



## Prakruti

Prakruti is the constitution of an individual. It is the unique combination of the three doshas (Vata, Pitta and Kapha) that forms your constitution at the time of conception and creates the inborn tendencies that influence how you experience life.

Base your choices on what has been most consistent over a long period of your life. You can choose more than one. Add up the number of marks under vata, pitta and kapha. This will help you discover your own ratio of doshas in your prakruti. Most people have one dosha predominant; a few have two approximately equal; even fewer have all three in equal proportions.

Observation	Vata	Pitta	Kapha
Body frame	<input type="checkbox"/> Slim	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
Body weight	<input type="checkbox"/> Low, hard to gain	<input type="checkbox"/> Medium	<input type="checkbox"/> Overweight, gains easily
Chin	<input type="checkbox"/> Thin, angular	<input type="checkbox"/> Tapering	<input type="checkbox"/> Rounded, double
Cheeks	<input type="checkbox"/> Wrinkled, sunken	<input type="checkbox"/> Smooth, flat	<input type="checkbox"/> Rounded, plump
Eyes	<input type="checkbox"/> Small, sunken, dry, active, black, brown, nervous	<input type="checkbox"/> Medium, sharp, bright, gray, green, yellow/red, sensitive to light	<input type="checkbox"/> Big, beautiful, blue, calm, loving
Nose	<input type="checkbox"/> Uneven shape, deviated septum	<input type="checkbox"/> Long, pointed, red nose-tip	<input type="checkbox"/> Short rounded, button nose
Lips	<input type="checkbox"/> Dry, cracked, black or brown tinge	<input type="checkbox"/> Red, inflamed, yellowish	<input type="checkbox"/> Smooth, oily, pale, whitish
Teeth	<input type="checkbox"/> Stick out, either very small or very large, thin gums	<input type="checkbox"/> Small to medium, soft, tender gums	<input type="checkbox"/> Medium to large, healthy, white, strong gums
Skin	<input type="checkbox"/> Thin, dry, cold, rough, dark	<input type="checkbox"/> Smooth, oily, warm, rosy	<input type="checkbox"/> Thick, oily, cool, white, pale
Hair	<input type="checkbox"/> Scanty, dry, knotted, brittle, dandruff	<input type="checkbox"/> Moderate, straight, oily, fine, soft, early gray or bald	<input type="checkbox"/> Abundant, thick, oily, very wavy or curly, luxuriant
Nails	<input type="checkbox"/> Dry, rough, brittle, break easily	<input type="checkbox"/> Sharp, flexible, pink, lustrous	<input type="checkbox"/> Thick, oily, smooth, polished
Heart beats per minute: M	<input type="checkbox"/> 70-90	<input type="checkbox"/> 60-70	<input type="checkbox"/> 50-60
Heart beats per minute: F	<input type="checkbox"/> 80-100	<input type="checkbox"/> 70-80	<input type="checkbox"/> 60-70
Appetite	<input type="checkbox"/> Irregular, scanty	<input type="checkbox"/> Strong, unbearable	<input type="checkbox"/> Slow and steady
Digestion	<input type="checkbox"/> Irregular, forms gas	<input type="checkbox"/> Quick, causes burping	<input type="checkbox"/> Prolonged, forms mucous
Thirst	<input type="checkbox"/> Changeable	<input type="checkbox"/> Surplus	<input type="checkbox"/> Sparse
Elimination	<input type="checkbox"/> Constipation	<input type="checkbox"/> Loose	<input type="checkbox"/> Thick, oily, sluggish
Physical Activity	<input type="checkbox"/> Hyperactive	<input type="checkbox"/> Moderate	<input type="checkbox"/> Slow
Mental Activity	<input type="checkbox"/> Hyperactive	<input type="checkbox"/> Moderate	<input type="checkbox"/> Dull, slow
Emotions	<input type="checkbox"/> Anxiety, fear, uncertainty	<input type="checkbox"/> Anger, hate, jealousy	<input type="checkbox"/> Calm, greedy, attachment
Faith	<input type="checkbox"/> Variable	<input type="checkbox"/> Extremist	<input type="checkbox"/> Consistent
Intellect	<input type="checkbox"/> Quick with faulty response	<input type="checkbox"/> Accurate response	<input type="checkbox"/> Slow, exact
Recollection	<input type="checkbox"/> Recent good, remote poor	<input type="checkbox"/> Distinct	<input type="checkbox"/> Slow and sustained
Dreams	<input type="checkbox"/> Quick, active, many, fearful, flying, running, jumping	<input type="checkbox"/> Fiery, war, violence, anger, adventurous	<input type="checkbox"/> Water - lakes, clouds, snow, relationships, romance
Sleep	<input type="checkbox"/> Interrupted, light	<input type="checkbox"/> Sound, medium	<input type="checkbox"/> Sound, heavy, long
Speech	<input type="checkbox"/> Rapid, unclear, sometimes missing words	<input type="checkbox"/> Fast, sharp, penetrating, clear-cut	<input type="checkbox"/> Slow, monotonous, clear, sweet
Financial	<input type="checkbox"/> Doesn't save, spends quickly	<input type="checkbox"/> Saves but big spender	<input type="checkbox"/> Saves regularly, accumulates wealth
<b>Totals</b>			

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## VIkruti

Vikruti is the current state of an individual. It is the state of your body and mind in which you are more prone to disease.

Base your choices on how you have been feeling recently. You can choose more than one. Add up the number of marks under vata, pitta and kapha. This will help you to discover your own ratio of doshas in your vikruti. If a total in your vikruti is higher than in your prakruti, this indicates a high dosha.

