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| **PHYSICAL****STRUCTURE** | **Sign of Dosha** **(Prakruti indicator)** | **Prak** | **Signs of imbalance** **(not Prakruti indicators)** | **Vik** |
| Hair | V: curly, kinky, unrulyP: fine, straightK: wavy, lush, full |  |  V: frizzy, dry, thinningP: early gray, oilyK: coarse |  |
| Face shape | V: oval, narrow, oblongP: angular featuresK: rounded, soft features |  | V: gauntP: n/aK: excess weight causing roundedness  |  |
| Forehead | V: high, narrowP: moderateK: broad |  | V: worry linesP: anger linesK: n/a |  |
| Eyes | V: small for faceP: moderate, almond, deep set, blue eyesK: large, round, moist |  | V: dryP: red, yellow eyesK: watery |  |
| Nose | V: narrow bridge & baseP: moderate bridge & baseK: wide bridge & base |  | V: thin, pinched, irregular tipP: reddened, blood vesselsK: n/a |  |
| Lips | V: thin, irregular P: moderateK: full |  | V: chappedP: reddenedK: n/a |  |
| Neck | V: longP: moderateK: short, broad |  |  |  |
| Skin | V: thinP: moderateK: thick |  | V: dryP: reddened, warmK: clammy |  |
| Musculature | V: minimal musculatureP: moderate musculature, tonedK: full musculature, toned |  | V: no toneP: sinewyK: flabby |  |
| Build | V: long and thin, ectomorphicP: moderate, mesomorphicK: short and full, endomorphic |  | V: underweightP: n/aK: overweight |  |
| Arms | V: long and narrowP: moderate length & widthK: short length, wide |  |   |  |
| Legs | V: long and thinP: moderate length & widthK: short and stocky |  | V: unstableP: n/aK: lack mobility |  |
| Hands: palm | V: rectangular palmP: square palmK: square & fleshy palm |  |  |  |
| Hands: fingers | V: long fingersP: moderate length, may taperK: short & stocky |  |   |  |
| **Physical Structural****Totals (Transfer numbers to chart on last page)** | **Vata:****Pitta:** **Kapha:** |  | **Vata:****Pitta:** **Kapha:** |  |

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| **PHYSICAL FUNCTIONAL** | **Typical functional symptom****(Prakruti indicator)** | **Prak** | **Current Symptom****(Imbalance: not a Prakruti indicator)** | **Vik** |
| Appetite | V: variableP: strongK: low |  | V: variable, pickyP: strong, voraciousK: low, absent |  |
| Digestion | V: gassyP: burningK: sluggish |  | V: gas, bloating, painP: burning, hyperacidity sour belchingK: heaviness, fullness, nausea |  |
| Elimination | V: constipationP: fast, loose, eliminationK: sluggish elimination |  | V: constipation, strain to pass, 1x/day or lessP: fast, loose, hot elimination, 3x/day or moreK: sluggish elimination, slow to pass, 1x/day |  |
| Sleep | V: light, restlessP: moderateK: heavy |  | V: light, restless, sleep disturbed by anxiety or busy mindP: sleep disturbed by heat or mental workK: heavy sleep, difficult to wake |  |
| Energy level | V: variableP: stableK: slow and steady |  | V: variable, unpredictable, easily fatiguedP: stable, focused, tend to burn outK: low motivation |  |
| Skin Qualities | V: dryP: oilyK: clammy |  | V: dry, itchyP: moist, oily, redK: clammy, pale |  |
| Body Temp | V: cold, difficult to get and stay warm enough, dislikes extremesP: hot, difficult to get and stay cool enoughK: cool, generally comfortable |  | V: colder, cold hands & feetP: hotterK: cool, can’t warm up |  |
| Muscle Quality | V: low muscle toneP: good muscle toneK: good muscle tone, easy to build muscle with work |  | V: low muscle tone, difficulty to build muscleP: inflammationK: bulky, may easily become flabby  |  |
| Weight pattern | V: low P: moderateK: high |  | V: underweight P: underweight with excess heatK: overweight |  |
| Bone issues | V: fragile bones, teeth, hair, nailsP: n/aK: density |  | V: chipping, cracking nails, weak teeth, hair, bonesP: n/aK: overgrowth of bone, increased density |  |

