



# Ayur-Shilpi Ayurveda & Wellness

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[www.ayurshilpi.com](http://www.ayurshilpi.com) : Follow @ayurshilpi

## Physical Characteristics

### 1. Built & Frame:

VATA	Thin built, small frame	
PITTA	Medium	
KAPHA	Heavy built, large frame	

### 2. Body weight

VATA	Trouble gaining weight	
PITTA	Maintains a steady weight	
KAPHA	Easily gains weight	

### 3. Complexion

VATA	Olive or brown	
PITTA	Fair, copper color, reddish or yellowish tinge	
KAPHA	Fair, pale, bluish tinge or porcelain	

### 4. Skin

VATA	Thin, rough and cold; dry skin through all seasons	
PITTA	Smooth warm, acne prone, moles and freckles, burns easily in the sun, early wrinkles	
KAPHA	Smooth, soft, thick, clear, lustrous, late onset of wrinkles	

## 5. Hair thickness

VATA	Dry, thin, brittle, frizzy, black/ brown color	
PITTA	Medium, straight, early greying or balding,	
KAPHA	Thick, lustrous, oily, wavy or curly, black/ brown color	

## 7. Fore-head

VATA	Small	
PITTA	Medium	
KAPHA	Large	

## 8. Eyes

VATA	Small, dry, dull, brown in color. Stay half open when asleep	
PITTA	Medium, sharp, intense green or blue in color. Turn red when angry or alcohol intake	
KAPHA	Big, round, shiny, bright, dark colored	

## 9. Nose

VATA	Uneven shape, deviated septum	
PITTA	Long pointed, tip of the nose often red	
KAPHA	Short, rounded, button nose	

## 10. Teeth

VATA	Big, crooked, roomy, teeth stick out	
PITTA	Medium size, yellowish	
KAPHA	White, strong, even	

## 11. Hands

VATA	Dry, rough hands slender fingers	
PITTA	Moist, warm or pink hands medium fingers	
KAPHA	Firm, thick hand thick fingers	

## 12. Joints

VATA	Small, prominent bones, cracking noise	
PITTA	Moderate	
KAPHA	Large, sturdy, lubricated	

## 13. Veins and Tendons

VATA	<b>Prominent</b>	
PITTA	Flaccid tendons and Ligaments	
KAPHA	Well covered	

# Physiological Characteristics

## 14. Sweat

VATA	Barely sweats on any activity	
PITTA	Profuse sweat even on minimum activity	
KAPHA	Minimal sweat on moderate activity or summer	

## 15. Thirst

VATA	Variable	
PITTA	Strong	
KAPHA	Minimum	

## 16. Body Temperature

VATA	<b>feels colder than others; cold feet and hands</b>	
PITTA	Feel hotter than others; palms, feet and face warm	
KAPHA	Normal, palms and feet cold	

## 17. Appetite

VATA	<b>Variable appetite Anxious when hungry</b>	
PITTA	Strong, cannot skip meals Angry, irritable when hungry	
KAPHA	Steady, regular, can go without meals	

## 18. Digestion

VATA	<b>Irregular</b>	
PITTA	Quick	
KAPHA	Slow	

## 19. Indigestion leads to

VATA	Constipation, gases and bloating	
PITTA	Heart burn, acid reflux	
KAPHA	<b>Mucous</b>	

## 20. Bowel movement

VATA	<b>Dry, often constipated</b>	
PITTA	Loose, often 2-3 times a day	
KAPHA	Loose, sluggish, 1/day	

## 21. Preferred tastes

VATA	Sweet, Salty, Sour	
PITTA	Sweet, bitter, astringent	
KAPHA	Bitter, pungent, astringent	

## 22. Amount of Food

VATA	Very variable. Sometime a lot, sometimes a light	
PITTA	Usually a lot. Can set large quantity at once	
KAPHA	Usually not much, feel full with little	

## 23. Preferred climate

VATA	Warm, humid	
PITTA	Cold and dry	
KAPHA	Warm and dry Can tolerate extremes	

## 24. Voice

VATA	Weak, hoarse	
PITTA	Strong and loud	
KAPHA	Deep, melodic	

## 25. Speech

VATA	Fast, diffuse speech Talkative Easily deviates from topic	
PITTA	Fast, clear speech Precise, articulate Impressive communicator	
KAPHA	Slow, clear, Quiet Monotonous	

## 26. Endurance

VATA	Low	
PITTA	Moderate	
KAPHA	High	

## 27. Sleep

VATA	Short, disturbed Toss and turn	
PITTA	Moderate, sound, can go back to sleep if wakes up at night	
KAPHA	Long, deep, can easily sleep for 8-10 hours	

## 28. Dreams

VATA	Multiple, quick, fearful Often sees Wind, air	
PITTA	Fiery, often conflicting Often sees Fire	
KAPHA	Slow, happy romantic Often sees Water	

# Behavioral Characteristics

## 29. Nature/ Temperament

VATA	Anxious, nervous Worries too much	
PITTA	Often irritable and angry Go getter	
KAPHA	Relaxed Caring and nurturing	

### 30. Actions

VATA	Quick, Spontaneous	
PITTA	Very precise Organized	
KAPHA	Slow pace, graceful	

### 31. Activities

VATA	Very active, multi-tasker	
PITTA	Planned and calculated activities	
KAPHA	Slow and Steady. Cannot multitask	

### 32. Courage

VATA	Easily scared	
PITTA	Very Courageous	
KAPHA	Moderate	

### 33. Mind

VATA	Constant thoughts, restless	
PITTA	Impatient	
KAPHA	Calm, Peaceful	

### 34. This phrase defines me

VATA	Jack of all trades master of none	
PITTA	It's my way or the highway	
KAPHA	I'd rather conserve my energy	

### 35. Faith or beliefs

VATA	Variable	
PITTA	Strong dedication	
KAPHA	Consistent	

### 36. Intellectual response

VATA	Quick, not detailed	
PITTA	Accurate, timely competitive	
KAPHA	Paced but exact	

### 37. Memory

VATA	Good short term quick to forget	
PITTA	Medium but accurate	
KAPHA	Good long term memory. Slow to grasp but never forgets	

### 38. Relationships

VATA	Flexible and easy adaptability to different people	
PITTA	Passionate	
KAPHA	Rigid, not adaptable	

### 39. Friendships

VATA	Short term, multiple friends	
PITTA	Chooses friends on basis of their values and merits	
KAPHA	Slow to make new friends, fiercely loyal	



#### 40. Interests & hobbies

VATA	Anything related to movement and expansion like Art, dancing and travel	
PITTA	<b>Anything related to status, intense feelings like Sports, politics</b>	
KAPHA	Anything related to calmness and sedentary activities, knitting, pottery.	

#### 41. If you had to describe yourself which one word applies to you the most:

VATA	nomad	
PITTA	leader	
KAPHA	happy-go-lucky	

#### 42. I like

VATA	creativity, artistic endeavours, moving all the time- dance, yoga, travel	
PITTA	intense passion- sports, politics	
KAPHA	calm and relaxing activities- knitting, pottery, reading books, poetry	

#### 43. My life motto is

VATA	To express myself- art, creativity, dance	
PITTA	To leave my mark on the world and be famous	
KAPHA	To help, support and nurture others	