Observation	Vata	Pitta	Kapha
Appearance	<input type="checkbox"/> Thin, bony, emaciated	<input type="checkbox"/> Medium, intense	<input type="checkbox"/> Large, sluggish
Weight	<input type="checkbox"/> Underweight	<input type="checkbox"/> Steady	<input type="checkbox"/> Overweight
Joints	<input type="checkbox"/> Cracking and popping	<input type="checkbox"/> Tender	<input type="checkbox"/> Swollen
Spine	<input type="checkbox"/> Scoliosis tendency	<input type="checkbox"/> Kyphosis tendency	<input type="checkbox"/> Lordosis tendency, slipped disk
Muscles	<input type="checkbox"/> Tremors, tics, spasms	<input type="checkbox"/> Tenderness	<input type="checkbox"/> Swelling
Skin	<input type="checkbox"/> Dark, dry, rough, scaly, liver spots	<input type="checkbox"/> Yellow or red, rashes, pimples, acne	<input type="checkbox"/> Pale, oily, smooth, swelling
Veins	<input type="checkbox"/> Prominent, collapsed	<input type="checkbox"/> Moderately visible, bruises easily	<input type="checkbox"/> Full, wide, stagnant
Eyes	<input type="checkbox"/> Dry, restless, blinking	<input type="checkbox"/> Red, burning, hypersensitive to light	<input type="checkbox"/> Pale, swollen, sticky, excessive lacrimation
Ears	<input type="checkbox"/> Ringing (tinnitus)	<input type="checkbox"/> Pain, infections	<input type="checkbox"/> Clogged, discharge
Nose, Sinuses	<input type="checkbox"/> Dry, crusty	<input type="checkbox"/> Red, inflamed	<input type="checkbox"/> Congested
Lips	<input type="checkbox"/> Dry, cracked	<input type="checkbox"/> Red, inflamed	<input type="checkbox"/> Pale, oily
Mouth	<input type="checkbox"/> Dry, receding gums	<input type="checkbox"/> Red, inflamed, tender gums	<input type="checkbox"/> Excessive salivation
Teeth	<input type="checkbox"/> Cavities, receding gums, cracked enamel	<input type="checkbox"/> Yellow, wasted enamel	<input type="checkbox"/> White, strong enamel
Tongue	<input type="checkbox"/> Dry, cracked, tremors, dark coating	<input type="checkbox"/> Red, inflamed, yellow coating	<input type="checkbox"/> Pale, thick white coating
Hair	<input type="checkbox"/> Dry, knotted, brittle	<input type="checkbox"/> Oily, graying, balding	<input type="checkbox"/> Oily, wavy
Nails	<input type="checkbox"/> Dry, rough, brittle, cracked, bitten	<input type="checkbox"/> Soft, sharp, inflamed	<input type="checkbox"/> Pale, thick, oily
Appetite	<input type="checkbox"/> Variable, anorexia nervosa	<input type="checkbox"/> Strong, unbearable, hypoglycemia	<input type="checkbox"/> Low, steady
Digestion	<input type="checkbox"/> Irregular, gas and bloating	<input type="checkbox"/> Quick, acid indigestion	<input type="checkbox"/> Slow, prolonged digestion
Thirst	<input type="checkbox"/> Variable	<input type="checkbox"/> Strong	<input type="checkbox"/> Low
Elimination	<input type="checkbox"/> Constipation, dry, hard stools	<input type="checkbox"/> Loose stools, diarrhea, burning	<input type="checkbox"/> Heavy, oily stools with mucous
Energy Level	<input type="checkbox"/> Hyperactive, exhausts quickly	<input type="checkbox"/> Intense, exhausts from excessive thinking	<input type="checkbox"/> Low, exhaustion due to excess weight
Sex Drive	<input type="checkbox"/> Variable or low drive, premature orgasm	<input type="checkbox"/> Moderate drive, painful sex	<input type="checkbox"/> Strong sex drive
Voice	<input type="checkbox"/> Dry, exhausted, explosive, whispering, stuttering	<input type="checkbox"/> Sharp, penetrating, metallic	<input type="checkbox"/> Deep, hoarse, drum-like
Speech	<input type="checkbox"/> Rapid, abrupt, unclear ideas	<input type="checkbox"/> Sharp, determined, premeditated	<input type="checkbox"/> Slow, monotonous
Breathing	<input type="checkbox"/> Nervous, diaphragmatic	<input type="checkbox"/> Aggressive, tight in chest	<input type="checkbox"/> Slow, abdominal, apnea tendency
Allergies	<input type="checkbox"/> Dry, wheezing	<input type="checkbox"/> Hives, rashes	<input type="checkbox"/> Congestion, runny nose
Sleep	<input type="checkbox"/> Insomnia, broken	<input type="checkbox"/> Difficult entering, insufficient	<input type="checkbox"/> Excessive, drowsiness
Dreams	<input type="checkbox"/> Many, active, fearful	<input type="checkbox"/> Fiery, angry, violent	<input type="checkbox"/> Watery, romantic
Emotions	<input type="checkbox"/> Anxiety, fear, loneliness	<input type="checkbox"/> Judgment, criticism, anger, hate, jealousy	<input type="checkbox"/> Attachment, greed, depression
Intellect	<input type="checkbox"/> Fast, faulty response	<input type="checkbox"/> Abrupt, accurate response	<input type="checkbox"/> Slow, exact response
Memory	<input type="checkbox"/> Short term good, long term poor	<input type="checkbox"/> Moderate, distinct	<input type="checkbox"/> Slow, long term good
<b>Totals</b>			

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