

Test your **Prakruti** (Constitution at birth)

Tick the boxes if you find any characteristics that have been dominant most your life. Once finished add up each section to see which dosha (constitution) is dominant.

DEHA PRAKRUTI (BODY CONSTITUTION)			Vata	Pitta	Kapha
1.	Frame	Slim, unusually tall or short <input type="checkbox"/>	Medium, athletic <input type="checkbox"/>	Large body, rounded curves <input type="checkbox"/>	
2.	Weight	Lose easily, if gains weight around the middle <input type="checkbox"/>	Fairly stable and loses easily, deposits fat fairly evenly <input type="checkbox"/>	Gains easily, especially rear & thighs <input type="checkbox"/>	
3.	Chin	Thin, delicate, angular <input type="checkbox"/>	Moderate, tapering <input type="checkbox"/>	Large jaw, rounded, double <input type="checkbox"/>	
4.	Child Weight	Thin as a child <input type="checkbox"/>	Medium Build as a Child <input type="checkbox"/>	Large or chunky as a child <input type="checkbox"/>	
5.	Eyes	Small, sunken, dark, active <input type="checkbox"/>	Medium, grey, green, yellow/red, blue <input type="checkbox"/>	Big, loving, blue or chocolate brown <input type="checkbox"/>	
6.	Nose	Uneven shape, deviated septum <input type="checkbox"/>	Long, pointed, red nose tip <input type="checkbox"/>	Short, rounded, button nose <input type="checkbox"/>	
7.	Body hair	Scanty or excessive, dark, coarse and curly <input type="checkbox"/>	Light body hair fine texture <input type="checkbox"/>	Moderate amount of body hair <input type="checkbox"/>	
8.	Teeth	Stick out, big, roomy, thin gums, sensitivity <input type="checkbox"/>	Medium, even, soft and tender gums <input type="checkbox"/>	Large, even, white and gleaming <input type="checkbox"/>	
9.	Complexion	Dark complexion (relative to family) tans easy <input type="checkbox"/>	Fair skin, burns easy, freckles and moles common <input type="checkbox"/>	Tans evenly <input type="checkbox"/>	
10.	Child hair	Kinky, curly, brown, black, scarce <input type="checkbox"/>	Straight, fine, light or red coloured <input type="checkbox"/>	Thick, wavy, luxuriant <input type="checkbox"/>	
11.	Hands	Long tapering fingers and toes <input type="checkbox"/>	Fingers and toes medium in length <input type="checkbox"/>	Fingers & toes short and squarish <input type="checkbox"/>	
12.	Neck	Thin, tall, unsteady <input type="checkbox"/>	Moderate, medium <input type="checkbox"/>	Big, folded, steady <input type="checkbox"/>	
13.	Forehead	Small forehead <input type="checkbox"/>	Medium with folds and lines <input type="checkbox"/>	Large forehead <input type="checkbox"/>	
14.	Belly button	Small, irregular, herniated <input type="checkbox"/>	Oval, superficial <input type="checkbox"/>	Big, deep, round, stretched <input type="checkbox"/>	
15.	Hips	Slender, thin <input type="checkbox"/>	Moderate <input type="checkbox"/>	Heavy, big <input type="checkbox"/>	
16.	Bones	Light, small bones and/or prominent joints <input type="checkbox"/>	Moderate <input type="checkbox"/>	Heavy bone structure <input type="checkbox"/>	
17.	Bowels	Irregular appetite, tendency to constipation <input type="checkbox"/>	Strong appetite, tendency to loose stool <input type="checkbox"/>	Low but constant, thick/heavy stools <input type="checkbox"/>	
DEHA PRAKRUTI SCORE			<input type="text"/>	<input type="text"/>	<input type="text"/>



We offer 1o1 personal Ayurveda consultation to help you find out the best lifestyle that suits your innate dosha type and treat the root causes of your current imbalance. Feel free to get in touch vatayogaltd@gmail.com for a quote. Ayurveda is 5,000 years old timeless science to preserve human's longevity of life as the path back to nature's true healing.

