



Prakruti Quiz

This quiz gathers information about your nature—the way you were as a child and the basic patterns that have been true for most of your life, not necessarily today. Think about your lifelong tendencies when answering these questions. Don't worry if some of the descriptions don't describe you exactly.

Instructions

PLEASE READ CAREFULLY: Score a 5 for the description that most closely describes you, 1 for the one that least describes you, and 3 for the one that falls in the middle.

EXAMPLE: My natural frame can best be described as:	3	Slight and narrow	5	Average, with good muscle tone	1	Sturdy and strong
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My natural frame can best be described as:		Slight and narrow		Average, with good muscle tone		Sturdy and strong
My lifelong tendency with weight has been:		I typically don't gain weight easily, or I have trouble keeping it on		I can gain or lose weight easily, depending on what I focus on		I tend to gain weight easily and can have difficulty losing it
Most of my life, my body temperature has typically felt:		Cold—my hands and feet are usually cold and I prefer warm environments		Warm—I am usually warm regardless of the season and prefer cool environments		Comfortable—I am adaptable to most temperatures
In general, my appetite is:		Inconsistent—my hunger fluctuates and I tend to nibble, or sometimes forget to eat		Strong—I feel ravenous and can get irritable if I eat late; I don't like to skip meals		Steady—I tend to feel full for a while after meals and can comfortably delay eating if I need to
Throughout my life, my stamina over the course of a day has been:		Mild—I tend to start strong with lots of energy, but lose steam		Average—but I can push myself with a mind-over-matter attitude when needed		Enduring—I have great stamina but don't typically like to test it

My lifelong tendency with sleep has been:	<i>I am a light sleeper and awaken easily</i>	<i>I sleep soundly for shorter periods of time than most people</i>	<i>I enjoy deep, long sleep</i>
I prefer my daily routine to be:	<i>Flexible and spontaneous—I like to mix it up</i>	<i>Goal-oriented and challenging—I enjoy long, productive days</i>	<i>Predictable and steady—I'm good at keeping a routine and like structured days</i>
Most of my life, I have most often made choices:	<i>Spur-of-the-moment—I often do things spontaneously based on my feelings and sometimes second-guess myself later</i>	<i>Precisely—I arrive at the best choice after researching options and am confident with my decisions</i>	<i>Slowly—I like to take my time making decisions or am fine with others making the decisions</i>
For the majority of my life, my primary temperament has been:	<i>Enthusiastic—I enjoy trying new things</i>	<i>Purposeful—I am goal-oriented</i>	<i>Easygoing—I like to go with the flow</i>
Usually, when under stress I become:	<i>Anxious and worried</i>	<i>Irritated and impatient</i>	<i>Withdrawn and unmotivated</i>
	Total Vata	Total Pitta	Total Kapha

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Interpreting Your Results

The Prakruti quiz is an inquiry into the proportion of each of the three principles—Vata, Pitta, and Kapha—within your unique mind-body constitution. Your score in this section reflects your basic nature. These characteristics tend to change slowly over your lifetime.

- The principle that received the highest score is the most predominant force in your overall mind-body make-up.
- The principle that received the next highest score is the secondary force in your constitution.
- The lowest scoring principle, while still an active force in your mind-body physiology, is the least dominant in your particular constitution.

If two of the scores are the same, or very close in score, you are bidosha in nature and have two predominant doshas. This is common and you will find that you exhibit characteristics of these two doshas equally in your mind-body physiology. These will remain your general tendencies over the course of your life.