

# Ayurvedic Prakruti Profile Form



Please circle the most suitable option.

OBSERVATIONS	VATA (Space and Air)	PITTA (Fire - Water)	KAPHA (Water -Earth)
<b>Body size</b>	Slim	Medium	Large
<b>Body weight</b>	Low	Medium	Overweight
<b>Chin</b>	Thin, angular	Tapering	Rounded, double
<b>Cheeks</b>	Wrinkled, sunken	Smooth flat	Rounded, plump
<b>Nose</b>	Uneven shape, deviated septum	Long pointed, red nose-tip	Short rounded, button nose
<b>Lips</b>	Dry, cracked, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale, whitish
<b>Teeth</b>	Stick out, big, roomy, thin gums	Medium, soft, tender gums	Healthy, white, strong gums
<b>Skin</b>	Thin, dry, cold, rough, dark	Smooth, oily, warm, rosy	Thick, oily, cool, white, pale
<b>Hair</b>	Dry brown, black, knotted, brittle, scarce	Straight, oily, blond, gray, red, bald	Thick, curly, oily, wavy, luxuriant
<b>Nails</b>	Dry, rough, brittle, break easily	Sharp, flexible, pink, lustrous	Thick, oily, smooth, polished
<b>Neck</b>	Thin, tall	Medium	Big, folded
<b>Chest</b>	Flat, sunken	Moderate	Expanded, round
<b>Belly</b>	Thin, flat, sunken	Moderate	Big, pot-bellied
<b>Belly-button</b>	Small, irregular, herniated	Oval, superficial	Big, deep, round, stretched
<b>Hips</b>	Slender, thin	Moderate	Heavy, big
<b>Joints</b>	Cold, cracking	Moderate	Large, lubricated
<b>Appetite</b>	Irregular, scanty	Strong, unbearable	Slow but steady
<b>Digestion</b>	Irregular, forms gas	Quick, causes burning	Prolonged, forms mucous
<b>Taste</b>	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
<b>Thirst</b>	Changeable	Surplus	Sparse
<b>Elimination</b>	Constipation	Loose	Thick, oily, sluggish
<b>Physical Activity</b>	Hyperactive	Moderate	Slow
<b>Mental Activity</b>	Hyperactive	Moderate	Dull, slow
<b>Emotions</b>	Anxiety, fear, uncertainty	Anger, hate, jealousy	Calm, greedy, attachment
<b>Faith</b>	Variable	Extremist	Consistent
<b>Intellect</b>	Quick but faulty response	Accurate response	Slow, exact
<b>Recollection</b>	Recent good, remote poor	Distinct	Slow and sustained
<b>Dreams</b>	Quick, active, many, fearful	Fiery, war, violence	Lakes, snow, romantic
<b>Sleep</b>	Scanty, broken up, sleeplessness	Little but sound	Deep, prolonged
<b>Speech</b>	Rapid, unclear	Sharp, penetrating	Slow, monotonous
<b>Financial</b>	Poor, spends on trifles	Spends money on luxuries	Rich, good money preserver

Vata ( ) Pitta ( ) Kapha ( )