

DOSHAS (RELATED ELEMENTS)	VATA AIR/SPACE Controls Movement	PITTA FIRE/WATER Controls Metabolism	KAPHA EARTH/WATER Controls Structure
Functions	Thought, circulation, nervous system, elimination, muscle movement	Digestion, appetite, heat production, intellectual tasks, vision	Building processes, stability, strength, mucus membranes, fat, lymph system
General Description	Cold, dry, rough, light, moving, quick, subtle, unstable	Hot, moist, bright, sharp, high metabolism	Cool, moist, heavy, sweet, stable, slow, soft
Frame and Weight	Thin, may be lanky; tendency to lose weight	Med. build; fairly easy to gain or lose weight if desired	Large/tall or stocky; heavy or round; difficult to lose weight
Skin	Dry, may be rough and/or thin	Fair, reddish, or freckled; slightly oily, irritated	Thick, smooth, may be moist or oily; pale
Body Temp.	Cold extremities	Warm; easily over heated	Cool
Hair	Dry, brittle and/or course, kinky or frizzy	Fine/soft; thinning or balding; graying; light or red	Thick/soft; dark, wavy, lustrous; may be oily
Eyes	Small and active; usually dark	Medium; light; penetrating gaze; possible redness	Large; calm, kind, pleasant; may be "liquid"
Teeth	May be large or irregular	Medium size, may be yellow	Strong, white
Tendons and veins	Prominent	Medium	Deep, hidden
Joints	Dry, thin and prominent; tendency to crack	Medium, loose and flexible	Large, strong, well-knit and padded
Muscles	Thin, hard, sensitive	Good muscle development	Thick, soft
Mental Process	Active, restless, creative mind; mood swings; racing, scattered thoughts	Brilliant, keen intellect; aggressively sharp mind & speech; articulate	Methodical, thoughtful, slow and deliberate thinking and speaking

Temperament	Lively, enthusiastic, disorganized; likes change	Purposeful, intense, joyful, organized; likes to convince	Easy going, accepting; generous, understanding; supportive
Sleep Patterns	Light sleeper; tendency to awaken easily; may have insomnia	Moderately sound sleeper, usually needing less than eight hours	Sleep is deep and long; tends to awaken slowly and feel groggy
Under Stress	Becomes anxious and/or worried	Becomes irritable and/or angry; aggressive or mean	Becomes withdrawn and/or reclusive
Memory	Quick to learn and to forget	Medium	Slow to learn and to forget
Weather pref.	Warm, not windy	Cool	Warm/dry
Perspiration	Less	More	Average
Financial	Spends easily on trifles; enjoys shopping	Prefers to spend on luxuries; researches and plans purchases	Prefers to save
Appetite	Variable; may forget to eat	Strong; needs to eat meals on time	Slow, steady
Digestion	Irregular; prefers warm food and drinks	Sharp, excess acid; prefers cold food and drinks	Slow, heavy; prefers sweets
Elimination	Variable, dry; tendency for constipation	Loose, frequent	Regular, formed
Menstruation	Spotty, irregular, crampy	Intense, heavy, may be painful	Regular, smooth
Sex Drive	Variable or low	Passionate	Strong, steady
TOTALS			