

Complete the grid below by circling the word description in the cell that **best** describes your **permanent features and genetic predispositions**. Permanent features are qualities such as hair color, skin tone and bone size. Ideally, you should try to think back to when you were about 10 and select what best described you then. If there is a challenging tie (and words in more than one column cell apply), circle both groupings. After you have picked at least one description cell from each row, total your selections by column at the bottom. Each circled cell description gets one point.

The totaled column ratio indicates your Birth Constitution. For example, if you have the highest point total in the “Vata” column, you have a Vata dominant constitution and so on. In instances where the point totals are close, your Birth Constitution is likely a combination, for example “Vata-Pitta” dominance. Most people have a combination constitution.

	Vata	Pitta	Kapha
<b>Hair</b>	Dark (brown, black), Kinky, Tight	Soft, Oily, Fair (blond, red), Thin, Straight, Early graying or Balding	Thick, Oily, Curly, Luxuriant
<b>Teeth</b>	Thin gums, Uneven, Gaps, Crooked, Stick out	Sensitive gums, Moderate in size, Yellowish	Strong gums, Evenly sized and spaced teeth, White, Healthy
<b>Nose</b>	Uneven shape, Deviated septum	Long pointed nose, Red nose-tip	Short, Rounded, Button nose
<b>Eyes</b>	Small, Active, Dark (black, brown), Thin lashes	Sharp, Penetrating, Bright, Light (gray, green, blue), Light sensitive	Big, Beautiful, Blue, Calm, Loving, Thick lashes
<b>Lips</b>	Darker hue, Thin	Rosy, Average size	Smooth, Oily, White or Pale
<b>Chin</b>	Thin, Oval	Tapering, Angular	Rounded, Double
<b>Cheeks</b>	Wrinkled, Sunken	Smooth, Flat	Rounded, Plump
<b>Neck</b>	Thin, Tall	Medium	Big, Thick
<b>Frame</b>	Small bone structure, Bony, Tall, Short, Prominent joints	Medium bone structure, Medium build, Curves	Big bone structure, Sturdy, Broad chested, Rounded curves
<b>Skin</b>	Thin, Rough, Cold to touch, Dull, Dark, Tans easily	Smooth, Oily, Warm, Rosy, Markings (freckles, moles, dimples), Sensitive	Thick, Moist, Cool to touch, Pale or white, Oily
<b>Nails</b>	Thin, Rough	Soft, Sharp, Flexible, Pink, Strong	Soft, Large, White, Thick, Oily, Smooth, Hard
<b>Movement</b>	Mobile, Fast, Agile	Directed, Competitive, Focused	Slow, Difficult to motivate
<b>Endurance</b>	Easily tired out	Moderate	Excellent, Like leisure activity
<b>Sleep</b>	Light, Easily disturbed	Little, but sound	Deep
<b>Speech</b>	Rapid, High voice	Sharp, Focused, Clear word usage	Slow, Monotonous, Harmonious
<b>Appetite</b>	Simple, Sparse, Snacks	Requires regular meals	Gourmet, Luxury, Fatty, Rich
<b>Libido</b>	Varies, Directed in fantasy	Passionate, Excessive	Loyal, Slow
<b>Immunity</b>	Variable	Moderate	High
<b>Mind</b>	Active, Curious, Fleeting	Aggressive, Clever	Slow, Calm, Content
<b>Intellect</b>	Quick, Not precise in response	Exacting, Defined response	Slow, Accurate response
<b>Memory</b>	Good short-term	Distinct, Sharp, Average memory	Good long-term, Slow, Sustained
<b>Creativity</b>	Innovative, Original, Creative	Technical, Scientific, Analytic	Safe, Steady choices
<b>Dreams</b>	Quick, Active, Frequent	Fiery, Violence, Vivid	Watery, Romantic, Calm
<b>Routine</b>	Likes variation	Enjoys planning and organizing, Regimented	Works well with routine
<b>Financial</b>	Enjoys spending	Moderate spender, Enjoys luxuries	Thrifty, Good money preserver
<b>Emotion</b>	Variable, Fleeting, Shy, Tendency towards fear	Intensity, Tendency toward anger, Expressed forcefully, Determined	Conservative, Tendency towards greedy, Changes slowly, Resilient
<b>Hobbies</b>	Travel, Art, Philosophy	Sports, Politics, Luxuries	Leisure
<b>Faith</b>	Variable, Erratic	Extremist, Fanatical	Consistent, Steady, Devoted
<b>Sensitivities</b>	Cold, Wind, Dryness (Winter)	Heat, Sun, Fire (Summer)	Cold, Damp, Humidity (Spring)
<b>TOTAL:</b>			

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