



Jennifer Ables

Ayurvedic Constitution

Mark the box which best describes you. After finishing, add up the number of marks under vata, pitta and kapha. Most people will have one dosha predominant, a few will have two doshas approximately equal and even fewer will have three doshas in equal proportion.

Determining Your Constitution

Client

First name

Last name

Observations

| | Vata | Pitta | Kapha |
|-------------|----------------------------|---------------------------|----------------------------|
| Body Size | Slim | Medium | Large |
| Body Weight | Low | Medium | Overweight |
| Chin | Thin, angular | Tapering | Rounded, double |
| Cheeks | Wrinkled, sunken | Smooth, flat | Rounded, plump |
| Eyes | Small, sunken, dry, active | Sharp, bright, grey/green | Big, beautiful, blue, calm |
| Nose | uneven, deviated septum | Long, pointed, red tip | Short, rounded, button |
| Lips | Dry, cracked | Red, inflamed | Smooth, oily, pale |
| Teeth | Stick out, big, thin gums | Medium, soft tender gums | Healthy, strong gums |

| | | | |
|--------------------------|----------------------------|-------------------------------|----------------------------|
| Skin | Thin, dry, cold, rough | Smooth, warm, rosy | Thick, oily, cool, pale |
| Hair | Dry, brown/black, thin | Straight, blond/grey/red/bald | Thick, curly/wavy, oily |
| Nails | Dry, rough, brittle | Sharp, flexible, pink | Thick, smooth, polished |
| Neck | Thin, tall | Medium | Big, folded |
| Chest | Flat, sunken | Moderate | Heavy, big |
| Belly | Thin, flat, sunken | Moderate | Big, pot-bellied |
| Hips | Slender, thin | Moderate | Heavy, big |
| Joints | Cold, cracking | Moderate | Large, lubricated |
| Appetite | Irregular, scanty | Strong, unbearable | Slow but steady |
| Digestion | Irregular, forms gas | Quick, causes burning | Prolonged, form mucous |
| Taste | Sweet, sour, salty | Sweet, bitter, astringent | Bitter, pungent astringent |
| Thirst | Changeable | Surplus | Sparse |
| Elimination | Constipation | Loose | Thick, oily, sluggish |
| Physical Activity | Hyperactive | Moderate | Slow |
| Mental Activity | Hyperactive | Moderate | Dull, slow |
| Emotions | Anxiety, fear, uncertainty | Anger, hate, jealousy | Calm, greedy, attachment |
| Faith | Variable | Extremist | Consistent |
| Intellect | Quick but faulty response | Accurate response | Slow, exact |

| | | | |
|----------------------------|------------------------------|----------------------|-------------------------|
| Recollection/memory | Recent good, remote poor | Distinct | Slow, sustained |
| Dreams | Many, active, fearful | Fiery, war, violence | Lakes, snow, romantic |
| Sleep | Scant, broken, sleeplessness | Little but sound | Deep, prolonged |
| Speech | Rapid, unclear | Sharp, penetrating | Slow, monotonous |
| Financial | Poor, spends on trifles | Spends on luxuries | Rich, good \$ preserver |

Total

Now add up the number of marks under vata, pitta and kapha and list the score of each below. If you wish to work with Jennifer to create a health regimen that fits your individual constitution, email: Nourishcontact@gmail.com