

Pukka Life Programme

Determining your constitution

The following questionnaire will help you identify your genetically inherited constitutional type, or dosha, and indicate your current state of health. You will probably find that you are a combination of each of the doshas – *vata*, *pitta* and *kapha* – but it is likely that one will dominate. Each has their advantages and disadvantages. By following the recommendations appropriate for your constitution, Ayurveda can help you fulfil your potential and feel comfortable in who you are.

Male Female

Age: _____

Tick the physical characteristics that most apply to you: (If you are not sure of an answer tick the left-hand column.)

Body frame	Thin, irregular, prominent bones <input type="checkbox"/>	Medium, balanced <input type="checkbox"/>	Large, solid <input type="checkbox"/>
Body weight	Low, underweight <input type="checkbox"/>	Medium, even <input type="checkbox"/>	Heavy, overweight <input type="checkbox"/>
Skin	Dry, cold, rough, thin, dark, cold hands and feet <input type="checkbox"/>	Moist, warm, smooth, oily, rosy, freckles, easily irritated <input type="checkbox"/>	Soft, cool, wet, thick, pale <input type="checkbox"/>
Sweat	Scant <input type="checkbox"/>	Profuse <input type="checkbox"/>	Moderate, consistent <input type="checkbox"/>
Hair	Dry, thin, split ends, dark, curly, knotted, brittle <input type="checkbox"/>	Oily, straight, blonde/red/grey, bald <input type="checkbox"/>	Oily, lustrous, thick, wavy, brown <input type="checkbox"/>
Nose	Sharp, pointed, irregular, long, thin nostrils <input type="checkbox"/>	Straight, roman <input type="checkbox"/>	Large, wide nostrils, squashed <input type="checkbox"/>
Lips	Thin, dry, cracked <input type="checkbox"/>	Deep red, moist, soft <input type="checkbox"/>	Large, thick <input type="checkbox"/>
Hips	Small, slim <input type="checkbox"/>	Medium <input type="checkbox"/>	Large <input type="checkbox"/>
Abdomen	Thin, flat, deficient <input type="checkbox"/>	Firm, moderate <input type="checkbox"/>	Soft, large, full <input type="checkbox"/>
Legs	Thin, knobby knees <input type="checkbox"/>	Medium <input type="checkbox"/>	Squat, thick <input type="checkbox"/>
Menstrual cycle (women only)	Irregular, clots, intense cramps, dark colour, scanty flow, mild, PMS, tearful <input type="checkbox"/>	Regular, heavy, long bleed, bright red colour, medium cramps, bad PMS, irritable <input type="checkbox"/>	Regular, easy, dull cramps, water retention, mild PMS <input type="checkbox"/>

To fully determine your constitution or for help with treating any chronic or serious health issues see a qualified Ayurvedic practitioner or herbalist.

Mind and emotions

1) How would you describe your sleep?:

a) Disturbed. You're a light sleeper and often suffer from insomnia.	b) Good. Restful and you don't need much sleep.	c) Deep. You're a heavy sleeper and you sleep for long periods of time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2) You've been set a team project. Which best describes your character in the group?:

a) You're the creative one, full of wonderful and sometimes radical ideas, but when it comes to meetings you find yourself daydreaming and thinking about what you're doing at the weekend rather than taking notes.	b) You've written the project plan, organised the meetings, prepared immaculate handouts but if your ideas are criticised, you feel infuriated.	c) You're reliable, you do all the work you need to do, but it takes a lot of time and effort to complete the tasks.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3) You have an exam coming up, which of these best describes how you prepare?:

a) You cram in the study at the last minute. You just about remember what you need to for the next day but you'll forget it all by next week.	b) You have a meticulous study schedule, you've given yourself plenty of time to revise and you remember every detail.	c) It takes you ages to remember anything, but once you do, you never forget.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4) You're at a party and someone is flirting with your partner. How do you react?:

a) You feel insecure and anxious but you probably won't confront your partner.	b) You turn into the green-eyed monster, the vol-au-vents are flying and you end up having a huge argument.	c) You know you have nothing to worry about and you carry on having a great night with your friends.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Digestion

1) Is your appetite:

a) Variable. You like to graze all day and pick at bits as and when you fancy.	b) Regular. You like to eat at particular times but when you're hungry it's intense and you can't focus until you've had some food!	c) Steady. You enjoy relaxed meals and take your time over your food.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2) Is your thirst:

a) Variable and you generally prefer hot drinks.	b) Regular. You're often thirsty and generally prefer cool drinks.	c) Low. You rarely get thirsty.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3) Would you consider your digestion and bowel movements to be:

a) Irregular. You're often bloated, gassy or constipated. You always get constipated when you go stay away from home.	b) Regular as clockwork. You have a fast metabolism, evacuate your bowels everyday but can suffer from acidity or heartburn.	c) Sluggish. You have a slow metabolism and sluggish bowels.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General Health and energy

1) What do you often suffer from?

a) Anxiety, insomnia and nervous problems.	b) Inflammation, bleeding problems and skin problems.	c) Mucus, congestion and chest or heart problems.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2) If you get ill, do you:

a) Get acute symptoms that start all of a sudden and then make a quick recovery.	b) Suffer from fevers and sweating.	c) Take a while to get an illness that then lingers for some time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3) What is your energy like? Do you:

a) Have extremes of energy that can be used up very quickly leaving you exhausted.	b) Have consistent energy and you know how to pace yourself.	c) Take a while to get going but then have excellent stamina.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4) What is your weight like?

a) Low and you find it difficult to gain weight.	b) Balanced and has been regular throughout your life.	c) Heavy and you find it very easy to put on weight.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5) You're on holiday, it's 30 degrees in the shade. Which of the following best describes you?:

a) You love the heat and you are a sun worshipper. You go brown really easily.	b) You find the heat unbearable, you feel agitated and all you want to do is stay in the pool. You can burn easily or get prickly heat rashes.	c) You don't mind the heat but prefer to take it easy and relax all day in the shade.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6) What is your sex life like?

a) You have an erratic sexual appetite but are quickly aroused and have low fertility.	b) You have a passionate sexual appetite and good fertility.	c) You have a regular appetite, good stamina and excellent fertility.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This constitutional test is an example of your current state of health. The result you get after the test gives you an idea about how balanced your health is at the moment. You will probably be a mix of each of the doshas but it is likely that one will dominate. You have to be something. Each of the doshas have some advantages and some disadvantages.

If you are not sure what to answer tick the left hand column.

What should you do with your results?

If you are predominantly higher in one *dosha* then follow the diet, seasonal and life-style advice for that *dosha*.

If you have two *doshas* with an equal or similar count then you have a mixed-*dosha* imbalance and should do the following:

For *vata-pitta*, follow a *vata* reducing diet in the autumn and winter and a *pitta* reducing diet in the spring and summer. Choose appropriate remedies for your current state of health.

For *pitta-kapha*, follow a *pitta* reducing diet in the summer and autumn and a *kapha* reducing diet in winter and early spring. Choose appropriate remedies for your current state of health.

For *vata-kapha*, follow a *vata* reducing diet in the summer and autumn and a *kapha* reducing diet in the winter and spring. Choose appropriate remedies for your current state of health.

