

DETERMINE YOUR CONSTITUTIONAL TYPE

AYURVEDA, the sister science of Yoga, is one of the world's oldest healing systems. According to Ayurveda, each person is a unique combination of three basic types, or doshas, called Vata, Pitta, and Kapha. The doshas help us understand our individual constitution and how we can best achieve a natural state of balance and harmony. A person may have one or more doshas as their predominant type.

When answering the questions below, refrain from drawing conclusions; use this information as a tool to help you grow in self-understanding and help your therapist customize your experience and move you towards balance. When filling this out, please take into account your current condition. Remember that all parts of the response may not apply to you, choose the one that is most applicable.

	VATA	PITTA	KAPHA
1. Body Frame:	<input type="checkbox"/> Slender, thin body frame, narrow hips and/ or shoulders.	<input type="checkbox"/> Medium frame, shoulders and hips, proportional body frame.	<input type="checkbox"/> Medium to broad frame with balanced bone structure.
2. Body Weight:	<input type="checkbox"/> Have difficulty gaining weight, can lose weight easily.	<input type="checkbox"/> Maintain average weight for build, with minor fluctuations.	<input type="checkbox"/> Gain weight easily. Moderate weight with regular exercise.
3. Skin characteristics:	<input type="checkbox"/> Tend towards dryness, either in patches or all over.	<input type="checkbox"/> Tend toward irritation, delicate.	<input type="checkbox"/> Tend towards oiliness, smooth and thick.
4. Appetite:	<input type="checkbox"/> Excessive hunger or disinterest in food. Variable appetite.	<input type="checkbox"/> Will become irritable when hungry. Strong appetite.	<input type="checkbox"/> Can easily skip a meal. Stable, moderate appetite.
5. Climate preference:	<input type="checkbox"/> Love warmth at all times, often feel cold.	<input type="checkbox"/> Prefer cold climates, tend to feel overheated.	<input type="checkbox"/> No strong preference.
6. Reaction to stress:	<input type="checkbox"/> Tend towards fear or anxiety.	<input type="checkbox"/> Tend towards anger.	<input type="checkbox"/> Prefer to avoid confrontation.
7. Memory:	<input type="checkbox"/> Remember easily, forget just as easily.	<input type="checkbox"/> Remember easily, forget with difficulty.	<input type="checkbox"/> Learn slowly, but retain information well.
8. Sleep:	<input type="checkbox"/> Have trouble getting to sleep, light sleeper.	<input type="checkbox"/> Need minimum amount of sleep, go to sleep easily.	<input type="checkbox"/> Fall asleep quickly, sleep deeply. Often oversleep.
9. Lifestyle:	<input type="checkbox"/> Have trouble creating habits, even beneficial ones.	<input type="checkbox"/> Plan activities, organized, even to a fault.	<input type="checkbox"/> Stuck in "ruts," creature of habit.