



MotherJai's
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Human Constitution or Mind-Body Type Evaluation

Name: _____ **Birthdate:** _____

Instructions: place an X or check-mark in each category (box) that fits your mental and physical description, you can mark more than one if they fit. I will tally the marks at the end of the table and determine the ratio of your qualities. **V : P : K**
 (To help determine the best method of therapy. Your honesty will produce the best healing results.)

Subject	Vata	Pitta	Kapha
Frame	Tall – thin or short – lean, poorly developed physique, narrow/small lumbar region, convex back	Medium, moderately developed physique, medium lumbar region, deep furrow at level of vertebral column, average height	Short or tall – stout, thick, big, rounded/stable body; well developed physique; lower lumbar; spacious back
Weight	Low, light body, thin muscles, prominent bones, tending to be underweight	Moderate, soft/lustrous body, good muscles, average weight	Heavy, muscular body and tendency to be overweight/obese
Complexion	Dull, brown, gray, darkish	Red, golden, yellowish, ruddy, flushed, bright	White, pale, lustrous
Skin	Thin, dry, cold, rough, cracked, prominent, veins, hard	Warm, moist, pink, moles, freckles, acne, prone to allergic reactions	Thick, white, cold, soft, smooth, oily, shiny, pleasing to look at
Hair	Scanty, coarse, dry, brown, wavy/curly/kinky, fine, thin, lacks reddish pigment, brittle, rough, scanty beard/mustache	Moderate, fine, soft, early gray/balding, moderate body hair; brown, red, golden hue; straight	Abundant, oily, thick, wavy, lustrous, jetblack, dark, very pale coloration, lacks reddish pigment, full beard/mustache
Head	Small, unsteady, small thorax, thin face, hardened	Moderate, less area of face covered by hair	Large, steady, broad thorax; attractive face; developed face musculature; broad features
Forehead	Small and narrow	With folds, neither broad or narrow	Large and broad

Eyebrows	Small, thin, unsteady	Moderate and fine	Thick, bushy, lots of hairs
Eyelashes	Small, dry, firm, few	Small, thin, fine, scanty	Large, thick, oily, firm, profuse
Eyes	Small, dry, lusterless, thin brown, dark, dull, unsteady, half opened, spacey, playful expression, vacant, fearful, defeated	Medium, thin, small, red, inflamed easily, green piercing, congest with emotions or sun, near sightedness	Wide, prominent, thick, oily, blue, attractive, bigger, unctuous, little congestion, peaceful expression
Tongue	Thin, dry, small, cracked, dark	Medium and red	Thick, big, firm, elongated, pale
Lips	Thin, small, dry, darkish, unsteady, moving	Medium, soft, red	Large, thick, smooth, firm
Teeth & Gums	Teeth – crooked, rough, small Gums – receding, thin, dry	Teeth – Medium Gums – sores, bleeding, soft, pink, red palate	Teeth – Large, thick Gums – Soft, pink, thick
Buttocks	Thin and small	Indentations and medium	Full and round
Abdomen	Wall concave	Flaccid, soft	Protruding belly
Breast	Small	Flaccid, flat	Full and firm
Shoulders	Thin, small, flat	Medium	Broad, thick, firm
Chest	Thin, narrow, poorly developed	Medium	Broad, large, overly/well developed
Arms	Thin, small, poorly developed	Medium	Large, thick, long, well developed
Hands	Small, thin, dry, cold, rough, hard, fissured, unsteady, swinging hands	Medium, warm, pink backs, red palms	Large, thick, cool, firm
Calves	Small and hard	Loose and soft	Round and shapely
Feet	Small, thin, dry, rough, flat, fissured, unsteady, swinging feet	Medium, soft, pink tops, red soles	Large, thick, hard, firm
Joints	Small, thin, dry, unsteady, cracking, compulsive fidgeting, can't remain still	Medium, soft, loose, flexible, delicate, flaccid	Large, thick, well built, deep seated in musculature
Nails	Small, thin, dry, rough, darkish, bluish-gray, nail biting habit	Medium, soft, pink-red, or yellowish	Large, thick, smooth, white, firm, strong
Urine	Scanty, difficult, colorless	Profuse, yellow or red, burning	Moderate, whitish, milky
Feces	Scanty, dry, hard, difficult or painful, gassy, constipation, 1 or 2 bowel movements per day if lucky	Abundant, loose, diarrhea, burning sensations, 2 bowel movements per day regularly	Moderate, solid, mucus in stools, slow evacuation, one bowel movement per day

