

Prakruti chart

Please make a check next to each symptom or set of symptoms that applies to you. Please consider how you have perceived these things for the whole of your life, as far back as you can remember. Next count your checks in each column and enter that number at the bottom of the column.

Unchanging Physical Attributes	Vāta	Pitta	Kapha
Body frame	Long, lanky, excessively tall or excessively short; light, delicate; hips, shoulders narrow	Medium	Thick, large
Body weight	Low, difficult to gain weight	Medium	High; difficult to lose weight
Musculature	Prominent tendons, wiry	Medium	Ample, firm
Skin	Dry, rough, cracked, grey, brownish tint, cold	Oily, shiny, rosy, reddish hue, freckles, moles, warm	Cool and moist and thick; like smooth marble
Hair*	Dry, kinky curly, coarse, dark, either scanty or abundant	Blond or red, fine, thin, early gray, soft, oily	Thick, lustrous, wavy, dark or light brown
Face	Long	Heart-shaped	Round
Teeth	Crooked, cracked, uneven, protruded big or quite small	Medium, yellowish, uniform	Large, pearly, white, uniform
Nose	Crooked, small, narrow	Medium, sharp, pointy	Large, fleshy, rounded
Lips	Thin, dry	Medium, red	Large, wet
Eyes*	Usually small, dark, dull	Blue, green, hazel, red, sharp, penetrating, medium	Large, lustrous, dreamy, attractive, thick eyelashes,
Joints	Protruding, prominent, cracking, popping, knobby	Well-proportioned	Big, well-formed, well-lubricated
Hands	Long fingers, slender hands	Medium	Fleshy, solid, squarish palms
Breasts/Chest	Small, narrow	Medium	Large, broad
Speech	Fast, scattered	Sharp, cutting, inspiring	Melodious, slow, monotonous, resonant
Total # of checks per column	Vāta	Pitta	Kapha