

PRAKRUTI SELF-ASSESSMENT

INSTRUCTIONS:

*This test will serve you best if you answer in relation as **ALL OF life from age zero to now**, but especially during your childhood when prakruti still tends to express itself more. You might want to ask some family member or parent to help you with all or some parts of this questionnaire as they may have a more objective memory on how you were as a child.*

Please circle which answer fits you best in each category, sometimes two answers are possible.

Make a total for each category. Take the average of each category and compare that to the score for just the physical profile. The highest number for Vata, Pitta or Kapha is chosen and given a 3. The second highest a 2 and third highest a 1. If two are quite close you can give them similar designation.

MENTAL PROFILE

	VATA	PITTA	KAPHA
mental activity	often restless, active, changing, racing thoughts	sharp, intellectually oriented, analytical	calm, steady, stable, slow processing
memory	short-term best, forgets about remote events	good general memory, especially for important things	long-term best
thoughts	change and shift, creative	stay steady and focused, controlling	fixed and stable, dull
concentration	short-term focus best, easily distracted, mind wanders	better than average mental concentration, quick focus	slow and steady, easy to sit, can get foggy/sleepy
ability to learn	learns quickly but can forget easily, last-minute studying + cramming	moderate learning and competitive, likes to be prepared	learns slowly but does not forget, will take time to study
dreams	fearful, flying, running, jumping, being attacked or pursued	angry, fiery, violent, adventurous, action, schooling, teaching, failing and exam, problem solving	calm, emotional dreams include water, clouds, relationships, romance, repetitive dreams

sleep	interrupted, light possible to awaken between 2 and 4 am, can suffer from insomnia	Sometimes interrupted or insufficient, needs complete darkness can have a hard time falling asleep	sound, heavy long, falls easily asleep, tends to oversleep
speech	fast, spontaneous and excitable, can become abrupt, unclear.	sharp, clear, with thought and and focused, tends to interrupt or be right	slow, sweet, compassionate, long, even tone
voice	high pitch, can become weak, hoarse, dry, dramatic	medium pitch, strong, passionate	low pitch, deep, calm voice

TOTAL:

BEHAVIORIAL PROFILE

	VATA	PITTA	KAPHA
speed of eating	fast eater	Moderate speed	Slow, takes its time
hunger	irregular, sometimes forgets to eat or anorexic when nervous	sharp, needs food when hungry, hypoglycemic	little appetite, can easily skip meals, but eat by clock or socially
food and drink	Likes warm and crispy, changeable thirst	prefers cold and raw, thirsty, likes to drink	Prefers Warm, sweets Drink consistently
achieving goals	many and unfinished	focused and driven	few and slow to complete
giving/donations	gives small amounts can be often	gives nothing, or large amount infrequently	give regularly
relationships	many friends and often changing	related to profession, intense and passionate	long and established, loyal
sex drive	variable, passionate then needs rest and low	mModerate to strong	sStrong and steady
works best	while supervised or groups	alone	in groups
weather preference	aversion to cold and wind, loves hot and humid	aversion to heat, likes cool weather	aversion to damp, cool, likes warm and dry
reaction to stress	worry, anxious, ungrounded, run away	irritation, anger, impatience, fight	sleep, avoidance, indifference, hide
financial	easy to spend, vintage/ flea market or trinkets	save or spend luxury items	save and accumulate wealth, careful spending

friendships	short-term, make friends quickly	more of a loner, friends related to occupation	tends to form long-lasting friendships
pProfession	creative, artistic, fast paced, jobs change	intellectual, fast paced, competitive, promotion or sales driven, entrepreneur	altruistic, sedentary, customer service, non-profit
hHome features	colorful, change and rearrange, can be messy, likes to move	perfectly organized, orderly, functional, clean	cozy, comfortable, does not like to move or change location or furniture

TOTAL:

EMOTIONAL PROFILE

	VATA	PITTA	KAPHA
moods	change often and quickly	Waves of intensity and passes	steady, unchanging and constant
more sensitive to	own feelings	not super sensitive	other's feelings
when threatened	worry, fearful, run away	face threat, adversarial, fight	make peace, give in or reach agreement
relations to partner	clingy, insecure, needs re-assurance	jealous, demanding, expectations	secure, loyal, long term, hard to end
express affection	with words	with gifts	with touch
when there is trauma or hurt	anxious, worry, lonely, empty, nervous	denial, gloss over, avoid, focus on something else	depression, lonely, gloomy, sleep and eat
when depressed	phobic, agitated, restless mind	severe depression with suicidal thoughts	dull depression, will not get out of bed

TOTAL: _____

FITNESS PROFILE

	VATA	PITTA	KAPHA
stamina	low, increased activity for short period only	mMedium, can work some time but needs	hiHigh, can work long hours
strength	Fairmoderate, for short time only	good average, mind stronger than body	Excellent, good endurance, resilient
speed	fast, sprinter type	average, marathon type	sSlow and steady, slow runner if running at all

competition	doesn't like it	driven by it	can handle the pressure
walking speed	fast, wants to get to destination	Average, enjoys walking	slow and steady, prefers car
muscle tone	lean and low body fat; hard to gain muscle and strength	good tone, easy definition without trying very hard	thick and strong but doesn't look muscular though strong
reaction time	quick	average	slow

