

# 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.



CATEGORY	VATA EXPRESSIONS	PITTA EXPRESSIONS	KAPHA EXPRESSIONS
<b>BODY STRUCTURAL FEATURES</b>			
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
<b>SUBTOTAL</b>	<b>VATA</b>	<b>PITTA</b>	<b>KAPHA</b>
<b>LONG TERM BODY FUNCTION TENDENCIES</b>			
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 off to fall asleep; solid	love being up at night alone; tough am wake;



			sleeper; alert upon waking; wake before alarm; hot at night		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	<p>artistic</p> <p>charismatic</p> <p>interested in the "new"</p> <p>love to stay busy</p> <p>need to travel</p> <p>embody extremes</p> <p>low follow through</p> <p>lots of ideas</p> <p>Impulsive decisions</p> <p>changeable</p>		<p>natural leaders and teachers</p> <p>love to learn about <i>how</i> things work or <i>why</i></p> <p>tend to be more cerebral than emotional</p> <p>ideals &amp; "shoulds"</p> <p>detail oriented</p> <p>concerned with efficiency, productivity, cost-effectiveness</p> <p>read consumer reviews</p> <p>logical decisions</p>		<p>mellow, more quiet</p> <p>stay in jobs, homes, relationships for long</p> <p>don't often initiate</p> <p>hesitant to change</p> <p>Passive</p> <p>prefer supportive roles</p> <p>hold deep attachments to people and things</p> <p>Loyal</p> <p>Good listeners</p>	
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**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	

