



PRAKRUTI ANALYSIS

Every one of us has some of each of these doshas in our constitution, but one or two of them are likely to be more dominant in a particular individual. To gain some insight into the prevailing qualities of your constitution, answer the following questions by determining which description most accurately describes you **over the long-term**.

Using the scale, indicate how characteristic each statement is of you.

Place your scores for each relevant question within the grey box.

Example Q1. My mind is restless – if your answer is somewhat place 3 in box CB.

SECTION ONE

	Not at all	Slightly	Somewhat	Moderately	Very	CA	CB
My mind is restless	1	2	3	4	5		
I learn new information quickly	1	2	3	4	5		
I forget things quickly	1	2	3	4	5		
I am lively and enthusiastic	1	2	3	4	5		
I am able to try out new ideas & have new experiences	1	2	3	4	5		
I tend to move quickly/walk quickly	1	2	3	4	5		
I get restless when I am not constantly on the move	1	2	3	4	5		
I speak quickly and with enthusiasm	1	2	3	4	5		
I am overtly sensitive and emotional	1	2	3	4	5		
Under stress I tend to become anxious	1	2	3	4	5		
I tend to have difficulty sleeping	1	2	3	4	5		
I tend to be thin and rarely gain weight	1	2	3	4	5		
My daily health habits/schedule tend to vary from day to day	1	2	3	4	5		
I find myself forgetting to eat	1	2	3	4	5		
I tend to eat quickly finishing my meals before others on the table	1	2	3	4	5		
My digestion is irregular with frequent gas or bloating	1	2	3	4	5		
My feet and hands tend to feel cold	1	2	3	4	5		
I prefer warmer rather than cooler weather	1	2	3	4	5		
My skin is dry / itchy	1	2	3	4	5		

My hair tends to be on the dry side and kinky	1	2	3	4	5		
						VB	VM
TOTALS CA and CB							

Total for section One V1 _____ (for your practitioner to complete)

SECTION TWO	Not at all	Slightly	Somewhat	Moderately	Very	CA	CB
I am intelligent with a precise and intelligent mind	1	2	3	4	5		
I generally go over new information repeatedly until I am confident	1	2	3	4	5		
I do not like to ask for assistance	1	2	3	4	5		
I tend to be impulsive and have difficulty stopping once I have started	1	2	3	4	5		
I tend to take pride in my work and maintain a high standard	1	2	3	4	5		
I am a perfectionists and am intolerant of other peoples errors	1	2	3	4	5		
When I begin a new task I see it through to completion under any circumstance	1	2	3	4	5		
I tend to be strong willed and somewhat forceful by nature	1	2	3	4	5		
When under pressure I tend to become irritable and impatient	1	2	3	4	5		
I have a critical and argumentative mind	1	2	3	4	5		
I tend to loose my temper	1	2	3	4	5		
I have a string appetite and eat large quantities of food	1	2	3	4	5		
I have a tendency towards indigestion and heartburn	1	2	3	4	5		
I commonly have two or more bowel movements each day	1	2	3	4	5		
Under stress I am more likely to get diarrhoea than constipation	1	2	3	4	5		

I sleep soundly and felt restless with less than 8 hours sleep	1	2	3	4	5		
My hair shows early thinning or greying or a tendency toward a reddish colour	1	2	3	4	5		
I tend to perspire easily	1	2	3	4	5		
I am most comfortable in cooler weather	1	2	3	4	5		
My skin is sensitive, sunburns or breaks out easily	1	2	3	4	5		
						PB	PM
TOTALS CA and CB							

TOTALS FOR SECTION TWO P _____ (for your practitioner to complete)

SECTION THREE	Not at all	Slightly	Somewhat	Moderately	Very	CA	CB
I am sweet natured and forgiving	1	2	3	4	5		
I tend to be loyal and devoted in my relationships	1	2	3	4	5		
I have a tendency to accumulate things even when I don't need them anymore	1	2	3	4	5		
I have difficulty leaving a relationship even after it is no longer nourishing	1	2	3	4	5		
I am a good listener, I tend to speak only if I have something important to say	1	2	3	4	5		
I tend to be calm by nature and seldom lose my temper	1	2	3	4	5		
I tend to deal with conflicts by withdrawing	1	2	3	4	5		
I am steady and methodical with consistent energy and endurance	1	2	3	4	5		
I tend to perform activities at a steady and comfortable pace	1	2	3	4	5		
I maintain a routine and have difficulty changing my pace	1	2	3	4	5		

I am absorbing new material slowly	1	2	3	4	5		
Once I learn something, I tend to have a good retention	1	2	3	4	5		
Given a choice I prefer to watch rather than participate in athletic events	1	2	3	4	5		
I sleep deeply for 8 hours or more each night	1	2	3	4	5		
I tend to have difficulty getting going in the morning	1	2	3	4	5		
I have tendency to have chronic sinus congestion, asthma, or excessive phlegm	1	2	3	4	5		
My skin is usually soft and smooth	1	2	3	4	5		
My hair tends to be thick or wavy	1	2	3	4	5		
I have slow digestion and tend to feel heavy after eating	1	2	3	4	5		
I tend to gain weight easily and have difficulty losing extra pounds	1	2	3	4	5		
						KB	KM
TOTALS CA and CB							

TOTAL FOR SECTION THREE K _____ (For your practitioner to complete)

FINAL PRAKRUTI	V		P		K	
TOTALS	B	M	B	M	B	M