

Body Constitution

Name _____ Date _____

Learn your Body Constitution by completing and tallying this form. Check what is true for you over the long-term course of your life in **Column A**, and what is true for you in the last 30-90 days in **Column B**. Columns A & B may be the same.

	A	B	vata (air/ether)	A	B	pitta (fire + water)	A	B	kapha (water + earth)
frame	<input type="checkbox"/>	<input type="checkbox"/>	thin, boney	<input type="checkbox"/>	<input type="checkbox"/>	moderate, good muscle	<input type="checkbox"/>	<input type="checkbox"/>	large, well-developed
weight	<input type="checkbox"/>	<input type="checkbox"/>	low, difficult to gain	<input type="checkbox"/>	<input type="checkbox"/>	moderate	<input type="checkbox"/>	<input type="checkbox"/>	heavy, hard to lose
skin	<input type="checkbox"/>	<input type="checkbox"/>	dark, cold, rough, dry, thin	<input type="checkbox"/>	<input type="checkbox"/>	rosy, warm, oily	<input type="checkbox"/>	<input type="checkbox"/>	pale, cool, oily, thick
eyes	<input type="checkbox"/>	<input type="checkbox"/>	small, dry, nervous, often brown	<input type="checkbox"/>	<input type="checkbox"/>	penetrating, green, blue, grey with yellowish sclera	<input type="checkbox"/>	<input type="checkbox"/>	big, beautiful, loving, calm
hair	<input type="checkbox"/>	<input type="checkbox"/>	dry, thin, curly	<input type="checkbox"/>	<input type="checkbox"/>	blond, gray, red, bald, soft, oily	<input type="checkbox"/>	<input type="checkbox"/>	thick, oily, wavy, lustrous
nose	<input type="checkbox"/>	<input type="checkbox"/>	uneven shape, deviated septum	<input type="checkbox"/>	<input type="checkbox"/>	long pointed, red nose tip	<input type="checkbox"/>	<input type="checkbox"/>	short rounded button nose
teeth	<input type="checkbox"/>	<input type="checkbox"/>	protrude, big roomy, thin gums	<input type="checkbox"/>	<input type="checkbox"/>	medium, yellow tint, soft tender gums	<input type="checkbox"/>	<input type="checkbox"/>	healthy white, strong gums
chest/hips/belly	<input type="checkbox"/>	<input type="checkbox"/>	thin, flat, sunken	<input type="checkbox"/>	<input type="checkbox"/>	moderate	<input type="checkbox"/>	<input type="checkbox"/>	expanded, round
joints	<input type="checkbox"/>	<input type="checkbox"/>	cold, cracking	<input type="checkbox"/>	<input type="checkbox"/>	moderate	<input type="checkbox"/>	<input type="checkbox"/>	large, lubricated
nails	<input type="checkbox"/>	<input type="checkbox"/>	rough, hard, brittle, split easily	<input type="checkbox"/>	<input type="checkbox"/>	soft, pink, lustrous	<input type="checkbox"/>	<input type="checkbox"/>	thick, whitish, pale, smooth, polished
voice	<input type="checkbox"/>	<input type="checkbox"/>	rapid, unclear, quick, talkative	<input type="checkbox"/>	<input type="checkbox"/>	sharp, penetrating, moderate, clear, precise	<input type="checkbox"/>	<input type="checkbox"/>	slow, maybe labored, or deep tonal
walk	<input type="checkbox"/>	<input type="checkbox"/>	quick, light, hurried	<input type="checkbox"/>	<input type="checkbox"/>	medium paced, purposeful	<input type="checkbox"/>	<input type="checkbox"/>	slow, steady, calm
disease tendency	<input type="checkbox"/>	<input type="checkbox"/>	nervous, sharp pains, gas/constipation,eczema	<input type="checkbox"/>	<input type="checkbox"/>	inflammation, rashes, heartburn, ulcers, fevers	<input type="checkbox"/>	<input type="checkbox"/>	fluid retention, excess mucous, bronchitis, sinus
thirst	<input type="checkbox"/>	<input type="checkbox"/>	changeable	<input type="checkbox"/>	<input type="checkbox"/>	very thirsty	<input type="checkbox"/>	<input type="checkbox"/>	sparsely thirsty
elimination	<input type="checkbox"/>	<input type="checkbox"/>	irregular, constipated, hard, dry	<input type="checkbox"/>	<input type="checkbox"/>	regular, loose	<input type="checkbox"/>	<input type="checkbox"/>	slow, plentiful and heavy
