

Ayurvedic Constitution Quiz

Please enter an "x" in the column to the right of the response that is most appropriate. Choose the answer that is best and that is more true over your lifetime. Use the <TAB> key or the <ENTER> key to move easily through the quiz.

	Vata (Air)		Pitta (Fire)		Kapha (Water)	
Height:	Unusually tall or short		Medium		Usually short but can be tall	
Frame:	Thin, bony, good muscles		Moderate, developed		Large, well formed	
Child frame	Thin as a child		Medium build as child		Plump or a little chunky as a child	
Weight:	Low, hard to hold weight		Moderate		Heavy, hard to loose weight	
Skin Luster:	Dull or dusky		Ruddy, lustrous		white or pale	
Skin Texture:	Dry, rough, thin, chaps easily		Warm, oily		Cool, damp, thick	
Eyes:	Small, active, dark eyes		Piercing light green, grey, amber or blue		Large attractive eyes, thick eyelashes	
Hair:	Dry, thin, dark, or wiry		Fine, light oily hair, blond, red or early grey		Thick wavy hair, a little oily	
Teeth:	Crooked, poorly formed		Moderate, bleeding gums		Large, well formed	
Nails:	Rough, brittle		Soft, pink		Soft, white	
Joints:	Stiff, crack easily		Loose		Firm, large	
Circulation:	Poor, variable		Good		Moderate	
Appetite:	Variable, sometimes very hungry or forgetting to eat		Irritable if missed meal, good appetite		Good appetite, can skip meals easily if have to (but would rather not)	
Climate:	Prefer warm, sunshine & moisture		Prefer cool, well-ventilated and fresh air		Any climate but not too humid or damp	
Thirst:	Low, scanty		High		Moderate	
Sweating:	Scanty		Profuse but not enduring		Low to start but profuse and continues	
Stool:	Irregular, hard, dry, constipated		early, regular movements once or twice/day, tend towards loose		Regular movements, steady, thick, heavy	
Digestion:	variable, gas often		Usually good		sometimes slow, otherwise good	
Urination:	Scanty		Profuse, yellow		Moderate, clear	
Sensitivities:	Cold, dryness, wind		Heat, sunlight, fire		Cold, damp	
Immune Function:	Low, variable		Moderate, sensitive to heat		High	
Disease Tendency:	Nervous disorder, pain or indigestion		Fevers, rashes, inflammation		Congestion, mucus, fluid retention	
Activity:	High, restless		Moderate		Low, moves slowly	

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	Vata (Air)		Pitta (Fire)		Kapha (Water)	
Endurance:	Poor, easily exhausted		Moderate but focused		High	
Sleep:	Poor, disturbed		Variable		Excess	
Dreams:	Dream often, but don't remember		often dream in color, relatively easy to remember		Only remember dreams if particularly intense	
Memory:	Quick but absent-minded		Sharp, clear		Slow but steady	
Speech:	Fast, frequent		Sharp, cutting		Slow, melodious	
Temperament:	Nervous, changeable		Motivated		Content, conservative	
Money	Money comes and goes, easily spend it		Likely to spend money on those needed to advance professionally		Saving money is important, value purchases	
Positive Emotions:	Adaptability		Courage		Love	
Negative Emotions:	Fear		Anger		Attachment	
Moods	Changeable moods/ideas		Can be forceful expressing ideas/emotions		Steady and reliable moods, reveal slowly	

TOTAL

VATA

0

PITTA

0

KAPHA

0