

# Prakruti (Constitution) Questionnaire

## 1. Frame/Body Type

- a) Thin, lean, lanky body frame. Joints are prominent.
- b) Medium Frame. Athletic build.
- c) Large frame with thick bones and large muscles. Stocky and broad.

## 2. Hair

- a) Dry, curly, thin, unruly. Tend towards split ends
- b) Oily, straight, medium thickness. Tends towards early graying or balding.
- c) Thick, Luxurious, Strong, Good Sheen. Tends towards greasiness.

## 3. Eyes

- a) Small. Tend to dart around a lot. Can be dry.
- b) Sharp piercing quality. Sclera can be slightly reddish.
- c) Large oval shaped eyes with clear whites.

## 4. Lips

- a) Thin, dry, easily chapped
- b) Pink, medium, soft
- c) Full, smooth, luxurious

## 5. Skin

- a) Thin, dry, rough, and cool/cold to the touch
- b) Smooth and warm. May have pimples or blemishes on face
- c) Thick, oily, luxurious. Maybe cool

## 6. Body Temperature

- a) Tend to be cold. Hands and feet are cold to the touch.
- b) Tend to run hot. Hot to the touch and feel warm.
- c) Normal tend to be cool at hands and feet.

## 7. Weight

- a) Easy to lose weight, hard to gain especially when stressed
- b) Steady weight, or slow to lose or gain
- c) Easy to gain weight, hard to lose especially when stressed

## 8.Hunger

- a) Appetite fluctuates day to day. Unpredictable and variable.
- b) Appetite is regular and strong. Tends towards getting hungry. Usually hungry every 3 to 4 hours.
- c) Appetite is regular but, can thrive with one or two meals a day.

## 9.Cravings

- a) Light energizing foods, caffeine, sugar
- b) Spicy, intense, flavorful food
- c) Heavy foods like ice cream or cheese

## 10.Digestion and Elimination

- a) Tends towards constipation or alternating between constipation and loose stools
- b) Hardly ever constipated. May go too often and have loose stools
- c) Slow, steady, and regular

## 11.Sleep

- a) Light restless sleep. Difficulty sleeping
- b) Sleep well and good with 7-8 hours
- c) Sleep deeply and difficulty getting up

## 12.Exercise

- a) Love to dance, run, and move. Takes a lot to get sweaty. Not the best stamina
- b) Likes to exercise competitive or difficult is great. Sweats easily
- c) Doesn't love to exercise. Favorite exercise is mild and gentle. Great stamina

## 13.Gait

- a) Quick movements with a light feathery step
- b) Average speed with a motivated step
- c) Slow pace with a steady pace of movement

## 14.Temperament

- a) Enthusiastic, changeable, lively.
- b) Motivated, intense, purposeful.
- c) Easy-going, relaxed, accepting, supportive.

## **15.About Learning**

- a) Loves learning new stuff. Breadth over depth. Easily bored. Quick to learn, quick to forget.
- b) Good at analytical thinking. Likes to go deep into understanding why.
- c) Takes a while to learn new topics, but powerful memory. Likes learning about what is already known.

## **16.At Work**

- a) Independent. Creative.
- b) Leader. Likes to be boss.
- c) Employee. Likes guidance.

## **17.Projects**

- a) Likes to start projects, but difficulty finishing
- b) Likes organizing projects, goal setting, and executing a plan
- c) Takes time to make decisions, but sees project through once decided upon

## **18.Emotion Under Stress**

- a) Anxiety, Fear, Worry
- b) Anger, Irritability, Jealousy
- c) Laziness, Greed, Withdrawn

## **19.Decision Making**

- a) Difficulty making decisions due to overthinking.
- b) Quick and confident to make decisions.
- c) Makes decision after taking time for contemplation.

## **20.Communication**

- a) Quick rate of speech. Jumps between topics quickly.
- b) Direct, concise, punctual, and persuasive.
- c) Slow, calm, and deep voice. Steady speech. Possibly monotone.

## **21.Lifestyle**

- a) Free-spirit. Unattached. Mobile.
- b) Busy. Well-structured and planned.
- c) Routine. Constant, steady, and regular.

## **22.Weather**

- a) Loves the sun and heat. Dislikes cold, windy, wintery days.
- b) Prefers the cool/cold. Dislikes heat and humidity.
- c) Adaptable to weather. Dislikes cool, rainy, heavy days.

## **23.Faith and Beliefs**

- a) Changeable. Excited by new concepts/ideas.
- b) Strong. Tendency towards extreme/evangelical thinking.
- c) Consistent. Set in stone – takes a lot to change beliefs.

## **24.Interests & Motivation in Life**

- a) Art, Dance/Movement, Travel. Expression, Mobility, New Experiences.
- b) Competitive Sport, Luxury, Business, Politics. Achievements, Prestige, Accomplishments.
- c) Comfort, Food, Relaxing. Stability, Comfort, Love, Family.