

Assessment of Prakriti

S. No.	Features	Vata	Pitta	Kapha
1	Qualities related to Self-Control			
	Conscience	Wavering conscience	Follows to some extent of dictates of his conscience	Follows to some extent of dictates of his conscience
	Control over mind	No control over mind	Fairly good control	Good control
	Mind	Weak mind	Moderately strong	Strong mind with good qualities
	Tolerance	Absent	Absent	Tolerant

2	Qualities of mind affecting society			
	Non-violence or aggressiveness	Aggressiveness	Aggressive towards not surrendered consoling to those who have surrendered	Not aggressive
	Friendship	Few friends, short-lasting friendship	Very few friends	Many friends, lasting friendship
	Theism	Atheist	Usually non-religious	Religious
	Helping attitude	Absent	Helps those who ask	Helping
	Desires and likes	Music, laughter, massage	Flowers, application of pastes, Cold environment	Scientific literature, Sleep, Music, Warm food items

3	Qualities important for acquiring Knowledge			
	Intellect	Wavering intellect, intellect not well organized	Intellect, Brilliant	Good intellect
	Memory	Poor memory	Fair	Good memory
	Concentration	Unsteady, unable to concentrate	Fairly steady, can concentrate fairly well	Steady mind, good concentration
	Respect to teacher	No respect to teacher	Some respect to teacher	Respects teacher
	Plans	Short sighted	Fairly, Short term plans	Far sighted

4	Good and Bad qualities						
	Character and Conduct	Uncultured		Good conduct		Cultured	
	Quarrelsome	Quarrelsome		Quarrelsome		Calm	

5	Qualities based on right and wrong principle						
	Gratitude	Ungrateful		Often grateful		Grateful	

6	Emotion						
	Irritability	Gets quickly excited		Quickly excited		Calm	
	Anger	Quickly angered and quenched		Quick tempered for longer time		Very occasionally gets angry	
	Jealousy	Jealous		Mildly jealous		Minimum	
	Greed	Greedy ++		Greedy		Not greedy even in childhood	
	Enmity	Enmity+		Enmity ++		Long lasting enmity	
	Fear	Fearful ++		Frightened quickly, is not quickly cowed down by fear		Minimum fear	
	Mood	Changing mood		Gets happy quickly, changing mood		Steady mood	

7	Basic qualities of self						
	Speech	Talkative		Insulting speech		Thoughtful speech	
	Gentleness	Harsh		Harsh ++		Gentle	
	Depth of thought	Superficial ++		Superficial		Deep	
8	Sense of motor organs						
	Ability to tolerate exertion	Can hardly tolerate exertion ++		Cannot tolerate mental or physical exertion		Tolerates both physical and mental strain	
9	Energy	Very less		Moderate		Energetic	
10	Money/ Income	Poor		Moderate		Wealthy	
11	Luck and fortune	Unlucky and unfortunate		Unlucky		Lucky and fortunate	
12	Build	Tall, thin		Delicate, medium built		Large, well built, steady	
13	Strength	Weak		Moderate		Strong	
14	Voice	Rough, high pitched, unclear, weak, exhausted, fast speech		Clear, high pitched		Deep, pleasant, resonating	
15	Skin	Dry and parched		Soft, non-parched but dry		Soft and oily	
16	Gait and Speed	Fast gait		Average		Slow and steady	

17	Forehead, shoulder and chest	Small		Medium		Large fleshy	
18	Eyes	Dry, smoky iris, small		Small, yellowish iris		White big eyes, sclera and iris are well differentiated	
19	Teeth	Rough, small gritting teeth		White		Shiny and oily	
20	Tongue	Cracked		Red and dark		White shiny	
21	Mouth	Dry		Red palate, tongue, pungent taste in mouth		Excessive salivation, sweet taste	
22	Face	Rough		Delicate		Delicate and pleasing	
23	Abdomen, Muscles and Joints	Sunken, poorly built		Moderately developed		Bulging	

Final scores: Vata - /43

Pitta – /43

Kapha - /43

Name:

Date:

Verified by: