

Prakruti: Your Constitution Are you Vata, Pitta or Kapha?

"Prakruti" is your basic constitution. It is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities.

Prakruti specifically relates to those qualities, characteristics and tendencies that are stable. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, etc., in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color.

Prakruti is enlivened and described by three main doshas or forces: Vata, Pitta and Kapha. These are loosely translated as Air, Fire and Earth, respectively. Each of us has all three doshas in our constitution, in unique proportions. In Ayurveda, seven dosha-predominant Prakrutis are described: Vata-predominant, Pitta-predominant, Kapha-predominant; three dual Prakrutis, where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant and Vata-Kapha predominant; and one Prakruti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Take This Test to Learn Your Prakruti (Ayurvedic Constitution)

Knowing your Prakruti can help you maintain optimal health. Answer the questions based on your overall, lifelong tendencies and not according to temporary or recent conditions. Choose at least one from each section. Then count the characteristics you have chosen in each column. The column with highest score determines your constitution.

	VATA	PITTA	KAPHA
Body Frame	Thin, irregular, very short or very tall	Medium, proportionate toned	Heavy, broad, evenly proportioned
Speech	Fast, sometimes missing words	Fast, sharp, clear-cut	Slow, clear, sweet
Temperament	Fearful, indecisive, nervous, perceptive	Angry, intelligent, arrogant, successful	Greedy, calm, stable, stubborn
How do you eat?	Quickly	Medium	Slowly
How is your hunger level?	Irregular	Sharp, needs food when hungry	Can easily miss meals

Preference of food and drink	Prefers warm	Prefers cold	Prefers dry and warm
How do you achieve goals?	Easily distracted	Focused and driven	Slow and steady
What is the capacity of giving?	Gives small amounts	Gives nothing, or large amounts infrequently	Gives regularly and generously
Financial	Doesn't save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
Prefers to work	While supervised	Alone	In groups
Musculature	Wiry, thin	Smooth, flabby	Robust
Weather preference	Aversion to cold	Aversion to heat	Aversion to damp, cool
How do you react to stress	Excites quickly	Medium	Slow to get excited
Friendships	Tends toward short-term friendships, makes friends quickly	Tends to be a loner, friends related to occupation	Tends to form long-lasting friendships
Mind	Quick mind, restless	Sharp intellect, aggressive	Calm, steady, stable
Memory	Short-term best	Good general memory	Long-term best
Thoughts	Constantly changing	Fairly steady	Steady, stable, fixed
Concentration	Short-term focus best	Better than average mental concentration	Good ability for long-term focus
Sleep	Interrupted, light	Sound, medium	Sound, heavy, long
Voice	High pitched	Medium pitched	Low pitched
My stature is	Shorter or taller than average	Medium height and medium build	Robust and well developed
Amount of hair	Average	Thinning	Thick
Hair type	Dry	Normal	Oily
Hair color	Light brown, blonde	Red, auburn	Dark brown, black
Skin	Dry, rough, or both	Soft, normal to oily	Oily, moist, cool
Skin temperature	Cold hands/feet	Warm	Cool
Complexion	Darker	Pink-red	Pale-white
Eyes	Small	Medium	Large
Whites of eyes	Blue/brown	Yellow or red	Glossy white
Size of teeth	Very large or very small	Small-medium	Medium-large

Weight	Thin, hard to gain	Medium	Heavy, gains easily
Elimination	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
Veins and tendons	Very prominent	Fairly prominent	Well covered
I am often accused of	Being restless, hyperactive, overworking	Perfectionist, competitive, slightly aggressive	Being overly complacent about life
In social situations	I feel shy or lacking confidence	I like to be center of attraction and feel confident	I feel calm relaxed and often humorous
Among my older blood relatives	Low bone density, joint pain, arthritis are common	Hyperacidity, high blood pressure, heart disease are common	Obesity, diabetes, slow metabolism are common
In difficult situations	I tend to feel overwhelmed	I try to take control	I remain calm and unruffled
Exercise tolerance	Low	Medium	High
Strength	Fair	Better than average	Excellent
Speed	Very good	Good	Not so fast
Competition	Doesn't like competitive pressure	Driven competitor	Deals easily with competitive pressure
Walking speed	Fast	Average	Slow and steady
Muscle tone	Lean, low body fat	Medium, with good definition	Brawny/bulky, with higher fat percentage
Reaction time	Quick	Average	Slow
Moods	Change quickly	Change slowly	Steady, unchanging
Reacts to stress with	Fear	Anger	Indifference
More sensitive to	Own feelings	Not sensitive	Others' feelings
When threatened, tends to	Run	Fight	Make peace
Relations with spouse/partner	Clingy	Jealous	Secure
When feeling hurt	Cries	Argues	Withdraws
Emotional trauma causes	Anxiety	Denial	Depression
Confidence level	Timid	Outwardly self-confident	Inner confidence
My body has the tendency	To have dryness and roughness	To have more sweat	To have more mucus

Pride	Moderate	Some ego	Vain
Anger	Sometimes	Frequently	Rarely
Patience	Variable	Less	Very good
I spend money	Impulsive	Very careful	Saves, hoards
Metabolism	Irregular	Strong	Slow
Total			