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| **PHYSICAL FUNCTIONAL** | **Typical functional symptom****(Prakruti indicator)** | **Prak** | **Current Symptom****(Imbalance: not a Prakruti indicator)** | **Vik** |
| Nervous System | V: hypersensitiveP: inflammationK: hyposensitive |  | V: hypersensitive, tics & twitchesP: inflammationK: hyposensitive, dull response |  |
| Respiratory | V: drynessP: heat, colored mucusK: excess mucous |  | V: dry coughs, rapid & shallow breathP: mucous with colorK: mucousy congestion, slow & shallow breath |  |
| Urinary | V: frequent/low volumeP: frequent/hotK: infrequent/cool |  | V: high frequency, scanty outputP: burning on urinationK: low frequency, high output |  |
| Sweating | V: minimalP: profuseK: moderate |  | V: minimal sweatP: profuse sweat at moderate temperature & exertionK: heavy sweat at high temperature and exertion, takes time to break a sweat |  |
| Hormonal | V: underproductionP: fast & efficientK: overproduction |  | V: hormonal imbalanceP: n/aK: blockages at cell receptors |  |
| Menstrual | V: lightP: heavy then tapers offK: moderate, long duration |  | V: scanty menses, short duration, irregular cycleP: heavy flow, intenseK: hard to start, long duration |  |
| **Physical Functional****Totals (Transfer numbers to chart on last page)** | **Vata:****Pitta:** **Kapha:** |  | **Vata:****Pitta:** **Kapha:** |  |

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| **Mental & Emotional** | **Typical functional expression/ symptom** | **Prak** | **Current Symptom** | **Vik** |
| Mind | V: fast, easily changes directions and interestsP: focused, analytical, clear thinkingK: slow, deep, methodical, single pointed |  | V: scattered thought process, easily distractedP: opinionated, focused, intense, goal-orientedK: stuck, stubborn |  |
| Emotions | V: fast reactions, default fear, worryP: intense reactions, default anger, blameK: slow reactions, default sadness, melancholy |  | V: worry, fear, anxiety, escapeP: anger, blame, control, get evenK: sadness, melancholy, attachment to the past, withdrawn |  |
| Distraction from Present Moment | V: caught up in either past or futureP: caught up in plans and goalsK: caught up in the past |  | V: fret over the past, fantasize the futureP: focus on some future goalK: romanticize or grieve the past |  |
| Decision making | V: whimsical, intuitiveP: criteria drives decisions, open to new information, adaptableK: past decisions influence present decision, fixed |  | V: indecisiveP: defensive, fast decisionsK: slow decision process |  |
| **Mental and Emotional****Totals (Transfer numbers chart below)** | **Vata:****Pitta:** **Kapha:** |  | **Vata:****Pitta:** **Kapha:** |  |

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| **PRAKRUTI** |  |  |  |  |  |  |
| Physical Structural | VATA |  | PITTA |  | KAPHA |  |
| Physical Functional | VATA |  | PITTA |  | KAPHA |  |
| Mental/Emotional | VATA |  | PITTA |  | KAPHA |  |
| Prakruti # | VATA |  | PITTA |  | KAPHA |  |
| **PRAKRUTI PERCENTAGES** | **VATA** |  | **PITTA** |  | **KAPHA** |  |

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| **VIKRUTI** |  |  |  |  |  |  |
| Physical Structural | VATA |  | PITTA |  | KAPHA |  |
| Physical Functional | VATA |  | PITTA |  | KAPHA |  |
| Mental/Emotional | VATA |  | PITTA |  | KAPHA |  |
| Vikruti # | VATA |  | PITTA |  | KAPHA |  |
| **Indicate** **Primary, Secondary, Tertiary imbalance** | **VATA** |  | **PITTA** |  | **KAPHA** |  |