



## Dr Vasant's Lad's Chart - Determining your Prakruti ( Constitution)

### Instructions

To determine your prakruti , base your choices on what has been most consistent over a long period of your life . Sometimes it helps to do this with your friend as they may have insight and impartiality to offer .

Add up the number of marks under vata , Pitta and Kapha . This will then help you discover your own ratio of doshas in your Prakruti. Most people have one dosha predominant , a few have two approximately equal and even fewer have all 3 in equal proportions

Observation	V	P	K	Vata	Pitta	Kapha
Body Frame				Slim	Medium	Large
Body Weight				Low	Medium	Overweight
Chin				Thin, Angular	Tapering	Rounded, double
Cheeks				Sunken	Smooth, flat	Rounded , plump
Eyes				Small, sunken, dry, active, black, brown, nervous	Sharp, bright, grey green, yellowed/ red , sensitive to light	Big, beautiful , calm , loving
Nose				Uneven shape, deviated septum	Long pointed, red nose-tip	Short, rounded , button nose
Lips				dry , cracked	Red, inflamed , yellowish	Smooth, whitish, oily, pale
Teeth				Sticking out , big, roomy, Gums are thin thin gums	Medium, Gums are soft and tender	Healthy , white, Gums are strong
Skin				Thin ,dry , cold , rough	Smooth, warm, oily, red	Thick oily, cool,
Hair				Dry , brittle, scarce, rough	Straight, oily, balding	Thick, curly, wavy , luxuriant
Nails				Dry, rough , brittle , chip easily	Sharp, flexible, pink	Thick, oily, smooth, polished feel
Neck				Thin, tall	Medium	Big, folded
Chest				Flat, sunken	Moderate	Expanded, round
Belly				Thin, flat , sunken	Moderate	Big, pot-bellied
Hips				Slender. Thin	Moderate	Heavy, big
Joints				Cold, cracking	Moderate	Large , lubricated
Appetite				Irregular scanty	Strong , Unbearable if hungry	Slow but steady
Digestion				Irregular , forms gas	Quick, causes burning/ acidity	Prolonged, forms mucosa

Observation	V	P	K	Vata	Pitta	Kapha
Taste				Prefers sweet, sour, salty	Prefers sweet , bitter and astringent	Prefers bitter, pungent, astringent
Elimination				Constipated	Loose	Thick, oily , sluggish
Physical Activity				Hyperactive	Moderate	Slow
Mental Activity				Hyperactive	Moderate	Dull , Slow
Emotions				Anxiety, fear , uncertainty	Anger,hate , jealousy	Calm, greedy , attachment
Faith				Variable	Extremist	Consistent
Intellect				Quick but faulty response	Accurate Response	Slow, exact
Recollection				Recent good, remote poor	Distinct	Slow and sustained
Dreams				Fearful, many , active	Fiery, Violent	romantic, leisure, lakes, snow
Sleep				Scanty, sleeplessness, broken up	Little but sound	Deep, prolonged
Speech				Rapid , unclear	Sharp , penetrating	Slow, monotonous
Financial				Spends on trifles	Spends money on luxuries	Rich, good money preserver
<b>Total</b>						



Aum Ayurveda

## Dr Vasant Lad's chart - Determine your Mental Gunas ( Constitution)

### Instructions

To determine your mental constitution, base your choices on what is most consistent over a long period of your life . It helps top do this with a friend as they will have insight and impartiality to offer . After finsihing the chart , add up the number of marks under Sattva, Rajas and Tamas, to discover your own balance of your mental gunas .

Observations	S	R	T	Sattva	Rajas	Tamas
Spiritual Practice				Regular	Irregukar	Never
Spiritual Power				For humanity	Selfish	Destructive
Mental Clarity				Good	Moderate	Difficult to have clarity
Mental Peace				Often peaceful	Moderate	Rarely peaceful
Satisfaction				Usually satisfied	Partly satisfied	Seldom satisfied
Behavior				Gentle	Aggressive	Destructive
Commitment				Total	Partial	Never
Concentration				Good	Fluctuating	Poor
Attentiveness				Good	Fluctuating	Poor, careless
Willpower				Good	Variable	Low
Knowledge				Good	Variable	Low
Memory				Good	Variable	Low
Forgiveness				Easy	Difficult	Poor, holds a grudge
Sexual Activity				Infrequent	Variable for pleasure	Excessive with lust
Donations				Annonymous	Occasional with name (attachment)	Rare, only for gain
Love				Universal, No expectations	Selfish with expectations	Obsessive
Emotions				Honest	Denial	Suppression
Attachment				Rarely, brief	Moderately Frequent	Often, Longstanding
Fear				Rarely, brief	Moderately Frequent	Often, Longstanding
Anger				Rarely, brief	Moderately Frequent	Often, Longstanding
Greed				Rarely, brief	Moderately Frequent	Often, Longstanding
Confusion				Rarely, brief	Moderately Frequent	Often, Longstanding
Hate				Rarely, brief	Moderately Frequent	Often, Longstanding
Grief				Rarely, brief	Moderately Frequent	Often, Longstanding

Observations	S	R	T	Sattva	Rajas	Tamas
Depression				Rarely, brief	Moderately Frequent	Often, Longstanding
Pride				Little	Moderate	Much
Perception				Clear	Agitated	Faulty
Facial Expression				Calm, contented , happy	Mixed, agitated	Dull, gloomy
Eyes				Calm, clear	Restless, active	Dull, gloomy
Speech				Calm, clear, peaceful	Fast, restless , agitated	Slow, monotonous
Diet				Vegetarian, loves all 6 tastes in moderation, 1-2 meals/ day	Eats meat some times, loves hot, spocy food , 2-3 meals/ day	Heavy meat eater, loves sweets, heavy food in excess, more than 3 meals a day
Digestion				Good, Normal	Variable	ppr, slow
Elimination				Regular	Irregular	Sluggish
Alcohol/ Drug use				None	Social, Occasional	Frequent
Sleep				Light, brief , satusfying	Interrupted, disturbed, insufficient, unsatusfying	Heavy, deep, excessive
Upon Waking				Happy, fresh	Disturbed, worried	Drowsy, heavy feeling
Physical Activities				Movements with awareness	Hyperactive movements	Slow, sluggish
Exercise				gently daily exercises, e.cg. Yoga, walking, swimming	Aggressive, occasional exercise	Heavy, difficult exercise e.g. weightlifting , hates exercises
Total						