



INTRODUCTION

The Biological Humors

If we look around at the different people in the world, we observe that we are not simply alike. The average person is a statistical abstraction who does not really exist. **Each one of us is different in many ways, both physically and mentally.** Each person possesses a unique constitution which is different from any other person's.

We must **understand our own nature** to feel good and live a happy life. Similarly, we must understand the nature of others, which may be different from our own, for harmonious social interaction. The food that is good for one person may not be good for another. As well, the psychological conditions which are favorable for one person may not suit another. **There is no standardized medicine which can adequately deal with all our individual variations.**

One of the great beauties of Ayurveda is that it so clearly helps us understand all our individual variations, special abilities and idiosyncrasies.

However, human constitutional patterns fall into general categories and do not occur at random

Three major constitution types exist according to the three biological humors that are the root forces of our physical life.

These are **The Three Doshas**

Each corresponding to the **Five Great Elements**

Vata Ether/Air-

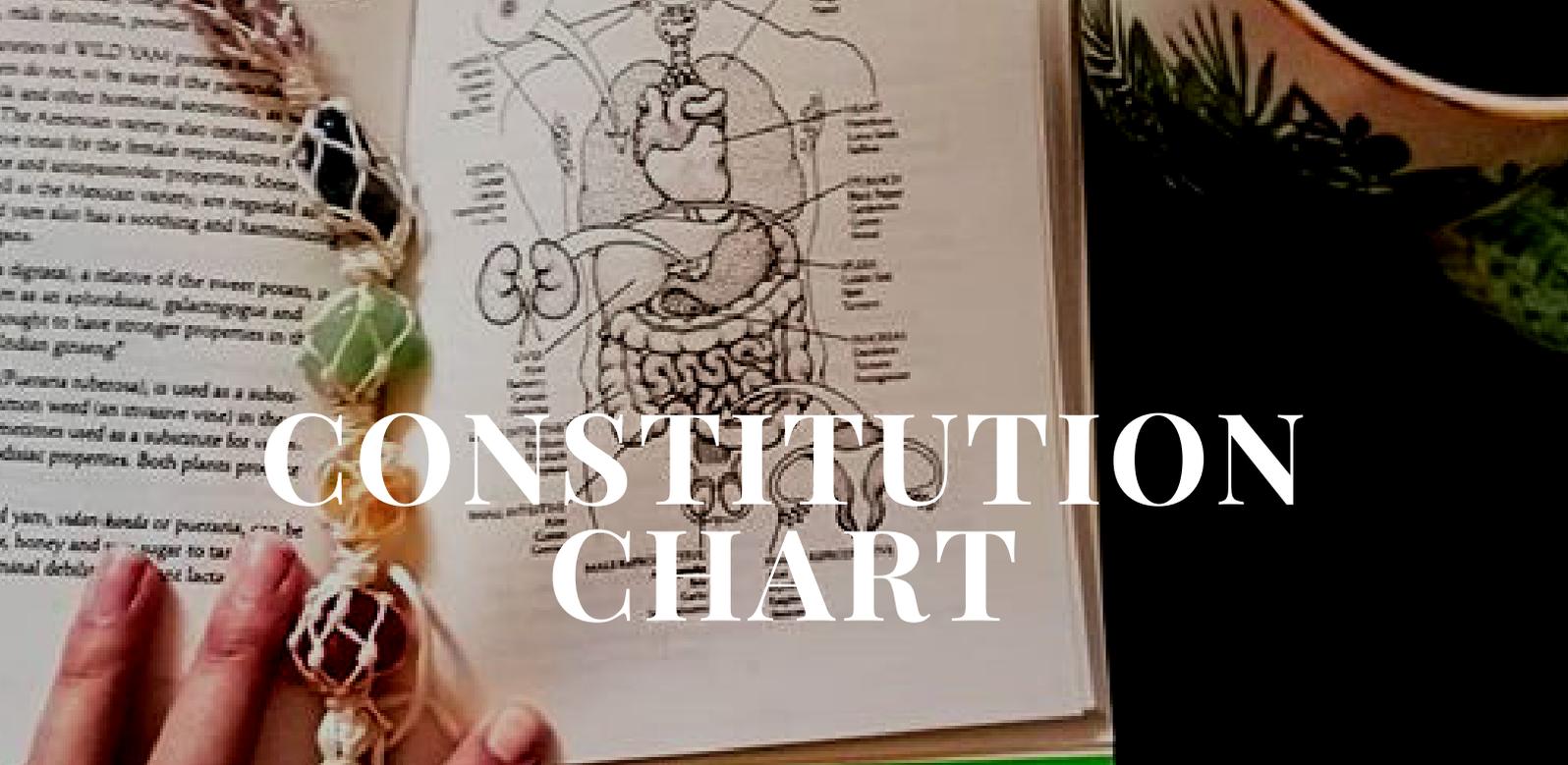
Pitta Fire/Water-

Kapha Earth/Water

Each of us possesses these three biological humors called Doshas. However, the **proportion varies according to each individual.**

