

OBSERVATIONS	VATA	PITTA	KAPHA
Physical build	Thin	Medium	Large
Weight	Low	Medium	Heavy side
Weight change	trouble gaining	gain but lose quickly	gain weight easily, difficult to lose
Skin	Thin, dry	Smooth, combination skin	Thick, oily,
Skin texture	Cold, rough, light color	Warm, reddish, freckles	Cool, pale
Hair	Dry, brittle, scarce, gets knotted	Straight, oily, prone to hair loss	Thick, curly, oily, wavy, luxuriant
Natural hair color	Brown, black	Blond, gray, red,	Dark black, dark brown
Teeth	Big, roomy, stick out, thin gums	Medium size, soft, tender gums	Healthy, white, strong gums
Nose	Uneven shape, deviated septum	Long, pointed, red nose tip	Short, rounded, button nose
Eyes	Small, with a tendency towards dryness active,	Sharp medium eyes sensitive to light, tendency towards redness	Large, clear calm
Eye color	Black, brown	Grey, green, light brown eyes	Blue
Fingernails	Dry, rough, easily broken	Sharp, flexible, long, reddish tint	Thick, smooth, shiny surface
Lips	Dry, cracked	Often inflamed	Smooth, large
Lip color	Black or brown tint	Red or yellowish	Pale
Chin	Thin and angular	Tapered	Rounded, big
Cheeks	Sunken, lines or wrinkles	Flat and smooth	Big or round
Neck	Long, thin	Medium	Wide
Chest	Sunken, ribs showing	Medium chest	Broad chested
Belly	Small, flat	Moderate	large, defined
Bellybutton	Small, irregular	Oval, superficial	Big, deep, round
Hips	Small or thin	Moderate	Big
Joints	Prominent & crack	Flexible & lose	Large & well padded
Appetite	Irregular /small appetite	Strong hunger	Steady, moderate appetite
Taste preference	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent
Thirst	Variable	Need water regularly	Sparse need for water
Digestion	Irregular	Quick	Slow
When there is indigestion	Tendency to constipation &/or gas	Causes burning, heart burn, reflux	Forms mucous
Elimination	Dry	Loose	Thick, sluggish
Stamina	Short bursts of energy	Medium stamina	Slow steady, high stamina
Mental activity	Always active	Moderate	Calm
Personality	Vivacious, talkative, social, outgoing	Likes to be in control, intense, ambitious	Reserved, laid back, concerned
When stressed I tend to feel	Anxious & worried	Irritable & aggressive	Withdrawn
Faith or beliefs	Variable	Dedicated/strong	Consistent
Intellectual response	Quick, not detailed	Accurate, timely	Paced but exact
Memory	Good short term, quick to forget	Medium but accurate	Slow to remember but then sustained
Career, life preference	Creative arts, designing	Science or engineering	Management, human relations, care giving
Weather Preference	Dislike cold weather	Intolerant of heat	Tolerant of most weather but dislike cold & damp weather
Sleep pattern	Light & awaken easily	Moderate and less than 8 hours	Deep and long
Dreams	Multiple and quick, fearful	Fiery, often about conflicts	Slow, romantic
Speech	Quick & have plenty to say	Concise & to the point	Prefer to listen
Spending habits	Buy on impulse	Spend money on luxuries	Good at saving money
OBSERVATIONS	VATA	PITTA	KAPHA
TOTALS			

