

TARA

AYURVEDA

CONSTITUTIONAL ANALYSIS

In each of us resides the elements Ether, Air, Fire, Water and Earth.

To discover which elements predominate in your constitution, mark the characteristics which pertain to you most.



Vata
(Ether & Air)



Pitta
(Fire & Water)



Kapha
(Water & Earth)

PHYSICAL FRAME	<input type="radio"/> thin, tall or short, small boned	<input type="radio"/> medium, well proportioned	<input type="radio"/> thick, stout, stocky, well developed, large boned
BODY WEIGHT	<input type="radio"/> light, prominent joints, under developed muscles	<input type="radio"/> moderate, good muscles, athletic physique	<input type="radio"/> overweight, heavy
SKIN	<input type="radio"/> dry, rough, cool, cracked, prominent veins, thin, fine pores	<input type="radio"/> soft, oily, warm, fair, sensitive, red, moles, skin eruptions, yellowish	<input type="radio"/> thick, oily, prone to acne, cool, pale
HAIR	<input type="radio"/> dry, curly, frizzy, kinky, coarse	<input type="radio"/> fine, oily, baldness, early graying, reddish or blonde	<input type="radio"/> thick, shiny, oily, lustrous, wavy
EYES	<input type="radio"/> small, dry, dark, few eyelashes	<input type="radio"/> medium, sharp, penetrating, green, yellowish, light sensitive	<input type="radio"/> large, round, blue or brown, thick eyelashes
LIPS	<input type="radio"/> thin, dry, chapped	<input type="radio"/> soft, medium	<input type="radio"/> large, smooth, full
TEETH	<input type="radio"/> can be crooked or protruded	<input type="radio"/> yellowish, sensitive gums	<input type="radio"/> strong, white, large, even
NAILS	<input type="radio"/> brittle, ridged, cracked	<input type="radio"/> soft, flexible	<input type="radio"/> strong, thick
STRENGTH	<input type="radio"/> low, poor endurance	<input type="radio"/> medium	<input type="radio"/> strong, good endurance
APPETITE	<input type="radio"/> variable, erratic, small amounts frequently	<input type="radio"/> strong, unbearable at times, persistent	<input type="radio"/> slow but steady
PHYSICAL ACTIVITY	<input type="radio"/> very active	<input type="radio"/> moderate	<input type="radio"/> less active, can be lethargic
MIND	<input type="radio"/> active, restless	<input type="radio"/> intelligent, sharp, focused	<input type="radio"/> calm slow
EMOTIONAL TEMPERAMENT	<input type="radio"/> changeable, fearful, unpredictable, insecure, anxious, nervous	<input type="radio"/> assertive, aggressive, easily irritated, hot tempered, angry	<input type="radio"/> waves of emotions, tearful, attached, calm, passive

(continued on reverse)

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CONSTITUTIONAL ANALYSIS (CONTINUED)



Vata
(Ether & Air)



Pitta
(Fire & Water)



Kapha
(Water & Earth)

MEMORY	<input type="radio"/> recent memory good, remote memory poor	<input type="radio"/> excellent	<input type="radio"/> slow but sustaining
SPEECH	<input type="radio"/> fast, talkative, breathy	<input type="radio"/> sharp, precise	<input type="radio"/> slow, melodic
SLEEP	<input type="radio"/> scanty, interrupted	<input type="radio"/> little but sound	<input type="radio"/> deep and prolonged
DREAMS	<input type="radio"/> fearful, flying, movement	<input type="radio"/> fiery, angry, violence, passionate	<input type="radio"/> watery, ocean, river, peaceful, romantic
ELIMINATION	<input type="radio"/> dry, hard, constipation	<input type="radio"/> soft, oily, loose	<input type="radio"/> thick, oily, heavy, slow
IMBALANCE TENDENCY	<input type="radio"/> constipation, nervousness, anxiety, insomnia, cracking, popping joints	<input type="radio"/> inflammatory disease, hypertension, rash, skin disorder, hypersensitive, aggressive behavior	<input type="radio"/> respiratory congestion, water retention, obesity, lethargy, cystic acne, lymphatic congestion

TOTAL

Constitutional Analysis: _____

NAME: _____

DATE: _____