Individual constitution is acquired as early as birth and remains constant all life long. While there are three general types according to the predominant Dosha, combinations and variations are possible too. Some persons are strongly made of one type, these are called **Pure Vata, Pure Pitta or Pure Kapha.**

Mixed types occur when at least two humors are present in equal proportions. Vata-Pitta, Pitta-Kapha, Vata-Kapha. When all the three doshas are in balance, we call it Vata-Pitta-Kapha.



CONSTITUTION CHART

Doshas are moving energies that constantly change according to **our actions, thoughts and emotions, but also the food that we eat, the seasons, and many other sensory inputs that feed both our mind and body.**

When we live in proper adequacy with our nature or **Dharma**, we naturally make lifestyle and dietary decisions that create balance within our Doshas. When we live against our nature, we support unhealthy patterns that lead to physical and mental imbalances.

If the proportion of Doshas in our current state is close to our birth constitution or **Prakriti**, then our health is great. However, if we live in a state of imbalance, all Doshas can be affected. This variation of the Doshas is called **Vikriti**. Hence, our goal is to maintain our Prakriti and avoid any imbalance or Vikriti to sustain health in our life.

Each Dosha has its **respective location in the body**. They are also present in our body tissues or the seven **Dhatus**, as well as in food tastes... etc.

Understanding your Doshas is **just the beginning of your journey in Ayurveda.**

Discover your own constitution chart

How can you determine your unique psychophysical nature?

*Note - All this knowledge I am sharing with you entirely comes from **David Frawley's** work. I highly recommend you his books, workshops and research.*

*You can dive deeper into Ayurveda with these three books : **Yoga & Ayurveda, Ayurveda & the Mind, The Yoga of Herbs.***

Also, remember that, even when you clearly fall into one category, **you will have your unique characteristics**. These types represent a basis for a more specific treatment and should not be turned into stereotypes.

This quiz won't replace a consultation with a qualified Ayurvedic practitioner for proper guideline and support.

Quiz

This test is a two-part quiz.

For this test, **circle the qualities you identify yourself with.** This will indicate your humors/doshas.

You can print this test and share it with your friends and family members.

You will first discover your **physical nature.**

Then you will get in touch with your **psychological nature.**

Copy your results below the test and read the answer that corresponds to **your highest results.** If you find out that you have two equal doshas, please refer to each description or to the mixed doshic description.

Remember - There is no Right or Wrong answer !

Answer this quiz **with your truth** or ask a friend or family member to guide you through the test. They might give you an objective point of view.

LET'S START

<i>HEIGHT</i>	TALL OR VERY SHORT	MEDIUM	SHORT BUT CAN BE TALL & LARGE
<i>FRAME</i>	THIN, BONY	MUSCULAR	LARGE, WELL-DEVELOPED
<i>WEIGHT</i>	LOW HARD TO HOLD WEIGHT	MODERATE	HEAVY, HARD TO LOSE WEIGHT
<i>SKIN RADIANCE</i>	DULL OR DUSKY	RUDDY, LUSTROUS	WHITE OR PALE
<i>SKIN TEXTURE</i>	DRY, ROUGH, THIN	WARM, OILY	COLD, DAMP, THICK
<i>EYES</i>	SMALL, NERVOUS	PIERCING, EASILY INFLAMED	LARGE, WHITE
<i>HAIR</i>	DRY, THIN	THIN, OILY	LARGE, OILY, WAVY, LUSTROUS
<i>TEETH</i>	CROOKED, POORLY FORMED	MODERATE, BLEEDING GUMS	LARGE, WELL-FORMED
<i>NAILS</i>	ROUGH, BRITTLE	SOFT, PINK	SOFT, WHITE
<i>JOINTS</i>	STIFF, CRACK EASILY	LOOSE	FIRM, LARGE
<i>CIRCULATION</i>	POOR, VARIABLE	GOOD	MODERATE
<i>APPETITE</i>	VARIABLE, NERVOUS	HIGH, EXCESSIVE	MODERATE BUT CONSTANT
<i>THIRST</i>	LOW, SCANTY	HIGH	MODERATE
<i>SWEATING</i>	SCANTY	PROFUSE BUT NOT ENDURING	LOW TO START BUT PROFUSE
<i>STOOLS</i>	HARD OR DRY	SOFT, LOOSE	NORMAL
<i>URINATION</i>	SCANTY	PROFUSE, YELLOW	MODERATE, CLEAR
<i>SENSITIVITY</i>	COLD, DRYNESS, WIND	HEAT, SUNLIGHT FIRE	COLD, HUMIDITY
<i>IMMUNE FUNCTION</i>	LOW, VARIABLE	MODERATE, SENSITIVE TO HEAT	HIGH

