

**Quiz: Which constitution are you?**

Characteristic	<b>Kapha</b>	√	<b>Pitta</b>	√	<b>Vata</b>	√
<b>Frame</b>	large frame stout, thick, muscles not visible		medium frame moderately developed, muscles visible		thin, poorly developed, tall or short	
<b>Body weight</b>	heavy, obese		moderate		low, prominent bones	
<b>Disease Tendency</b>	mucus, congestion, water		inflammation, infection, heat, fever		pain, nerve diseases	
<b>Skin</b>	thick, oily, cool		moist, soft, oily, warm, moles, freckles, acne, pink		dry, rough, cool, thin, cracked, veins visible	
<b>Hair</b>	thick, oily, wavy, dark or light		soft, oily, fine, yellow, red, early gray, balding		brown, black, dry, kinky, wavy, scanty, coarse	
<b>Eyes</b>	big, wide, prominent, blue, thick, oily, white sclera		medium size, penetrating gaze, green, gray, red or yellow sclera		active, dry, brown, black, small, thin, unsteady	
<b>Elimination</b>	oily, thick, slow, heavy		loose, soft, oily		constipation, hard, dry, pain	
<b>Mind</b>	calm, slow, steady		aggressive, perceptive		restless, curious, short attention	
<b>Personality Strength</b>	loyalty, calm, contentment		leadership		creativity	
<b>Personality Weakness</b>	greed, attachment, self-centered		jealousy, irritability, aggression		anxiety, insecurity, fear	
	Total		Total		Total	

<b>To Balance Kapha</b>	<b>To Balance Pitta</b>	<b>To Balance Vata</b>
<i>Be Active</i>	<i>Be Calm</i>	<i>Be Moderate</i>
Stimulating activities	Rest and relax	Adequate sleep
Physical labor	Cut down the schedule	No staying up late
Stay warm, stay active	Cut down striving	Disciplined schedule
Sunlight	Stay cool	Regular hours
Less sleep (shorter nights rest, no naps)	Take in cool breezes	Consistency
Mix it up (variety of activities)	Gardens and gardening, flowers	Take in the sun

Avoid cold and damp	Contentment	Sexual moderation
Cultivate physical challenges	Forgiveness	Mild physical effort
Mental stimulation	Simplify your life	Avoid wind and cold
Promote travel	Avoid the sun	Avoid overwork
Avoid "couch potato" behavior	Moonlight	Avoid all types of stress
		Avoid intense travel
		Avoid excess stimulation (TV, noise, sugar, etc.)