

Pakruti Dosha – Mind Body Quiz

Last Name, First Name	Gender	Age	Date

This mind-body questionnaire gathers information about your basic nature – the way you were as a child or the basic patterns that have been true most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness.

Quotes



Mandala – Purple Magnificence <https://www.chrisji.com/en/art>

Strong, deeply rooted desire is the starting point of all achievement

Instructions: Rank each characteristic with either 5, 3, or 1. For each row, use each number one time. (Each row should add up to 9)

5 = Most accurately represents me, 3 = Secondly represents me, 1 = Rarely represents me						
Example	3	VATA	5	PITTA	1	KAPHA

Characteristics	VATA	PITTA	KAPHA
Frame	I am thin, lanky and slender with prominent joints and thin muscles.	I have a medium, symmetrical build with good muscle development	I have a large, round or stocky build. My frame is broad, stout or thick.
Weight	LOW; I may forget to eat or have a tendency to lose weight.	MODERATE; it is easy for me to gain or lose weight if I put my mind to it.	HEAVY; I gain weight easily and have difficulty losing it.
Eyes	My eyes are small and active.	I have a penetrating gaze.	I have large pleasant eyes.
Complexion	My skin is dry, rough or thin.	My skin is warm, reddish in color and prone to irritation.	My skin is thick, moist and smooth.
Hair	My hair is dry, brittle or frizzy.	My hair is fine with a tendency towards early thinning or graying.	I have abundant, thick and oily hair.
Joints	My joints are thin and prominent and have a tendency to crack.	My joints are loose and flexible.	My joints are large, well knit and padded.
Sleep pattern	I am a light sleeper with a tendency to awaken easily.	I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	My sleep is deep and long. I tend to awaken slowly in the morning.
Body temperature	My hands and feet are usually cold and I prefer warm environments.	I am usually warm, regardless of the season, and prefer cooler environments.	I am adaptable to most temperatures but do not like cold, wet days.
Temperament	I am lively and enthusiastic by nature. I like to change.	I am purposeful and intense. I like to convince.	I am easy going and accepting. I like to support.
Under stress	I become anxious and/or worried.	I become irritable and/or aggressive.	I become withdrawn and/or reclusive.
Total	Total VATA	Total PITTA	Total KAPHA

Note: Each row should add up to 9. VATA total, PITTA total, and KAPHA total should add up to 90.