|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PHYSICAL**  **STRUCTURE** | **Sign of Dosha**  **(Prakruti indicator)** | **Prak** | **Signs of imbalance**  **(not Prakruti indicators)** | **Vik** |
| Hair | V: curly, kinky, unruly  P: fine, straight  K: wavy, lush, full |  | V: frizzy, dry, thinning  P: early gray, oily  K: coarse |  |
| Face shape | V: oval, narrow, oblong  P: angular features  K: rounded, soft features |  | V: gaunt  P: n/a  K: excess weight causing roundedness |  |
| Forehead | V: high, narrow  P: moderate  K: broad |  | V: worry lines  P: anger lines  K: n/a |  |
| Eyes | V: small for face  P: moderate, almond, deep set, blue eyes  K: large, round, moist |  | V: dry  P: red, yellow eyes  K: watery |  |
| Nose | V: narrow bridge & base  P: moderate bridge & base  K: wide bridge & base |  | V: thin, pinched, irregular tip  P: reddened, blood vessels  K: n/a |  |
| Lips | V: thin, irregular  P: moderate  K: full |  | V: chapped  P: reddened  K: n/a |  |
| Neck | V: long  P: moderate  K: short, broad |  |  |  |
| Skin | V: thin  P: moderate  K: thick |  | V: dry  P: reddened, warm  K: clammy |  |
| Musculature | V: minimal musculature  P: moderate musculature, toned  K: full musculature, toned |  | V: no tone  P: sinewy  K: flabby |  |
| Build | V: long and thin, ectomorphic  P: moderate, mesomorphic  K: short and full, endomorphic |  | V: underweight  P: n/a  K: overweight |  |
| Arms | V: long and narrow  P: moderate length & width  K: short length, wide |  |  |  |
| Legs | V: long and thin  P: moderate length & width  K: short and stocky |  | V: unstable  P: n/a  K: lack mobility |  |
| Hands: palm | V: rectangular palm  P: square palm  K: square & fleshy palm |  |  |  |
| Hands: fingers | V: long fingers  P: moderate length, may taper  K: short & stocky |  |  |  |
| **Physical Structural**  **Totals (Transfer numbers to chart on last page)** | **Vata:**  **Pitta:**  **Kapha:** |  | **Vata:**  **Pitta:**  **Kapha:** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PHYSICAL FUNCTIONAL** | **Typical functional symptom**  **(Prakruti indicator)** | **Prak** | **Current Symptom**  **(Imbalance: not a Prakruti indicator)** | **Vik** |
| Appetite | V: variable  P: strong  K: low |  | V: variable, picky  P: strong, voracious  K: low, absent |  |
| Digestion | V: gassy  P: burning  K: sluggish |  | V: gas, bloating, pain  P: burning, hyperacidity sour belching  K: heaviness, fullness, nausea |  |
| Elimination | V: constipation  P: fast, loose, elimination  K: sluggish elimination |  | V: constipation, strain to pass, 1x/day or less  P: fast, loose, hot elimination, 3x/day or more  K: sluggish elimination, slow to pass, 1x/day |  |
| Sleep | V: light, restless  P: moderate  K: heavy |  | V: light, restless, sleep disturbed by anxiety or busy mind  P: sleep disturbed by heat or mental work  K: heavy sleep, difficult to wake |  |
| Energy level | V: variable  P: stable  K: slow and steady |  | V: variable, unpredictable, easily fatigued  P: stable, focused, tend to burn out  K: low motivation |  |
| Skin Qualities | V: dry  P: oily  K: clammy |  | V: dry, itchy  P: moist, oily, red  K: clammy, pale |  |
| Body Temp | V: cold, difficult to get and stay warm enough, dislikes extremes  P: hot, difficult to get and stay cool enough  K: cool, generally comfortable |  | V: colder, cold hands & feet  P: hotter  K: cool, can’t warm up |  |
| Muscle Quality | V: low muscle tone  P: good muscle tone  K: good muscle tone, easy to build muscle with work |  | V: low muscle tone, difficulty to build muscle  P: inflammation  K: bulky, may easily become flabby |  |
| Weight pattern | V: low  P: moderate  K: high |  | V: underweight  P: underweight with excess heat  K: overweight |  |
| Bone issues | V: fragile bones, teeth, hair, nails  P: n/a  K: density |  | V: chipping, cracking nails, weak teeth, hair, bones  P: n/a  K: overgrowth of bone, increased density |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PHYSICAL FUNCTIONAL** | | **Typical functional symptom**  **(Prakruti indicator)** | **Prak** | **Current Symptom**  **(Imbalance: not a Prakruti indicator)** | **Vik** |
| Nervous System | V: hypersensitive  P: inflammation  K: hyposensitive | |  | V: hypersensitive, tics & twitches  P: inflammation  K: hyposensitive, dull response |  |
| Respiratory | V: dryness  P: heat, colored mucus  K: excess mucous | |  | V: dry coughs, rapid & shallow breath  P: mucous with color  K: mucousy congestion, slow & shallow breath |  |
| Urinary | V: frequent/low volume  P: frequent/hot  K: infrequent/cool | |  | V: high frequency, scanty output  P: burning on urination  K: low frequency, high output |  |
| Sweating | V: minimal  P: profuse  K: moderate | |  | V: minimal sweat  P: profuse sweat at moderate temperature & exertion  K: heavy sweat at high temperature and exertion, takes time to break a sweat |  |
| Hormonal | V: underproduction  P: fast & efficient  K: overproduction | |  | V: hormonal imbalance  P: n/a  K: blockages at cell receptors |  |
| Menstrual | V: light  P: heavy then tapers off  K: moderate, long duration | |  | V: scanty menses, short duration, irregular cycle  P: heavy flow, intense  K: hard to start, long duration |  |
| **Physical Functional**  **Totals (Transfer numbers to chart on last page)** | **Vata:**  **Pitta:**  **Kapha:** | |  | **Vata:**  **Pitta:**  **Kapha:** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mental & Emotional** | **Typical functional expression/ symptom** | **Prak** | **Current Symptom** | **Vik** |
| Mind | V: fast, easily changes directions and interests  P: focused, analytical, clear thinking  K: slow, deep, methodical, single pointed |  | V: scattered thought process, easily distracted  P: opinionated, focused, intense, goal-oriented  K: stuck, stubborn |  |
| Emotions | V: fast reactions, default fear, worry  P: intense reactions, default anger, blame  K: slow reactions, default sadness, melancholy |  | V: worry, fear, anxiety, escape  P: anger, blame, control, get even  K: sadness, melancholy, attachment to the past, withdrawn |  |
| Distraction from Present Moment | V: caught up in either past or future  P: caught up in plans and goals  K: caught up in the past |  | V: fret over the past, fantasize the future  P: focus on some future goal  K: romanticize or grieve the past |  |
| Decision making | V: whimsical, intuitive  P: criteria drives decisions, open to new information, adaptable  K: past decisions influence present decision, fixed |  | V: indecisive  P: defensive, fast decisions  K: slow decision process |  |
| **Mental and Emotional**  **Totals (Transfer numbers chart below)** | **Vata:**  **Pitta:**  **Kapha:** |  | **Vata:**  **Pitta:**  **Kapha:** |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |