

DETERMINE YOUR BODY - CONSTITUTION

Prakriti: Your Constitution

Are you Vata, Pitta or Kapha?

"Prakriti" is your basic constitution. It is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities.

Prakriti specifically relates to those qualities, characteristics and tendencies that are stable. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, etc., in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta and Kapha. These are loosely translated as Air, Fire and Earth, respectively. Each of us has all three doshas in our constitution, in unique proportions. In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant; three dual Prakritis, where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant and Vata-Kapha predominant; and one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Nature	Vata	Pitta	Kapha
Amount of hair	Average	Thinning	Thick
Type of hair	Light brown	Red/brown	Dark brown/ Black
Skin	Dry / Rough	Soft /Medium /Oily	Oily / Moist
Complexion	Darker	Pink / Red	Pale / White
Eyes	Small	Medium	Large
Whites of eye	Blue / Brown	Yellow / Red	White / Glossy
Teeth	Shaded	Yellowish	Pearl / White
Mental Activity	Quick / Restless	Sharp / Aggressive	Calm / Speedy / Stable
Memory	Short Term	Good general	Long term
Dreams	Fearful / Flying / Running	Fiery / Violent	Water / Relationship
Weather	like sun & warmth	cold weather	warm & windy
Sensitivity	cold, wind, dryness noise	heat, sunlight, light & colour	touch, old & dampness
Sleep	Interrupted	Sound, Medium	Sound, Deep
React of Stress	Easily excited	Quick tempered	Slow to irritate
Body Size	Small frame	Medium frame	Large frame
Weight	Thin	Medium	Heavy
Endurance	Poor	Good	Excellent
Strength	Poor	Good	Excellent
Hunger	Irregular	Sharp	Easily miss meal

Food and Drink	Prefer warm	Cold	Cool and Warm
Eat	Quickly	Medium	Slowly
Financial	Don't save	Save and Spend	Accumulate wealth
Moods	Chargeable	Slow to Change	Unchanging
Walk	Fast	Average	Slow
Voice	High Fast	Medium	Low, Resonating