

# Three Gunas Constitution Chart

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## Ahara/ Intake

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Food	Vegetarian	Some meat	Heavy meat diet
Water and beverages teas and juices	Pure water,	Mixed	Alcohol
Air	Good quality	Medium	Poor quality/ polluted
Sensory Impressions	Calm, pure	Agitated	Dark, violent
Control of the senses	Good	Moderate	Weak
Emotions	Peaceful	Disturbing	Dark
Information	Spiritual	Mixed	Material
Ideas	Spiritual	Worldly	Few or none
Associations	Spiritual	Egoistic	Deluded, confused

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## Vihara/Activity

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Sleep	Good	Disturbed	Poor
Eating Habits	Regular	Irregular	Excessive
Sexual Desire	Low	Medium	Excessive

Exercise	Good	Medium	Low or none
Speech	Calm, peaceful	Agitated	Dull
Work	Selfless	Personal	Lazy

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### Negative Emotions

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Anger	Rarely	Sometimes	Frequently
Fear	Rarely	Sometimes	Frequently
Desire	Little	Some	Much
Pride	Modest	Some ego	Vain
Depression	Never	Sometimes	Frequently
Attachment	Little	Some	Much
Greed	Little	Some	A lot

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### Yamas and Niyamas

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Non-violence	Always	Mainly	Rarely
Truthfulness	Usually	Partly	Never
Right use of Sex	Always	Mostly	Rarely
Non-stealing	Always	Sometimes	Rare
Non-coveting	Always	Sometimes	Never

Self-discipline	High	Medium	Low
Self-study	High	Medium	Low
Surrender to Higher Self	High	Medium	Low
Cleanliness	High	Medium	Low
Contentment	High	Medium	Low

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### The Six Main Yoga Practices

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Asana (poses)	Good	Medium	Low
Pranayama (breath control)	Good	Medium	Low
Pratyahara (sense withdrawal)	Good	Medium	Low
Dharana (concentration)	Good	Medium	Low
Dhyana (meditation)	Good	Medium	Low
Samadhi (absorbed in unity consciousness)	Frequent	Occasional	Never

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### Yogic Qualities

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Devotion	High	Medium	Low
Compassion	High	Medium	Low
Self-Knowledge	High	Medium	Low

Service	High	Medium	Low
Yoga Practice	High	Medium	Low
Internal Peace	High	Medium	Low

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### **Mental Qualities**

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Discrimination	High	Medium	Low
Detachment	High	Medium	Low
Memory	Good	Moderate	Poor
Will Power	Strong	Variable	Weak

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**TOTAL**                      **Sattva**\_\_\_\_\_                      **Rajas**\_\_\_\_\_                      **Tamas**\_\_\_\_\_

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