

Ayurvedic Constitution Test

Name: _____

Vata is cold, dry, light and mobile by nature

- You have a small frame and thin body
- Your skin is darker and tends to be dry
- Your hair is dark and tends to be curly
- Your eyes are dark and small
- Your appetite and digestion is irregular
- You tend not to gain weight easily
- You tend to have gas and become constipated easily
- You have an active and creative mind
- You tend to be talkative by nature
- You learn things easily, but forget them easily
- You tend to worry and become anxious under stress
- You do not tolerate cold weather well
- You tend to have cold hands and feet

How many vata boxes did you tick?

Pitta is warm, oily and intense by nature

- Your frame and musculature is moderate
- Your skin tends to be fair and warm to the touch
- Your hair is fine and light in color and may gray prematurely
- Your eyes are penetrating and blue, green or gray in color
- You are determined and competitive by nature
- You enjoy working as your own boss
- You tend to be a perfectionist and become impatient easily
- You enjoy challenge and accomplishment
- You tend to be more intellectual by nature
- You have a strong appetite and good digestion
- You become irritable when hungry
- Your stools are soft and may tend to be loose
- Your health problems tend to center around inflammation
- You are fond of cold food and drinks
- You prefer a cool and dry climate

How many pitta boxes did you tick?

Kapha is cool, damp and slow by nature

- Your frame is large and you tend to be overweight
- You gain weight easily and have difficulty losing it
- Your skin is cool, pale and moist
- Your hair is thick, dark and wavy
- Your eyes are large and friendly
- Your appetite and digestion tends to be slow
- You are slow to learn but have an excellent memory
- Your manner is slow and steady with a calm disposition
- You are compassionate but tend toward attachment
- You can skip meals without apparent discomfort
- You have good stamina but tend toward laziness
- You are a sound sleeper and prefer to sleep at least 8 hours
- You are uncomfortable in cool, damp weather
- Your health problems are centered around excessive mucus

How many kapha boxes did you tick?

The highest score is the principle that is predominant for you.

However if two principles have similar scores, then a combination of two principles dominates your constitution. For example you may be a vata-pitta or a pitta-kapha.

Ayurvedic Constitution: _____

Please note: This test is provided for reference purposes only. It is in no way intended for medical diagnosis or treatment.