Vata

Pitta

Kapha

MANAS PRAKRUTI (MIND CONSTITUTION)

18. Mental activity	Hyperactive, short term concentration <input type="checkbox"/>	Purposeful, logical, rational <input type="checkbox"/>	Slow paced and consistent <input type="checkbox"/>
19. Habits	Travel, art, dance, trivia, new <input type="checkbox"/>	Intense sports, debates, politics, hunting, research <input type="checkbox"/>	Sailing, flowers, business, cosmetics, cooking <input type="checkbox"/>
20. Recollection	Recent good, forgets easily <input type="checkbox"/>	Distinct memory and often visual <input type="checkbox"/>	Slow to learn but sustained memory <input type="checkbox"/>
21. Routine	Dislikes routine <input type="checkbox"/>	Enjoy planning & organising, especially self created <input type="checkbox"/>	Works well with routine <input type="checkbox"/>
22. Decisions	Indecisive, changes mind easily <input type="checkbox"/>	Rapid decision making & sees things clearly <input type="checkbox"/>	Slow to decide, commits once chosen <input type="checkbox"/>
23. Thinking	Creative thinker, many ideas <input type="checkbox"/>	Organised thinker, entrepreneurial <input type="checkbox"/>	Prefers to follow a plan <input type="checkbox"/>
24. Projects	Many at once, often does not finish <input type="checkbox"/>	Organised and logical, goal focused <input type="checkbox"/>	Resists change, likes simplicity <input type="checkbox"/>
25. Financial	Spends impulsively, money is to be used <input type="checkbox"/>	Spends on luxuries and achieving purpose <input type="checkbox"/>	Wealthy, good money preserver <input type="checkbox"/>
26. Physical activity	Hyperactive, lots of movement <input type="checkbox"/>	Purposful, for goal or reason <input type="checkbox"/>	Slow and calm <input type="checkbox"/>
27. Sexual nature	Strong desire, fantasy's, but low energy <input type="checkbox"/>	Moderate desire, passionate and dominating <input type="checkbox"/>	Consistent desire, loving and nurturing <input type="checkbox"/>
MANAS PRAKRUTI SCORE			

TOTAL PRAKRUTI

Vata

Pitta

Kapha

DOMINANT PRAKRUTI

This test is a rough guideline to ascertain your dominant constitution, the disease tendencies you may be predisposed to, and the domains of life which may easily imbalance for you. If your body and mind type are the same, balance requires less fine tuning. Although body and mind are calculated separately, as it does influence the importance of which treatments to apply, what happens to the mind will affect the body and vice versa.

DOMINANT BODY SCORE

Represents dominant physical type you were born with. Work to create balance through more physical therapy tools of opposing nature. Such as: diet, herbal medicine and exercise.

DOMINANT MIND SCORE

Represents dominant mental type you were born with. Work to create balance through more psychological therapy tools of opposing nature. Such as: meditation, mind herbs, lifestyle and profession.

Balancing your gifts: Ayurveda is not a system of denying your innate gifts. It asks us to understand ourselves deeply and live our strengths, yet sandwich those strengths with opposing qualities. Then we can live them for longer without creating imbalance. The details of how to balance your dosha through opposing qualities is given in this article: www.kimmana.com/treating-you-as-an-individual-with-ayurvedic-dosha/

Treat Vikruti (present condition) Over Prakruti. This test is designed for healthy people wishing to create balance. Those with presenting imbalances should combine the Vikruti Test and work with a skilled practitioner to effectively guide you in treating the present imbalance.



We offer 1o1 personal Ayurveda consultation to help you find out the best lifestyle that suits your innate dosha type and treat the root causes of your current imbalance. Feel free to get in touch vatayogaltd@gmail.com for a quote. Ayurveda is 5,000 years old timeless science to preserve human's longevity of life as the path back to nature's true healing.