*DISEASE
TENDENCY*

PAIN

FEVER
INFLAMMATION

CONGESTION
EDEMA

DISEASE TYPE

NERVOUS SYSTEM

BLOOD, LIVER

MUCOUS, LUNGS

ACTIVITY

HIGH, RESTLESS

MODERATE

LOW, MOVE SLOWLY

ENDURANCE

POOR, EASILY
EXHAUSTED

MODERATE BUT
FOCUSED

HIGH

SLEEP

POOR, DISTURBED

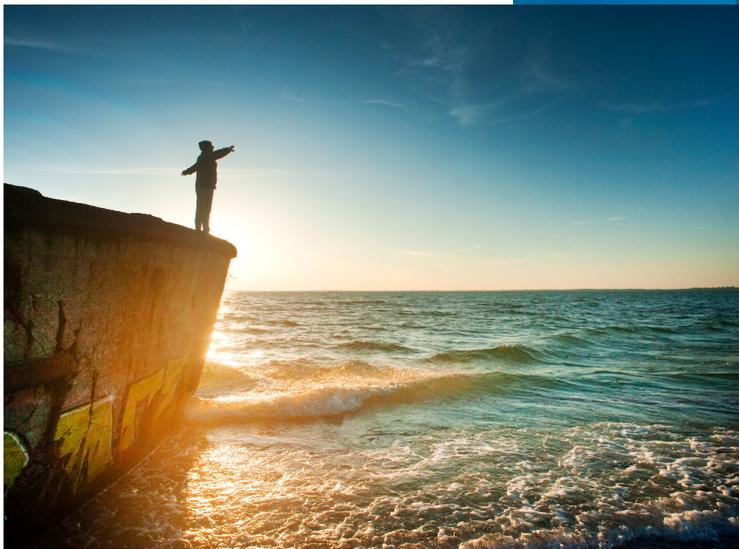
VARIABLE

EXCESS

VATA -

PITTA -

KAPHA -



VATA

People of Vata constitution tend to be physically undeveloped. Their chests are flat and their veins and muscle tendons are visible. Their complexion has a brown tinge, while the skin may be cold, rough, dry or cracked. They usually have a few moles and these tend to be dark. Vata people, in general, are either tall or short, with thin frames that reveal prominent joints due to low muscle development.

In most cases, these people have short curly hair, with thin eyelashes. Their eyes may be small, active, perhaps sunken or dull and the conjunctiva is dry and somewhat dark. Their nails may be brittle or rough, their nose bent or upturned.

Physiologically, their appetite and digestion are variable. They can consume a large meal with ease one day, but have no appetite at all the next day. They prefer hot drinks. The production of urine tends to be scanty and the feces can be dry, hard or nearly absent, with an inclination towards constipation. They seldom perspire.

Their sleep may be light, disturbed or short. Their hands and feet are often cold.

Such individuals are usually creative, active, alert and restless. They talk fast, move and walk quickly but get easily tired.

Vata people's resistance to diseases is poor, their immune system is weak and variable. They usually have issues like joint pain, arthritis, mental disorder or nervous system diseases.

Pulse - Like a Snake



PITTA

Pitta constitution people are usually of medium height, their weight, frame and muscle development is moderate. Their chests are not as flat as Vata people's and they show a moderate number of veins and muscle tendons. They may have many moles and freckles, which are bluish or brownish-red.

Their bones are not as prominent as those of the Vata type. Pitta people's complexion may be coppery, yellowish, reddish or fair. Their skin is soft, warm and less wrinkled than Vata skin.

Their hair is thin, silky, red or brownish and they have an inclination towards early graying or baldness.

