**constitution Survey**

The idea behind this survey is that if you answer several questions about your genetically determined body features, and your long-term patterns across several systems, we can get a sense of the doshic ratio in your constitution.

This does not replace the assessment a practitioner can provide, but is a good proxy, and a great place to start getting to know yourself from a doshic perspective.

Please read these few tips, for a more accurate experience:

* Remember the **spectrum of human features**. You may think you have a big nose, for example, or big nose for *your* face, but think about the spectrum of noses in the human race and where the size of yours would fall in that spectrum.
* Think about how you were when in your **younger years**. For example, you may feel like you have thin hair now, but if it was thick in your younger years, that’s a more accurate depiction of your constitution.
* Think **long-term** for the patterns, like over decades, or your whole life; not just the past few months or years.
* You can have features in **more than one** column; CHECK ALL THAT APPLY.
* You don’t have to have every feature listed to check a box. If it **feels like you** in some part, check it.

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| **Category** | **Vata Expressions** | **Pitta Expressions** | **Kapha Expressions** |
| **BOdy Structural features** |
| Eye Shape | smaller size; darker color e.g. brown-black, grey |  | deep set; medium size; brighter color e.g. bright blue, green, hazel; orange flecks |  | large size; thick lashes; more protruding eyeballs; deeper color e.g. deep blue, chocolate brown |  |
| Gaze | constantly shifting; feels like you may have your attention elsewhere to others |  | penetrating gaze; direct; intense; good eye contact |  | soft gaze; not intense but present; heavy lids that may be half closed |  |
| Nose Shape | small; narrow; crooked |  | straight on profile; angular; medium size |  | large size; wide base; large nostrils; rounded tip |  |
| Space between Eyes | narrow |  | medium; protruding |  | wide |  |
| Lips | thin; wrinkled; dry; brown or grey |  | medium; pink; bleed easily |  | thick, full; smooth |  |
| Face Shape | long, oval; thin |  | angular, squarish |  | round; full; high cheek bones |  |
| Teeth | thin; irregularly shaped; crooked; ridged; discolored grey |  | medium size; yellowish; tend to cavities |  | large size; smooth; white |  |
| Neck | long; curved; prominent adam’s apple |  | medium; muscular |  | short; rolls of skin; double chin |  |
| Body Structure | tall; lanky; long limbs; not very muscular; thin |  | medium height; muscular build; toned |  | short; stocky; wide; curvy; round or squarish |  |
| Bone Structure | thin |  | medium |  | thick and solid |  |
| Hair | thin; wiry; tight curls; frizzy; dry; black, dark brown;  |  | medium thickness; bright; blonde, red; oily; straight |  | thick; lustrous; wavy, loose curls; oily |  |
| **subtotal** | **Vata** |  | **pitta** |  | **kapha** |  |
| **Long term body function tendencies** |
| Appetite | fluctuating; get full quickly; tend to not really ever get physically too hungry and can just graze; forget to eat; get lightheaded or dizzy without food |  | strong; irritable and angry if not fed; need meals and snacks; need full meals to stay full |  | low; could eat one meal a day; no am appetite; like to eat sweets late at night |  |
| Sleep Patterns | light sleep; frequent night waking; restless  |  | tough to turn the mind of to fall asleep; solid sleeper; alert upon waking; wake before alarm; hot at night |  | love being up at night alone; tough am wake; foggy mind in am; thick heavy sleep |  |
| Skin Patterns | dry; flaky; discolored; dull; T-zone combination skin on face; blackheads  |  | red undertone; prone to inflammation/irritation; pimples; rash prone; oily  |  | smooth; oily; deep cysts or blemishes; whiteheads |  |
| Body Temperature | usually feel cold; cold hands and feet; crave heat |  | usually feel hot; heat intolerant |  | neither extreme; prefer cool climate but adapt easily |  |
| Speech Patterns | effusive; exuberant; tangential; fast |  | clear; direct; logic based; point driven |  | slow; don’t say much |  |
| **subtotal** | **Vata** |  | **pitta** |  | **kapha** |  |
| **Mind & emotional core features** |
| Personality Traits | artisticcharismatic interested in the “new” love to stay busy need to travelembody extremeslow follow through lots of ideas Impulsive decisionschangeable |  | natural leaders and teacherslove to learn about *how* things work or *why* tend to be more cerebral than emotionalideals & “shoulds”detail oriented concerned with efficiency, productivity, cost-effectiveness read consumer reviewslogical decisions |  | mellow, more quiet stay in jobs, homes, relationships for long don’t often initiate hesitant to changePassiveprefer supportive roles hold deep attachments to people and thingsLoyalGood listeners |  |
| **Long term mind & emotion tendencies** |
| Adaptability | high; in fact usually the cause for need to adapt is a change in your mind/decision |  | fair; ok to change course or decision with good reason; intolerant of flakiness |  | low; prefer to stick to the plan or not shift; take a long time to get comfortable with change |  |
| Response to Stress | get overwhelmed/ intimidated and escape; perhaps never really address the problem and stay distracted |  | great; do well under pressure; come up with solutions and resolve the problem |  | withdraw and isolate; need to be alone to contemplate or insulate with food/ sleep |  |
| **subtotal** | **Vata** |  | **pitta** |  | **kapha** |  |
| **total** | **Vata** |  | **Pitta** |  | **Kapha** |  |