

TARA™

AYURVEDA

CONSTITUTIONAL ANALYSIS

In each of us resides the elements Ether, Air, Fire, Water and Earth.
To discover which elements predominate in your constitution,
mark the characteristics which pertain to you most.



Vata
(Ether & Air)



Pitta
(Fire & Water)



Kapha
(Water & Earth)

PHYSICAL FRAME	m thin, tall or short, small boned	m medium, well proportioned	m thick, stout, stocky, well developed, large boned
BODY WEIGHT	m light, prominent joints, under developed muscles	m moderate, good muscles, athletic physique	m overweight, heavy
SKIN	m dry, rough, cool, cracked, prominent veins, thin, fine pores	m soft, oily, warm, fair, sensitive, red, moles, skin eruptions, yellowish	m thick, oily, prone to acne, cool, pale
HAIR	m dry, curly, frizzy, kinky, coarse,	m fine, oily, baldness, early graying, reddish or blonde	m thick, shiny, oily, lustrous, wavy
EYES	m small, dry, dark, few eyelashes	m medium, sharp, penetrating, green, yellowish, light sensitive	m large, round, blue or brown, thick eyelashes
LIPS	m thin, dry, chapped	m soft, medium	m large, smooth, full
TEETH	m can be crooked or protruded	m yellowish, sensitive gums	m strong, white, large, even
NAILS	m brittle, ridged, cracked	m soft, flexible	m strong, thick
STRENGTH	m low, poor endurance	m medium	m strong, good endurance
APPETITE	m variable, erratic, small amounts frequently	m strong, unbearable at times, persistent	m slow but steady
PHYSICAL ACTIVITY	m very active	m moderate	m less active, can be lethargic
MIND	m active, restless	m intelligent, sharp, focused	m calm slow
EMOTIONAL TEMPERAMENT	m changeable, fearful, unpredictable, insecure, anxious, nervous	m assertive, aggressive, easily irritated, hot tempered, angry	m waves of emotions, tearful, attached, calm, passive

(continued on reverse)

TARA™

AYURVEDA

CONSTITUTIONAL ANALYSIS (CONTINUED)



Vata
(Ether & Air)



Pitta
(Fire & Water)



Kapha
(Water & Earth)

MEMORY	m recent memory good, remote memory poor	m excellent	m slow but sustaining
SPEECH	m fast, talkative, breathy	m sharp, precise	m slow, melodic
SLEEP	m scanty, interrupted	m little but sound	m deep and prolonged
DREAMS	m fearful, flying, movement	m fiery, angry, violence, passionate	m watery, ocean, river, peaceful, romantic
ELIMINATION	m dry, hard, constipation	m soft, oily, loose	m thick, oily, heavy, slow
IMBALANCE TENDENCY	m constipation, nervousness, anxiety, insomnia, cracking, popping joints	m inflammatory disease, hypertension, rash, skin disorder, hypersensitive, aggressive behavior	m respiratory congestion, water retention, obesity, lethargy, cystic acne, lymphatic congestion

TOTAL

Constitutional Analysis: _____

NAME: _____

DATE: _____

Reference: *Ayurveda, The Science of Self Healing* by Dr. Vasant Lad