

Part 1- Characteristics Which Do Not Change

Vata	Pitta	Kapha
○ 1. Thin and unusually tall or short.	○ 1. Medium body.	○ 1. Large body
○ 2. Light, small bones and/or prominent joints.	○ 2. Medium bone structure	○ 2. Heavy bones
○ 3. Long tapering fingers and toes.	○ 3. Fingers and toes Medium in length	○ 3. Fingers and toes short and squarish.
○ 4. Thin as a child	○ 4. Medium build as a child	○ 4. Large or chunky as a child
○ 5. If gains weight around the middle	○ 5. If gains weight, deposit fat evenly	○ 5. Tends to gain weight, especially in rear and thighs.
○ 6. Dark complexion (relative to family-tans easily)	○ 6. Fair skin, sunburns easily, freckles and moles common.	○ 6. Tans evenly
○ 7. Body hair scanty or Overabundant, tends to Be dark, coarse and curly	○ 7. Light body hair /fine texture	○ 7. Moderate amount of body hair
○ 8. Small forehead	○ 8. Medium forehead with folds and lines	○ 8. Large forehead
○ 9. Small, dark, active eyes.	○ 9. Medium size, light Green, gray, amber or Blue eyes	○ 9. Large, liquid, sometimes blue, often chocolate brown eyes
○ 10. Crooked, uneven or buck teeth that are sensitive to heat and cold may have needed braces	○ 10. Even teeth of medium size	○ 10. Large even gleaming teeth

VATA	PITTA	KAPHA
<input type="radio"/> 11. Neck small, unsteady	<input type="radio"/> 11. Moderate neck	<input type="radio"/> 11. Large, steady neck
<input type="radio"/> 12. Delicate chin.	<input type="radio"/> 12. Moderate chin1.	<input type="radio"/> 12. Large jaw
<input type="radio"/> 13. As a child, hair Kinky, curly	<input type="radio"/> 13.As a child, hair fine light.	<input type="radio"/> 13. As a child, hair wavy And thick hair
_____Total VATA	_____Total PITTA	_____Total KAPHA

Part II- Characteristics which change.

This shows where your balance is now. Total your VRK here and compare it to your original VRK to see how you've shifted. Many of these characteristics are symptoms of imbalance and you may wish to be free of them. Example, if you were born primarily VATA, but part II demonstrate a shift into KAPHA symptoms like weight gain, fluid retention, craving sweets, this shows a KAPHA imbalance that needs correcting.

Part II- Characteristics which change.

VATA	PITTA	KAPHA
<input type="radio"/> 1.Difficulty gaining Weight.	<input type="radio"/> 1. Can gain or loose weight If put mind into.	<input type="radio"/> 1.Gains weight easily, hard Time losing without exercise
<input type="radio"/> 2.Cold hands and feet	<input type="radio"/> 2. Skin warm to touch	<input type="radio"/> 2. Skin cool but not cold.
<input type="radio"/> 3.Dry skin (1/4 thick- Pinch Skin or forearm), chaps easily. Prone to corns and callous	<input type="radio"/> 3.Oily skin, prone to pimples and rashes(1/4-1/2 thick)	<input type="radio"/> 3.Thick skin (3/4+ thick), well lubricated.
<input type="radio"/> 4.Often suffers cracked Chapped lips.	<input type="radio"/> 4.Deep, red lips tendency Towards cold sores, fever, blisters	<input type="radio"/> 4.Full, moist lips.

VATA

PITTA

KAPHA

5. Dry hair, lustreless
Split ends, dark, rough, wiry
Or kinky.

5. Fine, light, oily, blonde
red or early gray hair, early
Thinning or baldness possible.

5. Thick, slightly, wavy
hair, a little oily, dark,
Brown, lustrous.

6. Dislikes dryness and cold
(likes warmth)

6. Prefers cool, well ventilated
places (dislikes heat)

6. Tolerates most climate
(dislikes humidity)

7. Tongue dryness and cold
With thin, greyish coating

7. Tongue coating yellowish
orange or reddish.

7. Tongue swollen with
Thick, curd, white coating

8. Eyes often dry and scratchy,
Sclera (white of the eye) greyish
Or bluish.

8. Sclera has reddish or yellow
tinge

8. Tendency toward eye
puffiness

9. Bowel movement can be
Irregular, hard, dry or constipated

9. Bowels loose more than twice
a day/diarrhea

9. Large, full bowel
movement, once a day
/mucous, congestion

10. If ill: nervous disorders,
Sharp pain likely

10. If ill: fever, rashes or infla-
mation likely.

10. If ill: swelling, fluid
Mucous, congestion.

11. Sexual interest variable,
Fantasy life active

11. Highly sexed arouses
easily

11. Steady sex, slow to
arouse

12. Menses irregular, scanty
Flow, several painful cramps.

12. May bleed heavily and
Long loose stool accompanies
Period.

12. Prone to water
weight during menses
Slight cramps, if any.

13. Either indulges in rich food
Or not strict diet

13. Loves proteins, caffeine
and hot, spicy and salty food

13. Loves sweets dairy,
bread and pastry

14. Recent gums

14. Inflamed, bleeding gums

14. Thick gums

15. Joints-painful, unsteady,
Cracking or stiff

15. Joints-hot, swollen, burning

15. Joints-loose, aching
watery, swollen.

_____ Total VATA

_____ Total PITTA

_____ Total KAPHA

Part III- The Mind. The mind of each metabolic type demonstrates favourable and unfavourable characteristics. Vatas are creative thinkers but change their mind often. Pittas have got good memory and organization skills but can tend toward snap decisions and running over people in their drive to get things done. Kaphas work well with routine and follow directions thoughtfully but are slow to make decisions and can lack creativity. Knowing yourself and understanding how you think can save you much discomfort. For example, if your questionnaire reveals that you have predominately Vata mind characteristics you will be much happier in a job using your creativity rather than management or repetitive routine.

