

# Discovering Your Ayurvedic Constitution

Have you ever wondered what accounts for differences between people? According to Ayurveda, your individuality comes from a unique combination of three basic operating principles or doshas found in nature. Your constitution, or dosha, determines your unique set of attributes, tendencies and personal traits. It also explains your personal requirements for health and happiness, dietary requirements, types of exercise and climate. Vata types, for example, benefit from simple, nourishing food and a regular routine. Highly focused pitta types need to balance their intense schedules with more leisure time. Kapha types need a spicier diet and more stimulating activities.

To discover your dosha, check the box that best describes you over time rather than just recently. When done, total the check marks in each category to produce your scores for each section.

**Vata** is cold, dry, light and mobile by nature \_\_\_\_\_ **Total score**

- Small frame and thin body
- Skin is darker and tends to be dry
- Hair is dark and tends to be curly
- Eyes are dark and small
- Appetite and digestion is irregular
- Tend not to gain weight easily
- Tend to have gas and become constipated easily
- Have an active and creative mind
- Tend to be talkative by nature
- Learn things easily, but forget them easily
- Tend to worry and become anxious under stress
- Do not tolerate cold weather well
- Tend to have cold hands and feet

**Pitta** is warm, oily and intense by nature \_\_\_\_\_ **Total score**

- Frame and musculature is moderate
- Skin tends to be fair and warm to the touch
- Hair is fine and light in color and may gray prematurely
- Eyes are penetrating and blue, green or gray in color
- Determined and competitive by nature
- Enjoy working as your own boss
- Tend to be a perfectionist and become impatient easily
- Enjoy challenge and accomplishment
- Tend to be more intellectual by nature
- Strong appetite and good digestion
- Become irritable when hungry
- Stools are soft and may tend to be loose
- Health problems tend to center around inflammation
- Fond of cold food and drinks
- Prefer a cool and dry climate

**Kapha** is cool, damp and slow by nature \_\_\_\_\_ **Total score**

- Frame is large and you tend to be overweight
- Gain weight easily and have difficulty losing it
- Skin is cool, pale and moist
- Hair is thick, dark and wavy
- Eyes are large and friendly
- Appetite and digestion tend to be slow
- Slow to learn but have an excellent memory
- Manner is slow and steady with a calm disposition

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- Compassionate but tend toward attachment
- Can skip meals without apparent discomfort
- Good stamina but tend toward laziness
- sound sleeper and prefer to sleep at least 8 hours
- Uncomfortable in cool, damp weather
- Health problems are centered around excessive mucus

### **Results**

Determine the section with the highest score to discover your predominant dosha. For instance, if pitta is the highest score then you are a pitta type. If two sections have similar scores, then a combination of two doshas dominate your constitution. For example you may be a vata-pitta or a pitta-kapha.

### **Vata**

People of vata nature have a predominance of the qualities cold, light, dry and mobile. They tend to become cold easily and often prefer to wear a sweater or shawl even when others are not cold. They are usually the last to turn on the air conditioning and first to complain when a room is too cold. They like to sleep with extra blankets. They are often of lower body weight and this is reflected in their long narrow bones. Many fashion models have a vata type of body with long legs, long necks and long tapered fingers. People of vata nature often experience dry skin, dry eyes and a dry colon, which causes a tendency toward constipation and gas. Their mobile nature is seen in their fast speech patterns and chatty nature. It can also be seen in their tendency to become scattered and more easily overwhelmed. People of vata nature often have a fragile, nervous disposition. Their challenges often revolve around staying focused.

### **Pitta**

People of pitta nature are most often hot. They are likely to be the first people to want to put on the air conditioner and they are likely to kick off the covers on a warm night. Because they have a greater amount of internal heat, it is not unusual to see them wearing shorts in the cool fall or spring weather while others are wearing a light sweater. Heat often builds up in the intestines and leads to softer and looser stools or diarrhea. Pitta people usually have moderate body builds, not very heavy or very thin with good muscular development. Their skin may be prone to red rashes or acne and is often oily. People of pitta nature often have a clear but sharp way of communicating. Their focused and direct language and actions may irritate other people but they can be counted on to get the job done. They most often have a passionate and intense disposition. Their challenge revolves around a lack of patience for those who are not as focused and directed as they are.

### **Kapha**

People of kapha nature are most often heavy, cool, slow and moist. Because of their heavy nature, they have a stocky body build. This is not to say that people of kapha nature are overweight. No, their natural body type is denser than others. Their bones are shorter and thicker. Often their neck appears to be sitting close to their shoulders and their fingers are short and thick. What really identifies a person of kapha nature is their slower, easy going nature. These people speak and move slowly and are not likely to get upset. They often have a sweet and gentle disposition. Their challenge however revolves around getting motivated and lacking spontaneity. Hence, once a person of kapha nature has made up their mind they are not likely to change it.