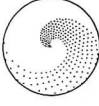




## TABLE THE HUMAN CONSTITUTION (PRAKRUTI)

ASPECT OF CONSTITUTION	VAITA	PITTA	KAPHA
			
<input type="radio"/> Frame	Thin	Moderate	Large
<input type="radio"/> Body Weight	Low	Moderate	Heavy
<input type="radio"/> Skin	Dry, Rough, Cool, Brown, Black	Soft, Oily, Warm, Fair, Red Yellowish	Thick, Oily, Cool, Pale, White
<input type="radio"/> Hair	Black, Dry, Kinky	Soft, Oily, Yellow, Early Gray, Red	Thick, Oily, Wavy, Dark or Light
<input type="radio"/> Teeth	Protruded, Spaces Between, Crooked, Gums Emaciated	Moderate in Size, Soft or Bleeding Gums	Strong, White, Full, Well-Formed
<input type="radio"/> Eyes	Small, Dry, Active, Brown, Black	Sharp, Penetrating, Green, Gray, Yellow	Big, Attractive, Blue, Thick Eyelashes
<input type="radio"/> Appetite	Variable, Low	Good, Sharp, Excessive	Slow but Steady
<input type="radio"/> Disease Tendency	Nervous Disorders, Pain	Heat, Infection, Inflammation	Excess Water, Mucus
<input type="radio"/> Thirst	Variable	Excessive	Slight
<input type="radio"/> Elimination	Dry, Hard, Constipated	Soft, Oily, Loose	Thick, Oily, Heavy, Slow

Note: Circles have been provided next to the aspects for those who wish to determine a general idea of individual constitutional make-up. Mark a V for Vata, P for Pitta, or K for Kapha in each circle according to the description best fitting each aspect.

To experience characteristics different from one's respective Dosha might indicate a derangement of that Dosha.

ASPECT OF CONSTITUTION	VAITA	PITTA	KAPHA
<input type="radio"/> Physical Activity	Very Active	Moderate	Lethargic
<input type="radio"/> Mind	Restless, Active, Curious	Aggressive, Intelligent	Calm, Slow, Receptive
<input type="radio"/> Emotional Excesses	Fearful, Insecure, Anxious	Aggressive, Irritable, Jealous	Greedy, Attached, Self-Contented
<input type="radio"/> Faith	Wavering, Changeable	Determined	Steady, Loyal
<input type="radio"/> Memory	Recent Memory Good, Remote Memory Poor	Sharp	Slow but Prolonged
<input type="radio"/> Dreams	Flying, Jumping, Running, Fearful	Fiery, Angry, Passionate, Colorful	Watery, Ocean, Swimming, Romantic
<input type="radio"/> Sleep	Scanty, Interrupted	Little but Sound	Heavy, Prolonged, Excessive
<input type="radio"/> Speech	Fast, Chaotic, Uninterrupted	Sharp, Clear, Cutting	Slow, Monotonous, Melodious
<input type="radio"/> Spending Habits	Spends Quickly, Impulsively	Spends Moderately & Methodically	Spends Slowly, Saves
<input type="radio"/> Pulse	Thready, Feeble, Moves Like a Snake	Moderate, Jumping Like a Frog	Broad, Slow, Moves Like a Swan

Add up all the marks. The Dosha marked most often will generally indicate one's primary constitution. The Dosha marked next frequently will generally indicate the secondary Dosha. It may happen that the two will be relatively equal; that the constitution may be dual (i.e. Vata/Pitta, Vata/Kapha, Pitta/Kapha). Occasionally, all three may be relatively equal and a balanced or Tridosha type may exist.