



Self-understanding

# *PRAKRITI ASSESSMENT*

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Preventative Medicine Group project #1



# *Prakriti Questionnaire*

*In Ayurveda, Prakriti is described as the constitution you were born with. In other words, it is a combination of all the elemental factors, genetics', your environment and nutriment that made you.*

*The following questions pertain to how you'd answer them  
THROUGHOUT YOUR ENTIRE LIFE, not just to recent changes.  
You will check the triangle closest to the answer that best represents  
you.*

*In this assessment you will learn what your primary dosha's are. Are you a Vata, Pitta, or Kapha? You will learn the characteristics of your dosha and how it may affect your body, mind, & spirit.*

*Namaste*

# Prakriti Questionnaire

## Physical qualities

1. How would you describe the natural state of your hair?

<input type="checkbox"/> Fine & dry, prone to frizz & split ends.	<input type="checkbox"/> Fine & oily, tends to grey and thin quicker.	<input type="checkbox"/> Thick & dense or oily.
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2. How would you best describe your body type?

<input type="checkbox"/> Light, lean, bony or skinny.	<input type="checkbox"/> Medium build, medium height.	<input type="checkbox"/> Broad, big boned, heavy or thick.
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3. How does your weight fluctuate?

<input type="checkbox"/> I usually don't gain weight very easily.	<input type="checkbox"/> When I gain weight it's easy to lose it.	<input type="checkbox"/> I gain weight easily and lose it slowly.
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4. How would you describe your bowel movements?

<input type="checkbox"/> Scanty, dry, painful, with lots of gas & I can often be constipated.	<input type="checkbox"/> Abundant, loose, I tend to have diarrhea & burning sensations.	<input type="checkbox"/> Moderate, solid, sometimes it feels as though I have mucous in my stool.
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5. Which best describes your skin?

<input type="checkbox"/> Dry, thin skin. Prone to eczema or flakiness. Usually cool to the touch.	<input type="checkbox"/> Oily, acne prone & I easily get red.	<input type="checkbox"/> Moist, smooth, thick & relatively combination.
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6. What are your eyes like?

<input type="checkbox"/> On the smaller side. They are active & moving. Usually dry.	<input type="checkbox"/> I have a very deep gaze. Intense & sensitive to light.	<input type="checkbox"/> Large and calm.
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7. How would you describe your lips?

<input type="checkbox"/> Thin, dry & easily chapped.	<input type="checkbox"/> Pinkish in color, medium & soft.	<input type="checkbox"/> Full smooth & luxurious.
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8. Describe the state of your teeth/gums/mouth.

<input type="checkbox"/> Uneven, gapped, thin gums, tooth decay.	<input type="checkbox"/> Medium teeth, sensitive gums, bleeds easily.	<input type="checkbox"/> Big teeth, white, strong gums.
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9. Describe the prominence of your veins.

<input type="checkbox"/> Prominent veins.	<input type="checkbox"/> Normal visual of veins.	<input type="checkbox"/> Veins are hidden.
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10. Describe the size and texture of your feet.

<input type="checkbox"/> High-arch, cracked heels.	<input type="checkbox"/> Medium arch, soft heels.	<input type="checkbox"/> Flat footed.
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# Prakriti Questionnaire

## Physiological Qualities

1. *What do you experience when you dream & how do you feel during/after?*

<input type="checkbox"/> My dreams are flighty, whimsical, colorful. They bounce around from place to place.	<input type="checkbox"/> My dreams are like story lines with a beginning, middle, and end. There may be a battle.	<input type="checkbox"/> My dreams are flowing, pleasurable, sensual and even sexual.
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2. *How would you describe your memory & learning?*

<input type="checkbox"/> I remember some things, but I do often forget. I learn quickly but it helps to repeat.	<input type="checkbox"/> My memory is strong and vivid. I learn fast and clearly.	<input type="checkbox"/> It sometimes takes me a while to learn something, but I never forget.
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3. *Pick which applies to your sensitivity to weather.*

<input type="checkbox"/> I don't like being cold or wet. I love the wind & lots of sun.	<input type="checkbox"/> I don't like being in the heat. I dislike being in the sun or too close to fire.	<input type="checkbox"/> I don't like being in cold dry weather, wind is not my thing.
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4. *What are your daily habitual eating habits?*

<input type="checkbox"/> I prefer to eat frequently, but my hunger level is variable. I often forget to eat.	<input type="checkbox"/> I have a strong appetite. I prefer to eat 3 meals a day & rarely skip meals.	<input type="checkbox"/> I prefer to eat 1-3 times a day, but I can go without eating with no discomfort.
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5. *How would you describe the way you walk?*

<input type="checkbox"/> Quick short steps.	<input type="checkbox"/> Fairly medium pace.	<input type="checkbox"/> Slow graceful pace.
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6. *How would you best describe your taste?*

<input type="checkbox"/> Sweet, sour, salty.	<input type="checkbox"/> Sweet, bitter, astringent.	<input type="checkbox"/> Bitter, pungent, astringent.
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7. *How would you best describe your energy?*

