

The Springs Integrative Medicine Center and Spa — Ayurvedic Dosha Assessment

INSTRUCTIONS: Please mark the appropriate box in the VPK column for each description that corresponds to your constitution that is most consistent over your lifetime (Prakruti). **Please choose the ONE description for EACH row that is the closest fit, even if it isn't exact.**

Description	V	P	K	VATA	PITTA	KAPHA
Body Size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slim	Medium	Large
Facial Features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin/Angular	Tapered, smooth flat	Rounded, plump
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small, dry, brown	Bright, grey, green, sensitive	Large, blue
Lips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, cracked, brown	Red, prone to inflammation	Smooth, oily, pale
Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, dry, cold, rough. Prone to wrinkles, dryness, itching	Smooth, warm, rosy, prone to redness/irritation or pimples close to surface	Thick, white, pale, prone to deep cystic acne or excessive oil
Hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, brown, black, brittle, scarce	Straight, blond/grey/red, bald	Thick, curly, oily, luxuriant
Nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, rough, brittle	Sharp, flexible, pink	Thick, smooth
Body Type	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, flat, angular/bony features	Moderate, athletic, muscular build	Full, large, rounded, voluptuous
Joints	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cracking, prone to arthritis, painful	Moderate, stable	Large, lubricated
Weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, angular, underweight. Don't gain easily	Medium, muscular. Fairly easy to lose weight	Overweight, gain easily and difficult to lose
Appetite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irregular	Strong	Slow & steady
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irregular, prone to gas	Quick, prone to heartburn/acidity	Prolonged, tend to tire after eating, feel heavy
Elimination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Constipation	Loose	Thick, oily, sluggish
Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hyperactive, constant movement, overextends energy often	Moderate, strong, intense	Slow, prefers routine, prone to avoid physical exertion
Mental Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hyperactive, prone to worry/anxiety, difficult making decisions	Moderate, prone to irritability/anger, make decisions easily	Slow, prone to depression, careful decision making
Emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anxiety, fear, uncertainty	Anger, hate, jealousy	Calm, greedy, attachment
Intellect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Poor memory, starts projects but trouble completing	Accurate, detail-oriented, remembers dates, figures, data	Slow, precise, slow to learn but never forgets
Environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Often cold, prefer warmth, aggravated by wind	Heat and humidity cause irritability	Tend to be cold, but adapts well
Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Light sleep, wake easily, sleeplessness	Sleep soundly, awaken easily	Deep, prolonged, hard to wake up
General	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tends to be late	Punctual, arrives early	Needs routine
TOTAL	<u> </u>	<u> </u>	<u> </u>			
	V	P	K			