

Prakruti Test: please answer these Qs, thinking back as far back into your young years as possible

Name:

1. My least favorite kind of weather is:

- V  cold weather
- P  hot weather
- K  damp weather

2. Choose the option most relevant to you:

- V  my hand & feet tend to be cold
- P  my hand & feet tend to be warm
- K  my hand & feet tend to be cool & damp

3. Choose the option most relevant to you:

- V  my weight is below average for my build.
- P  my weight is average for my build
- K  my weight is above average for my build

4. Choose the option most relevant to you:

- V  I tend to lose weight easily
- P  I maintain weight easily
- K  I tend to gain weight easily

5. Choose the option most relevant to you:

- V  my skin tends to be dry, rough specially in winter
- P  my skin is ruddy, oily, some freckles
- K  my skin is moist and often soft

6. Most prominent feature about my hair is:

- V  my hair is dry, rough, thin
- P  my hair is reddish/gray or fine
- K  my hair is thick and wavy

7. Choose the option most relevant to you:

- V  I walk fast, more quicker than others
- P  I walk with an aim to get somewhere
- K  my walk is slow and steady, a more leisurely pace

8. Choose the option most relevant to you:

- V  I like to be active, "on the go," it's sometimes hard to sit still
- P  I enjoy physical activities with a purpose, especially competitive ones
- K  I like leisurely activities best

9. On a daily basis:

V  my appetite varies

P  I am uncomfortable skipping meals and I could get aggravated when hungry

K  I like to eat, but can skip meals easily

10. Choose the option most relevant to you:

V  I tend to eat quickly, I have a delicate digestion

P  I have a strong digestion, I can eat almost anything

K  I eat and digest slowly

11. Choose the option most relevant to you:

V  I get worn out easily

P  I am fairly strong, can handle various physical activities

K  I have good stamina, steady energy level

12. Choose the option most relevant to you:

V  I am fairly flexible

P  I am fairly muscular

K  I am fairly solid, big bonned

13. When conflicts arise:

V  I can be anxious and restless, maybe even run away from the situation

P  I can become intense, irritable angry or argue

K  I try to make peace and if that doesn't happen I can get depressed

14. Most prominent feature of my personality is :

V  I am creative, imaginative, free spirited

P  I am intelligent, efficient, a perfectionist

K  I am caring, calm, patient, loyal people can rely on me

15. Choose the option most relevant to you:

V  I have lots of ideas, and change my mind about things easily

P  I gather lots of facts before forming an opinion

K  I am stubborn, I make up my mind quickly and don't change my mind often

16. Choose the option most relevant to you:

V  I have a short attention span

P  I am detail-oriented, and can focus for long periods of time

K  I am a "big-picture" person, and can focus for long periods of time

17. Choose the option most relevant to you:

- V  I learn quickly and forget quickly  
P  I learn fast and have a good general memory  
K  I learn slowly, and have a good long-term memory, I never forget what I learn

18. Choose the option most relevant to you:

- V  I am good at getting things started, but not necessarily getting things finished  
P  I am very organized and will see a project through from start to finish  
K  I may need help getting things started, but I am good at getting things accomplished

19. Choose the option most relevant to you:

- V  I tend to make and change friends often, I am really social  
P  Most of my friends are work-related, and change when I change jobs or tasks or goals  
K  My friendships are long-lasting, sincere, I am still friends with my childhood friends

20. Choose the option most relevant to you:

- V  I like to shop and often spend much money  
P  I don't like to spend money, except on special items or practical things I am going to use  
K  I prefer not to spend at all, I'm good at saving money. Unless on luxury and very nice items at times

21. Choose the option most relevant to you:

- V  I have difficulty falling or staying asleep  
P  I sleep well, for an average length of time  
K  I generally sleep long and sound, and have difficulty waking up

22. My dreams are usually:

- V  Colourful, flying, joyful at times they could get frightful, running away dreams and often I forget them  
P  Intense, sometimes fighting or really passionate, I usually remember my dreams  
K  Calm, sweet, loving with lots of emotions, sometimes I remember them other times I don't

Results: Vata \_\_\_\_\_ Pitta \_\_\_\_\_ Kapha \_\_\_\_\_