

	 VATA ✓	 PITTA ✓	 KAPHA ✓
Personality	Enthusiastic, lively, creative and imaginative	Efficient and disciplined, analytical, driven, perfectionist, orderly	Loving, calm, patient, happy, supportive, home-loving
Sociability	Sometimes feels shy in social situations but can be very chatty	Outgoing and assertive	Sociable and make friends easily
Character	Likes to be active and busy	Organized and focused	Slow and methodical
Ability to forgive	Forgive and forget easily	Finds it hard to forgive	Forgives easily
Activity	Quick, unsteady and distracted	Medium, motivated, competitive, focused	Slow, measured, deliberate, enjoys repetitive tasks
Sexual nature and fertility	Variable, low stamina and low fertility	Moderate, passionate, domineering	Low but constant desire, good energy and fertility
Immunity	Variable, poor and weak	Medium, prone to infection	Strong
Disease tendency	Nervous system, arthritis, severe stress, weakness, aches and pains	Skin rashes, inflammations, infections, fevers, acidity, heartburn	Bronchitis, asthma, allergies, congestion, obesity, high cholesterol
Sweat	Light and no smell	Profuse and strong smell	Moderate, cold and mild smell
Bowel movements	Dry, tendency towards constipation and gas	Regular and loose, yellowish, tendency towards diarrhoea	Regular, solid and well formed
Appetite	Variable and erratic, sometimes large meals, moderate thirst	Strong and sharp, needs lots of food, rarely misses a meal, strong thirst	Constant, doesn't need much food but often craves it, not very thirsty
Memory and learning	Once focused, quick to grasp, good short-term memory but forgets quickly	Moderately quick to grasp, very good memory, rarely forgets	Takes time to grasp things but then never forgets
Sleep	Light, fitful sleep, wakes up early, lots of impressionable dreams	Moderate but good sleeper	Deep sleeper; finds it hard to get up in the morning
Excitability	Quick to rise but also fall	Quick to get excited but endures	Slow
Emotions when stressed	Tendency towards anxiety, worry, fear, nervousness	Tendency towards anger and irritation, jealousy	Tendency towards depression, and attachment, lack of motivation, self pity, greed
Money	Impulsive spender	Considered spender; enjoys luxuries and gourmet meals	Reluctant spender; likes to save but spends on food, entertainment and property
Walking	Fast and erratic	Fast but steady	Slow and steady
Professions	Artists, philosophers, communicators, organizers, models, actors	Leaders, brokers, self-employed, analysis, politics, education	Nurturers, carers, nurses, cooks, self-employed business people
Mental nature	Quick, adaptable but indecisive	Intelligent, critical, decisive, loves logic and structure	Slow, steady, sensitive
Religion	Erratic, changeable	Focused, fanatic	Constant, loyal, conservative
Recreation	Likes speed, travelling, dancing, plays, parks, artistic endeavours	Likes competitive sports, politics, debates, research, hunting	Likes flowers, sailing, eating out or cooking, watching movies, reading



VATA



PITTA



KAPHA



Frame	Tall or short with little body fat and thin muscles	A medium build, moderately developed physique, good muscles	Curvy, big boned, big build or stocky, well-developed muscles
Weight	Light and generally thin	Moderate weight which remains more or less constant	A tendency to gain weight
Hair	Coarse, dry and slightly wavy or frizzy hair	Fine, soft hair or prematurely grey or bald	Thick, oily, lustrous or wavy hair
Head and face	Small, thin and long	Moderate, ruddy, sharp contours	Large, steady, round, pale, soft contours
Eyes	Small, dry and attractive	Medium and penetrating	Large and pleasant
Neck	Thin, long	Medium	Large, thick
Skin	Thin, dry and cool; dull complexion	Warm, moist, pink; prone to skin rashes	Thick, smooth, moist, oily, soft
Mouth	Gappy teeth, rough and cracked, receding gums, grind teeth	Prone to bleeding gums, yellow teeth, can have bad breath	Strong, round healthy teeth and gums
Features	Small, thin, dry (e.g. lips)	Medium	Large, firm, soft
Hands and feet (count separately)	Small, thin, dry, cold and cracked, unsteady	Medium, warm, healthy	Large, thick, cool, firm
Legs and arms (count separately)	Thin and small, overly long or short, prominent knees	Medium	Large, thick, well-developed arms, large or stocky legs
Nails	Brittle, narrow	Medium, soft	Large, white, hard
Voice	Low, weak, hoarse	High pitched, moderate, sharp, good	Pleasant, deep voice
Body strength	Low, poor endurance	Medium	Strong with good stamina
Speech	Erratic, enthusiastic, fast and might miss out words	Clear, sharp and measured, logical	Slow, resonant, clear, rhythmic
TOTAL			

The body types

vata dosha: The qualities of vata are those of air and ether – light, dry, rough, clear, active and cold. If you are a natural vata, you will probably have similar qualities – a light build, light sleep, dry, rough skin and hair, be very active and see things quite clearly. These qualities extend to all parts of our physiology and personality. In the body, vata governs all movement, including breathing, blinking and circulation.

pitta dosha: Pitta qualities are those of fire with a little water – hot, slightly viscous, sharp, burning, penetrating and acidic. Pitta is often compared to petrol – liquid and flammable but not the flame itself. A pitta body type will have a hot temperament, sharp and penetrating mind and speech, and a strong digestive system. In the body, pitta gives us our body temperature and our acids and enzymes, which help us digest both food and information.

kapha dosha: The qualities of the kapha dosha are those of earth and water – heavy, stable, cold, smooth, slow, soft, oily and moist. Kapha, being earth and water, forms all the tissues and organs of the body, as well as all the moisture or water in and between the cells. Kapha body types are stable dislike too much activity or change.