

CHARACTERISTICS

- Heavysset
- Smooth skin and thick hair
- Deep sound sleep
- Slow moving
- Good stamina
- Easygoing
- Methodical, thoughtful nature
- Enjoys routine

BALANCED

- Steady
- Consistent
- Loyal
- Strong
- Supportive
- Content
- Calm

IMBALANCED

- Dull
- Inert
- Needy
- Attached
- Congested
- Overweight
- Complacent
- Overly-protective