Part III- The Mind

VATA	PITTA	KAPHA
○1.Conception is short, short-term memory good but forgets quickly.	○1.Good short term memory, logical, rational thoughts.	○1.Takes time to learn Things, once learnt, never Forgets.
○2.Dislikes routine.	○2.Enjoy planning and organizing, especially if self crated	○2.Works well with routine.
○3.Difficult deciding, changes Mind easily.	○3.Takes time making decisions, Sees things clearly.	○3.Takes time making decisions, sticks with it.
○4.Restles, active likes movement.	○4.Aggressive, likes competitive Activities.	○4.Calm, likes to relax Leisure activities.
○5.Creative thinker.	○5.Organized thinker.	○5.Prefers to follow a Plan or idea.
○6.Does many all at once.	○6. Constantly organizing, Likes to proceed in elderly Fashion.	○6.Resists changing new projects; likes simplicity.
○7.Knows a lot of people, few Close friends.	○7.Very selective, but creates Warm friendships/makes Enemies easily.	○7.Loyal, with many friends.
○8.Spends impulsively money.	○8.Plans spending money, for Achieving purpose.	○8.Spends reluctantly, likes To save.
_____ Total VATA	_____ Total PITTA	_____ Total KAPHA

Part IV – The Emotions. The emotional characteristics of each types have positive and negative aspects. Vata people become easily anxious or fearful, yet can forget easily and don't often hold grudge. Pitta's anger comes quickly but they have the abilities to transform it to competitiveness or overcoming a challenge. Kapha's sensitivity means a slight is not easily forgiven, but that that sensitivity makes them loyal and romantic.

Looks at your choices in this section and note where you are emotionally: are you manifesting positive or negative aspects? Are your emotions in line with your initial type (Part I), current balance (Part III) or have you developed characteristics outside of your dosha.

Part IV – The Emotions

VATA	PITTA	KAPHA
<input type="radio"/> 1.Experiences fear.	<input type="radio"/> 1.Experiences hate.	<input type="radio"/> 1.Experiences apathy.
<input type="radio"/> 2.Practises secretiveness.	<input type="radio"/> 2.Can be vindictive.	<input type="radio"/> 2.Can be uncaring.
<input type="radio"/> 3.Can be self destructive.	<input type="radio"/> 3.Can be destructive.	<input type="radio"/> 3Feels victimized.
<input type="radio"/> 4.Anxious.	<input type="radio"/> 4.Irritable.	<input type="radio"/> 4.Attached.
<input type="radio"/> 5.Sneaky.	<input type="radio"/> 5.Manipulative.	<input type="radio"/> 5.Greedy.
<input type="radio"/> 6.Nervous	<input type="radio"/> 6.Angry.	<input type="radio"/> 6.Desirous.
<input type="radio"/> 7.Dynamic.	<input type="radio"/> 7.Perceptive.	<input type="radio"/> 7.Harmonious.
<input type="radio"/> 8.Communicative.	<input type="radio"/> 8.Caring.	<input type="radio"/> 8.Patient.
<input type="radio"/> 9.Flexible.	<input type="radio"/> 9.Tolerant.	<input type="radio"/> 9.Patient.
<input type="radio"/> 10Feelings and emotions Change easily.	<input type="radio"/> 10.Aggressive about opinions And feelings, gives opinions Even if they are not asked for.	<input type="radio"/> 10.Avoids giving opinion in difficult situations.
<input type="radio"/> 11.Dreams about flying, restless nightmares.	<input type="radio"/> 11.Dreams in colour, fast, Passion, conflicts.	<input type="radio"/> 11.Romantic short dreams, Often involve water.
_____ Total VATA	_____ Total PITTA	_____ Total KAPHA

SUMMARY OF QUESTIONNAIRE

Part I shows where we began constitutionally and where we may need to return to feel ‘ourselves’. Part II shows our immediate state of balance and makes us aware of symptoms that we may wish to see change; this section will be your guide in choosing a lifestyle regime and diet to reduce your most aggravated dosha. Part II shows our mind’s strengths and weaknesses. Understanding our mental nature can help us choose work which suits our innate abilities, and avoid those activities (occupations) which do not suit us. Part IV – If our negative or destructive emotions match our “Dosha imbalance” (Part II), they will be taken care of by the appropriate diet and lifestyle regime (found in Chapter Four). If they fall out of pattern and are associate with different dosha, specific essential oils to reduce those emotions can be used.

Total Part II, III & IV

_____ **Total VATA** _____ **Total PITTA** _____ **Total KAPHA**

This three part total show where you are operating in body, mind and motion at this moment. After initiating therapies, diet, and lifestyle changes to balance your dosha’s, you can retake these parts and see a shift. Part I will always remain the same and so it not included in the total nor retaken.