

GUIDELINES FOR DETERMINING YOUR CONSTITUTION

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OBSERVATIONS	V P K	VATA	PITTA	KAPHA
BODY SIZE		SLIM	MEDIUM	LARGE
BODY WEIGHT		LOW	MEDIUM	OVERWEIGHT
SKIN		THIN, DRY, COLD, ROUGH, DARK	SMOOTH, OILY, WARM ROSY	THICK, OILY, COOL WHITE, PALE
HAIR		DRY, BROWN, BLACK, KNOTTED, BRITTLE, THIN	STRAIGHT, OILY, BLOND, GREY, RED, BALD	THICK, CURLY, OILY, WAVY, LUXURIANT, ALL COLORS
TEETH		PROTRUDING, BIG, ROOMY, THIN GUMS	MEDIUM, SOFT, TENDER GUMS	HEALTHY, WHITE, STRONG GUMS
NOSE		UNEVEN SHAPE, DEVIATED SEPTUM	LONG POINTED RED NOSE-TIP	SHORT, ROUNDED, BUTTON NOSE
EYES		SMALL, SUNKEN, DRY, ACTIVE BLACK, BROWN, NERVOUS	SHARP, BRIGHT, GREY, GREEN, YELLOW/RED, SENSITIVE TO LIGHT	BIG, BEAUTIFUL, BLUE, CALM LOVING
NAILS		DRY, ROUGH, BRITTLE BREAK EASILY	SHARP, FLEXIBLE, PINK LUSTROUS	THICK, OILY, SMOOTH, POLISHED
LIPS		DRY, CRACKED, BLACK/BROWN TINGED	RED, INFLAMED, YELLOWISH	SMOOTH, OILY, PALE, WHITEISH
CHIN		THIN, ANGULAR	TAPERING	ROUNDED, DOUBLE
CHEEKS		WRINKLED, SUNKEN	SMOOTH FLAT	ROUNDED, PLUMP
NECK		THIN, TALL	MEDIUM	BIG, FOLDED
CHEST		FLAT, SUNKEN	MODERATE	EXPANDED, ROUND
BELLY		THIN, FLAT, SUNKEN	MODERATE	BIG, POTBELLIED
BELLY-BUTTON		SMALL, IRREGULAR, HERNIATED	OVAL, SUPERFICIAL	BIG, DEEP, ROUND, STRETCHED
HIPS		SLENDER, THIN	MODERATE	HEAVY, BIG
JOINTS		COLD, CRACKING	MODERATE	LARGE, LUBRICATED
APPETITE		IRREGULAR, SCANTY	STRONG, UNBEARABLE	SLOW BUT STEADY
DIGESTION		IRREGULAR, FORMS GAS	QUICK, CAUSES BURNING	PROLONGED, FORMS MUCOUS
TASTE		SWEET, SOUR, SALTY	SWEET, BITTER, ASTRINGENT	BITTER, PUNGENT, ASTRINGENT
THIRST		CHANGEABLE	SURPLUS	SPARSE
ELIMINATION		CONSTIPATION	LOOSE	THICK, OILY, SLUGGISH
PHYSICAL ACTIVITY		HYPERACTIVE	MODERATE	SEDENTARY
MENTAL ACTIVITY		ALWAYS ACTIVE	MODERATE	DULL, SLOW
EMOTIONS		ANXIETY, FEAR, UNCERTAINTY, FLEXIBLE	ANGER, HATE, JEALOUSY, DETERMINED	CALM, GREEDY, ATTACHMENT
FAITH		VARIABLE, CHANGEABLE	INTENSE, EXTREMIST	CONSISTENT, DEEP, MELLOW
INTELLECT		QUICK BUT FAULTY RESPONSE	ACCURATE RESPONSE	SLOW, EXACT
RECOLLECTION		RECENT GOOD REMOTE POOR	DISTINCT	SLOW AND SUSTAINED
DREAMS		QUICK, ACTIVE, MANY FEARFUL	FIERY, WAR, VIOLENCE	LAKES, SNOWY, ROMANTIC
SLEEP		SCANTY, BROKEN UP SLEEPLESSNESS	LITTLE BUT SOUND	DEEP, PROLONGED
SPEECH		RAPID, UNCLEAR	SHARP, PENETRATING	SLOW, MONOTONOUS
FINANCIAL		POOR, SPENDS ON TRIFLES	SPENDS MONEY ON LUXURIES	RICH, GOOD MONEY PRESERVER
TOTAL				

*Place the initial V, P or K in second column and then place total of V, P & K under each corresponding column.