

Ayurveda Assessment: Your Constitution and Current Imbalance

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In the chart below, our body type, physical characteristics like eye and hair color, and lifelong issues are our best indicators of Prakruti (primary) which is our Ayurveda constitution. When in balance we do best when living close to our constitutional needs and preferences. Our goal is to restore our balance to our Prakruti. It is really our current imbalance, our Vikruti (variable), which is of much greater interest to us in our quest to rebalance ourselves and will be the focus of our strategies. You can use this chart to get a general idea of your constitution and current imbalance. Print out the inventory and place check marks by items that tend to describe you.

A full assessment by an Ayurveda Doctor or Practitioner will be a more accurate than this self report assessment. This will give you a general feel for your doshas. An Ayurveda professional would use objective measures such as pulse diagnosis, tongue analysis, in addition to an assessment interview, to ascertain your constitution and current imbalances within your doshas as well as your seven layers of tissues and doshic energy reserves. A self assessment though is a good start. See what you can learn about your dosha makeup from the chart below.

Note: you can mark more than one column in a row or leave a row blank if it does not apply. This is especially true with your vikruti, only mark it if it is currently an issue.

Determining Your Constitution - Prakruti

	VATA	PITTA	KAPHA
Body Type	thin body frame, light muscles, long legs and arms, lanky	medium build, often muscular	solid, sturdy, large bones and muscles, may be overweight
Chin	thin, angular	tapering	round, double chin
Cheeks	hollow, wrinkled	smooth, flat	round, plump
Eyes	small, dark, often close set or wide set, active, dry	bright, sensitive, sharp, often gray, blue, or green	large, wide, thick lashes and brows, blue or brown beautiful "cow" eyes
Nose	crooked, deviated septum	long, pointed, red tip	short, round, button
Teeth	uneven, stick out, thin gums, space between	medium, tender gums	bold, white, large, strong gums
Lips	thin, dry	medium in size, pinkish-red in color	full, moist, smooth, large, dark

Skin	dry, rough, flaky, thin - visible veins, dark, cold	warm, pale, delicate, ruddy or rosy, may have freckles or moles, prone to acne and rashes, oily	thick, oily, smooth, cool
Hair	dry, brittle, curly, thin	fine, oily, usually straight, may be reddish, sandy, or prematurely gray, hair loss	thick, oily, often dark and curly
Nails	brittle, may have ridges, dry, rough	medium in size, pinkish in color, sharp, flexible	large, smooth, white in color, thick, oily
Chest	flat, sunken	moderate	round, full, expanded
Belly Button	small irregular	oval	big, deep, round
Joints	cracking, cold, dry	moderate, inflammation	large, lubricated, swelling
Body Weight	low, thin	medium	Heavy, gains weight easily
Neck	thin, long	Medium	Large, folded
Prakruti Total			

Determining Your Current Dosha Balance/Imbalance - *Vikruti*

	VATA	PITTA	KAPHA
Appetite	variable with little consistency day to day	strong, becomes irritable when skipping a meal	Low, lack of appetite
Digestion	irregular, gas, bloating	quick, burning	slow, mucous
Taste/ Craving	sweet, sour, salty	sweet, pungent	sweet, salty
Thirst	variable	strong, excessive	little
Elimination	constipation	loose	thick, oily, soft
Psychology	anxious, fearful, nervous, unstable	Judgmental, controlling	Greed, depression
Relationships	Timid, difficulty speaking up for oneself	Overly intense, jealous, stubborn, demeaning manipulative, egotistical,	Attached, greedy, not passionate
Speech	low, weak, prone to hoarseness	argumentative, loud, piercing, direct	slow, silent
Movement Pace	quick, uneven, hyper	forceful	slow, lethargic
Physical Activity	Addicted to movement, may have nervous ticks	overdoes vigorous exercise, competitive at sports	Slow and lethargic may lack enthusiasm

Mental Activity		hyperactive	Quick, controlling	slow, sleepy
Emotions		anxiety, fear, nervousness	anger, jealousy, self-critical	attachment, sadness, hoarding
Learning		Learns and forgets quickly	Competitive and singular, not cooperative	Slow to learn, need lots of time and repetition
Intellect		quick but faulty	Analytical to the exclusion of other ways of knowing	Slow, not creative
Sleep		light or prone to insomnia, difficulty falling asleep	Light, early morning awakening	Deep sleep, often snores, difficult to get up in the morning
Dreams		quick, active, fear	Firey, violent	Water, few or no dreams
Menstruation		Irregular cycles with severe cramping and scanty blood flow	Regular but may have heavy bleeding or longer period due to internal heat	regular but prone to water retention and clotting
Financial		struggles, spends on trifles	spends easily on luxuries	does not easily spend on pleasure, hoards
Foods that Aggravate		cold, raw, rough (salads), dry (beans), light (popcorn)	hot, spicy (chilies, ginger), burning or acidic (vinegar, citrus)	sweet, excessive dairy, heavy (cheesecake), oily, substantial (meat),
Foods that Balance		sweet, sour, and salty tastes, warm, unctuous (oily), heavy, whole grains, squash, grapes, cooked steamed vegetables	sweet, bitter, and astringent tastes, barley, sweet fruits (not sour like grapefruit), both cooked and raw vegetables, kale broccoli	bitter, pungent, and astringent tastes, cooked vegetables, astringent fruits like pomegranate, apples
Vikruti Total				