

The Doshas as Constitutional Factors

The Doshas create three different primary types of individual constitutions or mind-body types. No type is necessarily better or worse than the others. Each has its benefits as well as its weaknesses. Kapha types possess the strongest build but can lack motivation and adaptation to use it properly. Vatta types have the weakest build but the greatest capacity for change and adaptation to protect it. Pitta types have moderate physical strength but greater mental and emotional force.

Below is included a simple survey to determine the doshas in your own nature. No person is of one type only, so expect some combination of traits. The predominant trait will determine your type.

Note: Dosha (Sanskrit: दोषः, IAST: doṣa) is a central term in Ayurveda originating from Sanskrit, which can be translated as "**that which can cause problems**" (literally meaning "fault" or "defect"), and which refers to three categories or types of substances that are believed to be present in a person's body and mind.

AYURVEDIC CONSTITUTION CHART

	VATA (AIR)	PITTA (FIRE)	KAPHA (WATER)
Height:	tall or very short	medium	usually short but can be tall and large
Frame:	thin, bony good muscles	moderate, developed	large, well formed
Weight:	low, hard to hold weight	moderate	heavy, hard to lose weight
Skin Luster:	dull or dusky	ruddy, lustrous	white or pale
Skin Texture:	dry, rough, thin	warm, oily	cold, damp, thick
Eyes:	small, nervous	piercing, easily inflamed	large, white
Hair:	dry, thin	thin, oily	thick, oily wavy, lustrous
Teeth:	crooked, poorly formed	moderate, bleeding gums	large, well formed
Nails:	rough, brittle	soft, pink	soft, white
Joints:	stiff, crack easily	loose	firm, large
Circulation:	poor, variable	good	moderate
Appetite:	Variable, nervous	high, excessive	moderate but constant
Thirst:	low, scanty	high	moderate
Sweating:	scanty	profuse but not enduring	low to start but profuse

Stool:	hard or dry	soft, loose	normal
Urination:	Scanty	profuse, yellow	moderate, clear
Sensitivities	cold, dryness wind	heat, sunlight fire	cold, damp
Immune Function:	low, variable	moderate, sensitive to heat	high
Disease Tendency:	Pain, inflammation	fever, edema	congestion
Disease Type:	nervous	blood, liver	mucous, lungs
Activity:	high, restless	moderate	low, moves slowly
Endurance:	poor, easily exhausted	moderate but focused	high
Sleep:	poor, disturbed	variable	excess
Dreams:	frequent colourful	moderate, romantic	infrequent disturbed
Memory:	quick but absent-minded	sharp, clear	slow but steady
Speech:	fast, frequent	sharp cutting	slow, melodious
Temperament:	nervous changeable	motivated	content, conservative
Positive Emotions:	adaptability	courage	love
Negative Emotions:	fear	anger	attachment
Faith:	variable, erratic	strong, determined	steady, slow to change
TOTAL	Vata _____	Pitta _____	Kapha _____