Their eyes may be gray, green or copper-brown. Their eyeballs are usually of medium prominence with a vision which tends to be poor. The conjunctiva is usually moist and copper-colored, the nails soft, the shape of the nose is sharp and its tip may be reddish.

Physiologically, Pitta people have a strong metabolism, a good digestion and a strong appetite. They usually ingest large quantities of food and liquid, and they enjoy cold drinks. Their sleep is moderate yet uninterrupted and their feces are yellowish, soft and plentiful. They usually perspire a lot. Their body temperature is high and their hands and feet are usually warm. They can hardly stand heat or sunlight.

They are prone to fever, infections and inflammatory diseases.

Pulse - Like a Frog



KAPHA

Kapha people usually have well-developed bodies. However, they tend to be overweight. Their chests are expanded and broad, veins and tendons are not prominent because of the thickness of their skin. Their muscle development is good and their bones are not protruding. In most cases, Kapha people's complexion is fair, white or pale.

Skin tends to be soft, oily, moist and cold. Hair is thick, dark, soft and wavy. Their eyes are dense, black or blue, the white of the eye is usually intense, large and attractive. The conjunctiva is seldom reddish.

Physiologically, Kapha people have a poor but regular appetite, their digestion is slow, and they usually consume less food than the other types.

They tend to move slowly. Their stools are generally soft and may be pale with slow evacuation. Their perspiration is moderate. Sleep is sound, prolonged or excessive. They generally have strong endurance and good stamina, and they are often healthy and satisfied.

They have very good resistance to diseases but they are prone to congestive disorders with an inclination towards respiratory system diseases, mucus and edema.

Pulse - Like a Swan

<i>DREAMS</i>	FREQUENT DISTURBED	MODERATE COLORFUL	SCARCE ROMANTIC
<i>MEMORY</i>	QUICK BUT ABSENT-MINDED FORGET EASILY	SHARP, CLEAR	SLOW BUT REMEMBER FOREVER LIKE AN ELEPHANT
<i>SPEECH</i>	FAST, TALKATIVE	SHARP, CUTTING	SLOW, MELODIOUS
<i>TEMPERAMENT</i>	NERVOUS CHANGEABLE	MOTIVATED	CONTENT, CONSERVATIVE
<i>POSITIVE EMOTIONS</i>	ADAPTABILITY	COURAGE	LOVE
<i>NEGATIVE EMOTIONS</i>	FEAR, ANXIETY	ANGER	ATTACHMENT
<i>FAITH</i>	VARIABLE, ERRATIC	STRONG DETERMINED	STEADY, SLOW TO CHANGE
<i>VOICE</i>	LOW, WEAK	HIGH PITCH, GOOD SHARP, MODERATE	PLEASANT, DEEP, GOOD TONE
<i>MENTAL NATURE</i>	QUICK, ADAPTABLE INDECISIVE	INTELLIGENT, CRITICAL PERSUASIVE	SLOW, STEADY, DULL
<i>HABITS</i>	LIKE SPEED, TRAVELING JOKES, STORIES, PLAYS, ARTISTIC ACTIVITIES	COMPETITIVE SPORTS DEBATES, POLITICS RESEARCH	COOKING, WATER Activities FLOWERS, COSMETICS
<i>FINANCES</i>	EARN AND SPEND QUICKLY	SPEND ON SPECIFIC GOALS, PROJECTS	HOLD ON TO MONEY
	<i>VATA -</i>	<i>PITTA -</i>	<i>KAPHA -</i>



VATA

Vata types are nervous, anxious or afraid. They are often worried, upset or distracted, even if there is no real problem in their life. They may be hesitant and unsure which presents as restlessness or agitation.

Under the influence of air or wind, they find it difficult to settle down or to feel at ease. They are sometimes overenthusiastic and excited. They are mentally changeable, excitable and indecisive, and have good but erratic mental power

They are good at both grasping and forgetting. They become attached to people as quickly as they detach themselves from them, they get emotional and express their emotions easily, before forgetting them in the blink of an eye.

Their mind and senses are sensitive, but unsteady. They lack courage and often show cowardice. Generally, they are of solitary nature and do not have lots of friends. However, they are good at forming friendships outside their social sphere.

They are no good leaders, but no good followers either. They are not materialistic and do not tend to accumulate things or money, which they spend quickly and easily.

Vata people do great in advertising, creative jobs, painting, dancing, design etc. They are good travelers.