TOTAL:

PHYSICAL PROFILE

	VATA	PITTA	KAPHA
amount of hair	littlescanty	average	lLots, can have hairy
hair type	Drythin, curly, frizzy, tends to be dry, brittle	Normalstraight, silky, receding hairline, gray easily	Thick, smooth, lustrous, full, wavy,
hair color	light brown, dark blonde	blonde, red, auburn	dark brown, black
skin	dry, rough, or bothtense, thin, dry, rough tends towards cracks on hands and feet	soft, normal to oily, tends towards rashes or acne	oily, moist, stickycool, smooth, soft
complexion	dullolive, brown, dark, lack of luster, tans easily	redpink to red, ruddy, flushed, bronze, glowing, freckles or moles, sensitive to sun	white, paleporcelain, pale, drawn to sun, burns first, then tans
skin temperature	cCold, especially hands and feet, nose	wWarm to hot, hands can feel warm and moist	cool, clammy skin
complexion	darker	pink-red or bronze	pale-white
eyes	small, dry, thin, brown, dull	medium, thin, red (inflammed)	large, wide, prominent, thick, oily
whites of eyes	blue/brown	yellow or red	glossy white
circulation	poor, variable, erratic, cold extremities	good, warm, can get hot	slow, steady, cool
veins and tendons	very prominentvisible through skin	Medium visible	well covered
weight	thin, hard to gain, tends to be underweight, but can fluctuate with irregular appetite gain at	average and mediumbalanced all over the body, can get belly weight gain	heavy, gain easily, tends to be overweight especially in upper body, chest area

frame	tTall or, short, thinslender, long bones	mMedium build, moderate development, sharp bone features	stout, stocky, short, well developed, curvy and round
head	small, thin, long, unsteadyirregular	moderate size, larger forehead	large, stocky, steadyrround
face	thin, small, long wrinkled, dark dull	moderate, sharp, contours, heart shaped, ruddy	large, round, fat, white or pale, soft contours, large pores
eyes	small, brown, tendency towards dryness, move quickly, looking up	medium, blue, green, hazel, almond shaped, sensitive to light, tendency towards redness/irritation, look through you, piercing	large, round, watery, prominent, any color but often blue or light, tendency towards sticky, watery eyes, look
whites of eyes	blue/brown	yellow or red	glossy white
eyebrows	small, thin, unsteady	moderate, fine	thick, bushy, many hairs
eyelashes	smallshort, scanty, dry, firm	small, thin, fine	large, long, thick, oily, firm
nose	thin, small, darkish, dry, long, crookedirregular	Medium nose	thicklarge, big, firm, oily
lips	thin, small, dry, cracked	medium, soft, pink or red or inflamed	thick, large, oily, smooth, firm, cold
teeth	very large or very small, crooked teeth, irregular	small-medium, yellowish	medium-large and white
shoulders	thin, small, flat, hunched, bony	medium and well defined	broad, thick, firm, smooth, round
chest	thinflat, smallsunken, narrow, poorly developed, small breasts	medium and proud, medium breasts	expanded, broad, thick, firm , large breasts
hands	small, thin, dry, cold, rough, long slender fingers and knuckles	Medium fingers and knuckles, warm, pink	large, thick fingers and knuckles, thick, oily, cool, firm
nails	small, thin, dry, rough, cracked	soft, pink, medium, flexible	large, thick, strong, smooth, white, broadfirm
joints	fine, cracking, prominent	medium, reddish	large, lubricated, flexible
disease tendency	nervous system, pain, arthritis, mental disorders, low back pain	fever, infections, inflammatory conditions, migraines, irritation	respiratory system, mucous, edema, congestion
resistance to disease	poor, variable, weak immune system	medium, prone to infection	good, strong, congestive issues
reaction to meds and herbs	quick, low dosage needed, side effects	medium or average dose	slow, high dose required, slow effect

TOTAL:

DIGESTION + WASTE REMOVAL

	VATA	PITTA	KAPHA
digestion	irregular, tendency towards gas, bloating	quick, tendency towards burning sensations, heartburn, acidity	slow, heavy, tendency towards mucous, tired after food
urine	scanty, difficult, colorless	profuse, yellow, can be red, burning sensations	moderate, whitish, milky
feces	dry, hard, easy to constipate, can miss a day	many several during day, soft to normal, can be loose	heavy, slow, thick, oily, regulardaily and consistent
sweat	light and scanty, no smell	profuse, hot, strong, pungent or fleshy smell	moderate, cold, pleasant smell

TOTAL:

GRAND TOTAL FOR ALL CATEGORIES: _____ VATA _____ PITTA _____ KAPHA

LABEL 3 HIGHEST #, 1 LOWEST# : _____ VATA _____ PITTA _____ KAPHA

>>>> LOOK AT YOUR PHYSICAL PROFILE NUMBERS. This is likely your most accurate VPK Dosha Constitutional blueprint for your best health.