<input type="checkbox"/> Low -energy, comes in spurts then I need to rest.	<input type="checkbox"/> Moderate, I can push myself.	<input type="checkbox"/> Good, long lasting.
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## Psychological qualities

1. *Which subjects interest you the most?*

<input type="checkbox"/> Philosophy, Arts, literature and spirituality.	<input type="checkbox"/> Business, science, law, math.	<input type="checkbox"/> Counseling, teaching, care giving, human resources.
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2. *Describe your friendships.*

<input type="checkbox"/> Fewer friends. Friends change easily.	<input type="checkbox"/> Moderate amounts of friends.	<input type="checkbox"/> Lots of friends whom I've known for years.
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3. *If you had to pick one vice, what would it be?*

<input type="checkbox"/> Psychedelics	<input type="checkbox"/> Alcohol	<input type="checkbox"/> Wine
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# Prakriti Questionnaire

4. What kind of leadership role do you take?

<input type="checkbox"/> I am a lone -wolf.	<input type="checkbox"/> I like to take the lead and am comfortable being the head of the pack.	<input type="checkbox"/> I'm fine working alone, but in a group, I prefer to be in supportive roles.
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5. What are your financial habits?

<input type="checkbox"/> Unnecessary spending doesn't track spending.	<input type="checkbox"/> Practical, saves, invests, spends occasionally.	<input type="checkbox"/> Stores money, low interest in shopping, saves just in-case.
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6. What types of emotions do you tend to experience when under stress?

<input type="checkbox"/> Fear, anxiety or worry.	<input type="checkbox"/> Anger, irritability or jealousy.	<input type="checkbox"/> Laziness, greed, or you become withdrawn from those around you.
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7. When it comes to dating and relationships are you the type of person who's more likely to be...

<input type="checkbox"/> Promiscuous	<input type="checkbox"/> Protective, jealous, domineering.	<input type="checkbox"/> Devoted.
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Please tally all of your checked triangles and add the number for each column below.

Vata	Pitta	Kapha
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<p>Physical attributes to Vata's are known to be slender with a lower muscle volume. They do not gain weight very easily and have smaller joints with tendency to pop or crack often. Vata's tend to have dryer &amp; rougher skin, hair, and nails. Veins are prominent and easy to see at first glance and typically have colder hands and feet to the touch.</p> <p>Physiological Characteristics of vata: Tends to have an irregular appetite and eats several small meals throughout the day. Irregular thirst as well, sometimes becoming very thirsty, and other times not thirsty at all. People predominantly vata rarely sweat and lean more towards constipation. They are fast walkers and extremely talkative. (are inconsistent, indecisive, and tend to have hoarse or lower voices) Vata's are also generally light sleepers.</p> <p>Psychological aspects of vata dosha is that they are forgetful, and often grow anxious especially under stress. They are rebels but are also quick to change and erratic behavior. Vata's love to travel and enjoy artistic activities. They do not like the cold and tend to have weaker immune systems. Vata's worry a lot and have a tendency to become more prone to arthritis (space in the joints and bones), neurological disease, and mental health disorders.</p> <p>Vata tends to be unorganized and changes thought as the wind changes.</p>	<p>Pitta doshas are usually of medium build. They gain and lose weight equally. Intelligence is sharp but they are quick to criticize others, are commanding and can grow irritable quickly. Pittas tend to have great short-term memories and are argumentative and convincing.</p> <p>Physical attributes to Pitta Dosha can be, medium joints high in flexibility, oily reddish skin or are more prone to sensitivities. Typically have fine hair that can be oily. Pittas feel warm most of the time, so they prefer cooler climates to balance their body temperatures. Veins are less prominent but show up more after physical exercise.</p> <p>Pitta doshas tend to eat more substantial meals because they are of higher energy, this is also the same for their water or liquid intake. Pittas get sound sleep but can feel rejuvenated even on fewer hours of sleep. Pittas tend to have many vivid dreams.</p> <p>Pitta loves to communicate, and they love accuracy in communication. (have higher pitched voices) Clear thoughts, a moderate number of friends, tends to stay out of the sun during warmer months and prefers mountainous areas and bodies of water. Health-wise, pittas are more prone to infections and inflammatory illness.</p>	<p>Kaphas tend to be built on the larger side with rounded faces and thicker hair. Kaphas nature is to be loving, nurturing and caring. They prefer peace, have great immune systems, are good listeners and speak very little and very slowly. Kapha doshas are more prone to weight gain and water retention.</p> <p>Physical attributes of Kapha tend to lean towards having paler skin that is thicker and typically moist, smooth and cold. They have thicker features, broad shoulders and large joints. Very well built frame. Kaphas tend to have deep and pleasant voices and are not too talkative.</p> <p>Kaphas are loyal, calm, conservative, and consistent. They are deep sleepers, sentimental and romantic. Kaphas are mostly resistant to disease but do tend to have more respiratory ailments, edema, and mucous diseases.</p>
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