Sweat & Odor	Scanty, no smell	Profuse, hot, strong smell	Moderate, cold, pleasant smell
Digestion	Rapid, quality and energy level fluctuate, variable hunger and thirst	Acute, good, high energy level, intense hunger and thirst	Slow, slow/steady energy level, little hunger/thirst but steady
Appetite	Variable, erratic, gulps food hurriedly, takes little food at a time, hungry shortly after, sweet tooth, relishes salty/spicy/sour tastes, prefer butter to oil, likes soft/creamy foods, dislikes bitter/cold/dry foods; prefers soups, vegetables, dairy, and fruits to grains	Strong, sharp, large quantities at one time, relishes astringent, bitter, cold foods, likes sweets, habit of eating several times a day and irritable when missing a meal, sensitive to hot/acidic foods, likes raw foods, grains, beans, dairy, and fruit juices	Constant, low, satisfied with small quantity of food and doesn't want more, relishes hot, pungent, astringent, and bitter tastes, doesn't like water, dislikes oily foods, eats slowly, likes heavy/substantial foods, prefer vegetables, meat, beans to fruit and dairy
Voice	Low, weak, feeble, hoarse, rough, breaks/becomes quiet	High pitch, sharp, clear	Pleasant, deep, good tone
Speech	Quick, fast, inconsistent, jumps from topic to topic, enthusiastic gestures, irrelevant comments, quick, spontaneous responses, interrupts	Moderate, incisive, argumentative, convincing, speaking for hours, talkative and focused on one subject, makes sense	Slow, definite, not talkative, good listener, thinks before speaking, talks sense in few words, communicates in calm manner
Mental Nature	Quick, adaptable, indecisive, easily distracted, sensitive, lacks self discipline/control, ungrateful/unappreciative, timid/shy/self-conscious, low self-confidence, not grounded in physical body or world, expressive, bubbly/cheerful, empathic, kind, expressive and dramatic, resents authority, seeks life of emotional fulfillment	Intelligent, penetrating, understanding, perceptive, critical, proud, aggressive, ambitious, high achiever, enthusiastic, not intimidated, courageous, high moral standards, idealistic, harsh attitude to evil doers/heroic, protects helpless and allies, inspires others to action, doesn't like contradiction/told no, independent, seeks life of adventure/discovery	Slow, steady, dull, endures difficulties/hardships cheerfully or philosophically, generous, grateful, forgiving, tolerant, donates time/money freely, supports & nurtures others, secure, confident, at home in physical universe, strong attachment to physical abundance, calm, peaceful, socially responsible, accepts authority, devoted, practical, receptive; seeks life of peace, harmony, comfort, ease, accumulation

Emotional Tendencies	Fearful, sensitive/intolerant to difficulty, feels victimized or overwhelmed, emptiness, pain, prone to emotional, nervous disorders, anxiety, insecurity, tends to steal, feels lack of abundance, overreacts to situations, low self-confidence, ungrounded	Angry, irritable, contentious, sensitive/intolerant to difficulty, takes action to control situation, frustration, jealousy, envy, hate, self-centered, selfish, arrogant, egotistical, judgmental	Calm, constant, attached, sentimental, possessive, greed or lust for sensory objects, sadness, longing, complacent, stubborn, resistant to change, lacks motivation and self-discipline, dull or lazy
Moods	Changes quickly	Slowly changing	Steady and non-changing
Intelligence	Assesses and accepts/rejects quickly, forgets quickly, can't keeping secrets, dull and sharp mind alternating, understands immediately, good w/ theories, impatient w/ practical activities, creative, imaginative, intuitive, synthetic, spacey, lacks concentration, easily distracted	Very intelligent, rational, logical, research minded, problem oriented, doesn't like to remember facts but has high insight to reach conclusions, higher education, incisive, sharp, good orator/reader, aggressive, forceful	Grasps meaning slowly but keeps it forever, excellent memory, methodical, organized, patient, accurate use of facts and details
Faith	Erratic, changeable, rebel	Determined, fanatic, leader	Constant, loyal, conservative
Sleep	Light, tends to insomnia, 4 to 6 hours, goes to bed late (in am)	Moderate, wakes up and falls asleep again, does not remain drowsy, 6 to 7 hours, bed at 9-11 pm, awake 4-6 am, not tired with less sleep	Heavy, difficulty waking, excessive sleep, remains drowsy, tired/irritable with less sleep, goes to bed early and wakes early
Dreams	Flying, levitation, moving, restless, nightmares, snoring, doesn't remember dreams, worries/fears exacerbated in pre-dawn hours	Colorful, of beauty/flowers or bright sun/flames/lightening, passionate, conflict, violence, heroism	Romantic, sentimental, few dreams, of clouds/rivers/water or flying birds/ponds/forest, in nature, underground, in water
Habits	Likes moving, travelling, parks, plays, jokes, shopping	Likes sports, politics, painting, hunting	Likes water, sailing, flowers, cosmetics, business
Activity Level	Quick, fast, unsteady, erratic, hyperactive	Medium, motivated, purposeful, goal seeking	Slow, steady, stately
Walk	Fast	Average	Slow and steady

