



**Vibrant Soulful**

Wellness with Annie Barrett

## Ayurvedic Constitution Assessment

Name\_\_\_\_\_

Date\_\_\_\_\_

Circle the description that best describes you for each trait (Vata, Pitta, or Kapha) and add up the results at the end to determine your approximate ratio of doshas. Most people have one dosha predominant, a few have two approximately equal and rarely are all three equal.

**To determine your Prakruti (Constitution)** Base your choices on what is most consistent in your lifetime and with consideration for your racial / ancestral spectrum.

**To determine your Vikruti (Imbalance),** retake the assessment considering the recent past month or two. Pay attention and focus on the changeable traits. Compare the differences to the constitutional assessment they may be an indicator of imbalance.

*More than one choice can be chosen in a category, however for accuracy it is best to pick one for each category.*

| Non- changing traits                         |  |  |  |
|--|--|--|--|
| TRAIT  | VATA   | PITTA  | KAPHA  |
| <b>Body Frame</b><br>V      P      K         | thin-boned, longer limbs, or taller/shorter than avg, compact muscle | Medium boned, evenly proportioned, defined musculature   | Thick, heavy bones, large frame, larger and often softer musculature |
| <b>Chin/Jaw</b><br>V      P      K           | Thin/oblong  | Angular, heart-shaped, tapered   | Round or square, large set   |
| <b>Cheeks</b><br>V      P      K             | Dry, lean  | Rosy, oily, flat   | Round, smooth, paler   |
| <b>Eyes</b><br>V      P      K               | Smaller, sunken, dry, active, darker in color                        | Sharp, intense gaze; bright, moderate in color (gray, green, blue), sensitive to light, prone to redness | Larger, blue or lighter color, calm, watery, thicker lashes          |
| <b>Nose</b><br>V      P      K               | Thinner, uneven shape, possibly deviated septum                      | Medium, sharper, pointed, reddish tip  | Larger, wider, round   |
| <b>Lips</b><br>V      P      K               | Dry, dry, darker, thin   | Reddish, soft, medium  | Full, smooth, soft, lubricated                                       |
| <b>Teeth</b><br>V      P      K              | Crooked, larger or uneven, gaps, thin gums                           | Medium sized, sharp, tender gums that bleed easily   | Wide, pearly, strong teeth and gums                                  |
| <b>Skin</b><br>V      P      K               | Thin, dry, cooler, tans easily                                       | Oily, warm, rosy or fair skin, reddens/burns easily in sun, prone to outbreaks                           | Smooth, thick, Cool, hydrated, pale, tans evenly                     |
| <b>Hair</b><br>V      P      K               | Dry, brittle, darker, frizzy, curly, thin                            | Straight, oily, blond, red, lighter colored, early graying and balding                                   | Thick, wavy, lustrous, plentiful                                     |
| <b>Nails</b><br>V      P      K              | Dry, rough, thin, brittle, break easily                              | Medium thickness, flexible, pink V- shaped   | Thick, hard, smooth, wide  |
| <b>Chest</b><br>V      P      K              | Flat, sunken, lean breasts/chest muscles dark areolas                | Moderate, minimal hair, reddish areolae, defined muscles   | Expanded, round, larger breasts, pale areolae, soft                  |
| <b>Navel</b><br>V      P      K              | Slender, small navel   | Moderate size  | Larger, round, deep navel  |
| <b>Hips / legs</b><br>V      P      K        | Compact muscle and bones   | Moderate muscle and bones  | Big, wider, larger boned   |
| <b>Neck / extremities</b><br>V      P      K | Thin, long   | Medium, defined  | larger, folded, soft   |
| <b>Joints</b><br>V      P      K             | Cool, cracking, prominent  | Moderate, less prominent   | Large, well-lubricated, deep set                                     |

