



# QUANTUMYOGA®

## PRAKRITI SELF-ASSESSMENT

### PLEASE TICK THE MOST ACCURATE FOR YOU OF EACH CONSTITUTIONAL FEATURE.

Add up how many ticks you have in each group. This will reveal your prevalent dosha. If two group-counts are very close in number, you may be a dual dosha, e.g. Vata-Pitta, Pitta-Kapha etc. Some rare individuals are Tridoshic, where the count is balanced in each section.

CONSTITUTIONAL FEATURES	VATA DOSHA	PITTA DOSHA	KAPHA DOSHA
Body Frame	Slim	Medium, athletic	Large
Weight	Low, bony	Medium, muscular	Tendency towards over-weight
Childhood Body	Thin	Medium	Plump
Eyes	Active, dry, spacey	Sharp, piercing, close together	Large, thick lashes, alluring
Skin	Dry	Reddish, warm	Oily, thick
Hair	Dry, curled or kinked	Greys early, often reddish	Oily, wavy
Teeth	Irregular	Yellowish, gums bleed easily	Strong
Bones	Prominent joints	Medium	Heavy
Preferred Climate	Warm & not too dry	Cool & fresh air	Either, but not humid
Appetite	Variable	Strong & sharp	Constant
Preferred Foods	Light & varied. Snacks	Spicy & stimulating. Protein-rich	Oily & rich. High carbohydrates
Stool	Irregular, wind, constipation	Frequent, loose	Regular, heavy
Digestion	Irregular	Fast metabolism	Slow metabolism
Thirst	Variable	Frequent, sharp	Scanty
Routine	Dislikes	Likes esp if set by oneself	Likes
Mental Tendency	Creative & restless	Initiator & leader	Organisation & continuity
Physical Tendency	Active	Competitive	Leisurely

Temperament	Unpredictable	Irritable & impatient	Easy-going & mild
Memory	Short-term good	Sharp & clear	Long-term good
Dreams	Flying & fear	Passion & violence	Romance & water, rarely remembered
Sleep	Light & interrupted	Little but sound	Heavy & deep
Speech	Fast & flighty	Sharp & cutting	Slow & even
Physical Exercise	Aids relaxation	Emotionally steadying	Keeps weight down
Stress Response	Anxiety, fear	Anger, irritation	Avoidance, procrastination
Illness (Manifests As)	Wind	Bile	Phlegm
Financial Tendency	Spends easy & often	Practical purchases	Saves money
Sex Drive	Variable, frequent fantasies	High	Steady
Nails	Brittle	Flexible, yellowish	Strong & thick
Hands & Feet	Cold & dry	Warm & moist	Cool
Pulse	Fast & irregular	Strong medium	Slow, steady
Perspiration	Little	High	Moderate