Strength & Exertion	Low, poor endurance, starts/stops quickly, moves swiftly/slyly, unsteady gait, dramatic flair	Medium, intolerant of heat, moderate pace, stops movement with perspiration, assertively, painful gait, often head leading	Strong, good endurance, slow starting, confident, graceful, smooth/flowing movements, continues on journey w/o stopping
Sexual Nature	Variable, erratic, deviant, strong desire/low energy, few children, longs for sex more than physical capacity, scanty sexual fluids	Moderate, passionate, quarrelsome, dominating, strong attraction to opposite sex, moderate children	Low/constant sex drive/desire, good energy, devoted, many children, profuse sexual fluids
Relationship Patterns	Unsteady friendship, fickle, changeable, quick to love/hate or accept/reject, poor choices, prone to fear/anxiety or shyness in relationships, difficulty discriminating between friends or foes, communicates emotionally, dependent or compensated oral pattern, fear of rejection, manipulates through drama/emotional secrets	Friendship variable according to convenience, quick to react and pacify, keeps friends/foes at equal distance, intimacy barriers, quick decisions, intelligent choices, attempts diplomacy, keeps commitments when convenient, controls through intellectual manipulation, projects blame through clever rationalization	Enmity/friendship on permanent footing, provides full rewards to friends, resolute against enemies, recognizes friends or foes well, slow decisions, forgiving to a point then takes resolute action, keeps commitments, no emotion in voice/expression, nurtures, manipulates through security, rewards/punishment, exerts calming influence, easy going, humorous, likeable
Work, Hobbies, & Social Position	Artistic, creative, innovative, career/hobby performing arts, dance, music, writing, healing, counseling, therapy, or advertising; loves luxury; enjoys conversation/laughter, spiritual/emotional sensitivity, wide variety of interests, poor or financially insecure, laborer or unskilled worker in service industry	Intelligent, aggressive, ambitious, academic, research, medical career, journalistic, scientific, inventor, administrator, entrepreneur, higher education, middle - upper class, enjoys jewelry and perfume, looking attractive	Organized, methodical, generous, fair, hears all sides before decision, judge or administrator, diplomat, banker, agriculturalist, accountant, librarian, teacher, capitalist or inherited wealth, may have domestic servants, economically secure, volunteer in religious counseling organizations or community services

Sensit- ivity	Fear of cold, wind, storms; sensitive to dryness/dry climates, likes bright, sunny, calm days and sunny windless climates with sufficient moisture and abundant green	Fear of heat, dislike/sensitive to sunlight, fire, feels better near water, prefers cool climates and weather	Fear of cold/damp, likes wind and sun, endures both heat and cold, better in hot/dry climates
Resist- ance to Illness & Disease	Poor, variable, weak immune system, short life span	Medium, prone to infections, moderate life span	Good, consistent, strong immune system, long life span
Disease Tendency	Nervous system diseases, pain, arthritis, mental/emotional disorders, back/neck problems, skeletal injuries, fluctuating energy level	Febrile and inflammatory diseases, infections, stress related illness common, high energy level	Respiratory system disease, mucus, edema, colds, flu, obesity, diabetes, fluid retention, low/steady energy level
Reaction to Medica- tions	Quick, low dosage needed, unexpected side effects due to nervous reactions	Medium, sensitive to aspirin	Slow, high dosage required, effects are slow to manifest
Pulse	Thready, rapid, irregular, weak	Wiry, bounding, moderate	Deep, slow, steady, rolling
Voice	High pitched, fast	Medium pitch, clear	Low pitch, deep, resonating
Scent Choices	Sweet, sour, flowers, spices, calming	Sweet, pleasing, herbs, flowers, soothing	Warm, tangy, plants, spices, stimulating
Total # of Marks			

Toxicity Levels

Symptom Check List: It is important to have an accurate record of where you began in order to see the changes in your health over time. Put a 1, 2, 3 or 4 beside each item that describes your symptoms, using 1 for rare and 4 for constant.

	Allergies/Hay fever
	Bloated Feeling
	Blood Sugar Problems
	Body Odor
	Bowel Gas
	Cold Hands and Feet
	Constipation/Diarrhea
	Cuts and Bruises Heal Slowly
	Dental Problems
	Difficulty Getting Up in the Morning
	Difficulty Falling Asleep
	Drink Coffee/Tea/Pop
	Eye Problems – glasses, night vision
	Feel Stressed Out
	Food Cravings
	Foot Pains
	Frequent Colds and Infections
	Frequently Take Pain Killers
	Fuzzy Thinking/Brain Fog
	Headaches/Migraines
	Heartburn/Indigestion
	Hemorrhoids
	High/Low Blood Pressure
	Joint Pain
	Infections
	Low Energy/Often Feel Tired
	Menstrual Cramps/Moody/PMS
	Moods of Depression/Anxiety
	Multiple Chemical Sensitivity
	Muscle Cramps
	Night Sweats
	On Medication/Drugs
	Poor Concentration
	Shortness of Breath
	Skin Problems – Dry Itchy, Acne
	Varicose Veins
	Weak Bladder, Incontinence
	Weak Fingernails/Unhealthy hair