

## Prakriti Analysis Chart (July 2024)

### Instructions:

1. Answer the questions in Table 1 in person and be honest in your answers. There are 21 questions in all.
2. Choose the option that best describes you from the three columns for Vata, Pitta and/or Kapha.
3. You can use **Table 2** (next page) to record your answers. You can use tick marks and then count the tick marks in each column.
4. In rare cases, more than one columns can also be selected for a particular response.

**Note: This test is symbolic and for training purposes only.**

Table 1: Physical Attributes			
S. No	Vata	Pitta	Kapha
1. How would you describe your body structure?	Thin	Medium height and built	Large framed and overweight
2. How would you describe your skin type?	Dry, rough & patchy	Fair, warm and soft skin, pimples, moles	Thick, pale, cool and oily
3. What is your sleep quality?	little and interrupted, less than 6 hours	Enjoy light but uninterrupted sleep, 7-8 hours	Great deal of deep sleep, more than 8 hours
4. How is your digestive system?	Erratic	Excellent	Dim
5. How is your appetite?	Little, irregular	Strong	Slow, steady appetite
6. How would you describe your bowel habits?	Often constipated, hard and dry Stool	Regular, soft, and loose stool	Slow, stool is soft well- formed, more in quantity, often with mucus
7. How would you describe your eyes?	Small, unclear, dry	Reddish, penetrating	Watery and big
8. How would you describe your voice?	quickly/unclear	Quick, clear, and sharp	slow, with soft voice
9. What is your hair type?	Thin, dark, coarse, split ends, dry	Fine, soft, straight, reddish, early graying / hair fall	Voluminous, thick, wavy, lustrous, dark, oily
10. Describe your neck characteristics.	Thin, very long or very short	Average, proportionate	Solid, tree trunk type
11. Choose the option that best represents the characteristics of your sweat.	Irregular	Profuse, strong smelling	Minimal

<b>Table 1: Physical Attributes</b>			
<b>S. No</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
12. What is the appearance of your joints?	Very prominent	Medium	Well hidden under fat
13. Which best describes the characteristics of your teeth?	Large, crooked and protruding, with cavities	Small yellowish teeth	Large, even, white teeth
14. What is your preferred diet?	Heavy, oily, warm, with sweet, sour and saline tastes	Cold, liquid meals, sweet, bitter & astringent tastes	Light, dry, warm, with sour, spicy & astringent tastes
15. How is your memory?	Good short term but poor long term	Good clear memory	Slow to learn, poor short- term memory but good long-term memory
16. How is your mindset?	Anxious, unpredictable	Aggressive, and easily irritated	Calm, caring; may be possessive
17. How is your temperament?	Emotionally insecure, quick and restless	Emotionally intense, intelligent, perfectionist	Emotionally secure and loving, calm, rational, slow to react
18. What is your financial status?	Less savings	Wise investments	Significant savings
19. Choose the option that best represents your lifestyle.	Erratic, irregular	Active, disciplined	Laidback, slow
20. What are your beliefs & habits?	Changeable	Compelling	Stable, long-term
21. How would you describe your menstruation?	Less, irregular and may be painful	Regular, adequate quantity and may be associated with burning	Often delayed, painless but heaviness

5. Results:

- Vata - More than 50%
- Pitta - More than 50%
- Kapha - More than 50%
- Vata Pitta - More than 40% each
- Vata Kapha - More than 40% each
- Pitta Kapha - More than 40% each
- Sama- Almost equal score for each dosha

Table 2: Results			
	Vata	Pita	Kapha
Counts for each Dosha (use tick marks)			
Total for each Dosha			
Predominant Dosha			