| Changeable Traits  |   |  |  |
|--|---|--|--|
| TRAIT  | VATA  | PITTA  | KAPHA  |
| <b>Weight</b><br>V      P      K   | Thin, compact, difficult to gain weight   | Average, easy to gain or lose weight   | Weight on the higher spectrum and has tendencies to gain weight, difficult to lose           |
| <b>Belly</b><br>V      P      K  | Slender, thin, tight  | Moderate, warmer   | Larger, round  |
| <b>Appetite</b><br>V      P      K                                       | Variable or scanty, irregular timing, forgetting to eat                                       | Moderate to very strong, irritable when hungry or missing meal                 | Low, steady, can skip a meal (but doesn't usually like to) without suffering too much        |
| <b>Digestion</b><br>V      P      K                                      | Variable, tend toward gas, bloating   | Good, quick digestion, prone to acid indigestion                               | Slow, heavy, mucousy and/or drowsy after meals   |
| <b>Thirst</b><br>V      P      K   | Variable  | Frequent, excessive  | Sparse   |
| <b>Elimination</b><br>V      P      K                                    | Constipation, dry stool, often need stimulation to go   | Normal to loose, no stimulation needed   | Large, sluggish, consistent  |
| <b>Sweating and circulation</b><br>V      P      K                       | Scanty sweat, cold hands and feet   | Quick, profuse sweating and good circulation                                   | Slow to start sweating, then moderate to profuse and long-lasting, clammy sweat              |
| <b>Physical energy</b><br>V      P      K                                | Hyperactive, variable, burst of energy then crash, fidgets                                    | Moderate to intense  | Slow, lethargic, doesn't like to be rushed, but consistent once in habit                     |
| <b>Mental energy</b><br>V      P      K                                  | Scattered thoughts, creative, spacey, active mind   | Detail oriented, organized thinking  | Doesn't like to be rushed to answer, steady, possibly foggy and slow                         |
| <b>Emotional tendencies /Reactions to stress</b><br>V      P      K      | Tends toward fear and anxiety   | Tends toward anger, frustration, impatience, irritability                      | Tends to avoid difficult situations, shuts down, withdraws                                   |
| <b>Personality traits</b><br>V      P      K                             | Lively, enthusiastic, sometimes anxious   | Determined, driven, competitive, jealous, love to solve a problem or a puzzle  | Reliable, loyal, calm and/or lazy, nurturing, nostalgic, attached to the past, compassionate |
| <b>Moods and ideas</b><br>V      P      K                                | Changeable moods and ideas, changes mind easily   | Forceful in expressing moods and ideas, has opinions and likes to express them | Fixed, stubborn, steady, reliable, slow to change  |
| <b>Decision making</b><br>V      P      K                                | Difficult, hard to choose   | Quick, sometimes hasty   | Slow, likes to take time to decide   |
| <b>Attitude toward routine</b><br>V      P      K                        | Dislikes routine, or difficulty to keep it  | List-maker, likes getting things accomplished                                  | Creature of habit  |
| <b>Faith (in oneself, in others, in spirituality)</b><br>V      P      K | Changeable, shaky, doubting   | Can be extreme, opinionated  | Consistent, rarely changes   |
| <b>Memory</b><br>V      P      K   | Recent good, remote poor  | Distinct, specific, selective  | Good at recalling specific details from past   |
| <b>Sleep</b><br>V      P      K  | Tendency to Insomnia, light and wakeful, hyper- sensitive                                     | Some difficulty falling asleep, reeds before bed, once short but deep          | Heavy sleeper, loves to sleep, sleeps like a log   |
| <b>Organization</b><br>V      P      K                                   | Scattered, multitasking, can be disorganized  | Very organized, irritable with chaos   | Accumulative, keeps sentimental objects from past, cluttered                                 |
| <b>Speech</b><br>V      P      K   | Rapid, excited, talks with gestures, stress induces unclarity                                 | Efficient speech, to the point, can be sharp-tongued when under stress         | Slow to speak, can be quiet, tends to listen more than speak                                 |
| <b>Approach to exercise</b><br>V      P      K                           | Variable or inconsistent with exercise, uses exercise to clear the mind, more prone to injury | Competitive (with self and others), driven, can become excessive, obsessive    | Needs encouragement, tends toward to be more sedentary, enjoys exercising with others        |
| <b>Climate and temperature preferences</b><br>V      P      K            | Warm, moist (tropical, semi-tropical), suffers in wind and cold, prefers warm drinks          | Prefer cool, well ventilated places, suffers from heat, prefers cool drinks    | Can adapt fairly easily to most climates as long as it's not too humid                       |
| <b>Financial attitude</b><br>V      P      K                             | Insufficient, has difficulty saving, spends on trifles  | Wealthy or tries to be, spends on luxurious items                              | Wealthy, good at saving and investing  |

Totals:

Vata\_\_\_\_\_

Pitta\_\_\_\_\_

Kapha\_\_\_\_\_