PITTA

Pitta types are prone to fiery emotions like irritability and anger. They are logical, critical, perceptive and intelligent.

They get emotional quickly and have no trouble expressing anger. They are articulate, convincing and self-righteous. Pitta people usually have a strong will, they are also dignified and good leaders.

Although they can be very helpful and kind to friends and followers, they can also be cruel and unforgiving to opponents

They are bold, adventurous, daring and reckless. Pitta people are inventive, ingenious and possess good mechanical skills.

Their memory is sharp and unsentimental. They are more concerned with power accumulation than with material resources, but they gather the latter in order to make ends meet.

Pitta types will be great scientists, politicians, advocates or lawyer.



KAPHA

Kapha refers to watery emotions, like love and desire, romance and sentimentality. Kapha people are kind, considerate and loyal, but also slow to respond, conservative, shy and obedient.

They tend to have many friends and to be very close to their family, community, culture, religion and country.

But they can also be closed-minded outside their usual activity sphere.

They rarely travel and are happier at home. They easily become attached and find it hard to detach themselves from people.

Even though they can easily display affection, they are slow to express emotions, particularly anger.

They are mentally steady and their sense of forethought is good, but they need time to consider things properly.

Kapha people tend to be great counsellors, advisors, doctors etc.



VATA - PITTA

Vata-Pitta types have the volatility of air and fire combined. Fear and anger mix within them in an unpredictable way. If something does not scare them, it drives them mad.

They are apt to be defensive and suspicious, and find it difficult to trust anyone. They move from aggressive to defensive attitude, from self-justification to criticism.

Vata-Pitta types need encouragement, patience and consideration (water). They need to create a lifestyle in which they take care of themselves and in which others can help them to do so.

They need a supportive environment and must allow other people to share their work.

Usually, Vata-Pitta people are highly intelligent. They must be consistent but gentle in their life regimens and avoid any kind of excess. They benefit from a maternal (Kapha) force which helps them keep their feet firmly on the ground.



PITTA - KAPHA

Pitta-Kapha have both energy (fire) and stability (water) and generally, they are physically stronger than the other types. They have good resistance and are generally very healthy.

They are strong and satisfied with who they are and what they do. Psychologically, they are also strong, and are unlikely to seek assistance from a therapist, unless they have been unsuccessful in life.

Pitta-Kapha types lack adaptability and flexibility (air). They prefer to dominate and control, and tend to be conservative and possessive

This leads them to eventual suffering and frustration because life must mostly remain beyond our power.

They often break down later in life, after failing in some major undertaking. In their case, such failures are often a blessing in disguise which give them the opportunity to look within.

Although they may be successful in the outer world, they may have difficulties in spiritual practices, unless they learn to develop lightness, detachment and surrender.

They require more activity, creativity and new challenges (more Prana - Life Force). They need to move on from what they have succeeded in and to avoid getting caught in power and control.



KAPHA - VATA

Kapha-Vata types lack energy, motivation, passion and enthusiasm. They simply do not have the fire to get going in life, however much they may want to.

They are weak, passive, dependent, hypersensitive and extremely yin. They agree with what they are told but lack energy to implement it. They are both emotionally and mentally (nervously) unstable, easily disturbed and frightened.

They possess amorphous or chameleon personalities and will appear as you want them to be. Their judgment and discrimination tend to be poor and they easily get carried away by wrong associations or emotional influences.

On the positive side, Kapha-Vata types are sensitive, humble and adaptable. They can be highly artistic, imaginative or creative.

They are considerate of others, they feel no violence or ill-will toward anyone but blame themselves. They tend to be naive and need to be more realistic about other people and their motivations. Kapha-Vata have to be careful not to let themselves be used or controlled. To do so, they need to be more assertive and to challenge their fears.

They are receptive to warmth and firmness but it is hard for them to be consistent in their responses. They must learn to develop clarity, motivation and determination.

However, once they turn their deep sensitivity to the right direction, they can meet inner sources of love and grace and develop healing powers



VATA- PITTA- KAPHA

Some people gather the three biological humors in relatively equal proportions.

Physical issues may involve one dosha which is currently out of balance. Their condition can be changing on a psychological level as well.

They need adaptability and a comprehensive approach.

Generally, it is best to deal with any Vata problems they may have first, particularly through psychological therapies, because Vata is the biological humor which is the most likely to cause problems.

Pitta problems can be dealt with in a second phase, because they are less problematic, and finally, Kapha problems, which are the least important.

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