sweat	<input type="checkbox"/>	<input type="checkbox"/>	minimal	<input type="checkbox"/>	<input type="checkbox"/>	profuse, esp. when hot	<input type="checkbox"/>	<input type="checkbox"/>	moderate, cool, clammy
temperature pref	<input type="checkbox"/>	<input type="checkbox"/>	craves warmth, dislikes cold and dry	<input type="checkbox"/>	<input type="checkbox"/>	loves coolness, dislikes heat and sun	<input type="checkbox"/>	<input type="checkbox"/>	dislikes cold and damp, prefers heat
appetite	<input type="checkbox"/>	<input type="checkbox"/>	variable, small	<input type="checkbox"/>	<input type="checkbox"/>	strong, regular	<input type="checkbox"/>	<input type="checkbox"/>	slow, steady
digestion	<input type="checkbox"/>	<input type="checkbox"/>	irregular, forms gas	<input type="checkbox"/>	<input type="checkbox"/>	strong, quick, tends towards burning	<input type="checkbox"/>	<input type="checkbox"/>	slow, forms mucous
endurance	<input type="checkbox"/>	<input type="checkbox"/>	minimal	<input type="checkbox"/>	<input type="checkbox"/>	moderate	<input type="checkbox"/>	<input type="checkbox"/>	excellent
physical activity	<input type="checkbox"/>	<input type="checkbox"/>	hyperactive but tires easily	<input type="checkbox"/>	<input type="checkbox"/>	moderate	<input type="checkbox"/>	<input type="checkbox"/>	slow, but steady
mental activity	<input type="checkbox"/>	<input type="checkbox"/>	hyperactive	<input type="checkbox"/>	<input type="checkbox"/>	moderate	<input type="checkbox"/>	<input type="checkbox"/>	slow
sleep	<input type="checkbox"/>	<input type="checkbox"/>	poor, disturbed	<input type="checkbox"/>	<input type="checkbox"/>	moderate but sound	<input type="checkbox"/>	<input type="checkbox"/>	heavy, prolonged, excessive
dreams	<input type="checkbox"/>	<input type="checkbox"/>	active and fearful, frequent, can't remember on waking	<input type="checkbox"/>	<input type="checkbox"/>	fiery, war, violent, vivid, often in color, easy to remember	<input type="checkbox"/>	<input type="checkbox"/>	lakes, snow, romantic, only remembers highly significant, clear dreams
emotions	<input type="checkbox"/>	<input type="checkbox"/>	enthusiastic, outgoing, moody, anxious, fearful	<input type="checkbox"/>	<input type="checkbox"/>	thrives on challenges, express opinions, anger, hate, jealousy	<input type="checkbox"/>	<input type="checkbox"/>	calm, placid, good natured easy going, reliable, greedy, attachment
memory	<input type="checkbox"/>	<input type="checkbox"/>	poor long-term, quick to grasp but forgets	<input type="checkbox"/>	<input type="checkbox"/>	sharp and dear	<input type="checkbox"/>	<input type="checkbox"/>	slow to learn but never forgets
stress	<input type="checkbox"/>	<input type="checkbox"/>	anxious and nervous	<input type="checkbox"/>	<input type="checkbox"/>	angry, irritable	<input type="checkbox"/>	<input type="checkbox"/>	emotional overeating
work	<input type="checkbox"/>	<input type="checkbox"/>	quick, imaginative, creative thinker, bored with routine	<input type="checkbox"/>	<input type="checkbox"/>	natural leader, efficient, planned routine, perfectionist	<input type="checkbox"/>	<input type="checkbox"/>	keeps things calm, caring, enjoys regular routine
finances	<input type="checkbox"/>	<input type="checkbox"/>	poor, spends rapidly	<input type="checkbox"/>	<input type="checkbox"/>	moderate, buys luxuries	<input type="checkbox"/>	<input type="checkbox"/>	rich, thrifty
hobbies	<input type="checkbox"/>	<input type="checkbox"/>	travel, art, philosophy	<input type="checkbox"/>	<input type="checkbox"/>	sport, politics, luxuries	<input type="checkbox"/>	<input type="checkbox"/>	serene, leisurely types
lifestyle	<input type="checkbox"/>	<input type="checkbox"/>	erratic	<input type="checkbox"/>	<input type="checkbox"/>	busy but plans to achieve much	<input type="checkbox"/>	<input type="checkbox"/>	steady and regular, maybe stuck in a rut

Totals: