

# Ayurvedic Lifestyle



## Understanding your Body Type -

### Pakriti and Vikriti

Discover your innate strengths and vulnerabilities through the following questionnaires.

**Your mind-body constitution:** Every individual is born with a certain proportion of various energies and elements. This is called one's "prakriti". Understanding our constitution makes us aware of our unique strengths and vulnerabilities guiding us to follow an ideal health regime for disease cure and prevention. The following table will give you a brief idea about your body type. Then continue to the Self Care Tips for details about how to adjust your lifestyle to suit your constitution.

### Body type questionnaire simplified

The answers should be based on your tendency throughout your entire life.

Criteria	Vata	Pitta	Kapha
<b>Personality</b>	Light & easy Enthusiastic & vivacious	Analytical & driven Competitive & challenging	Loving & caring Supportive & concerned
<b>Body frame</b>	Tall or short	Muscular, strong	Large, broad, curved
<b>Weight</b>	Slim Loose easily	Moderate weight Steady	Heavy build Gains easily
<b>Movements / walking</b>	Quick and easy	Fast and measured	Slow and heavy
<b>Professions</b>	Teachers, Philosophers, communicators, organisers	Leading, negotiating, brokers	Nursing, domestic care, cooks

<b>Activities</b>	Quick and restless Starts things, may not finish	Moderate, directed Enjoys completing tasks	Slow but steady Enjoys repetitive tasks
<b>Sleep</b>	Light and short (5-7 hours)	Medium with colourful dreams	Deep and long 7-9 hours)
<b>Dreams</b>	Flying, jumping, climbing	Challenges, fights	Water bodies, food, clouds

<b>Appetite and eating</b>	Influenced by external factors. Eats large or very small quantity	High level. Needs large amounts of food	Slow and steady Needs moderate amount
----------------------------	--	--	--

<b>Mind</b>	Active, imaginative	Analytical, driven	Sensitive, steady
<b>Memory</b>	Good short term	Moderate in both	Good long term
<b>Learning ability</b>	Quick to learn and forget	Needs to analyse	Slow. Good retention
<b>Temperament</b>	Nervous, shy	Determined, motivated	Resilient, conservative
<b>Excitability</b>	Quick and temporary	Very quick, can endure	Very slow
<b>Talking</b>	Fast, uneven, may miss words	Sharp, provocative, calculated, logical	Slow, resonating, clear

<b>Weather preference</b>	Warm, moist weather Spring, autumn	Cold weather Winter, rain	Warm, dry weather Summer
<b>Flavour preference</b>	Sweet, sour, salty tastes	Bitter, astringent, sweet tastes	Pungent, astringent, bitter
<b>Work preference</b>	Communication, planning, forecasting	Marketing, analytical, crisis management	Caring, maintaining, repeated activities

<b>Mouth</b>	Spaces in between teeth	Bleeding gums	Rounded teeth
<b>Skin</b>	Thin, cool, needs moisturiser	Sensitive, warm, reddish, less hairy. Seeks shade	Cool, thick, oily Loves sun
<b>Hair</b>	Curly, thin or dry. Profuse	Coloured, shiny, thin	Thick, flowing, rich, oily
<b>Nose</b>	Thin, crooked	Sharp, pointed	Rounded, big
<b>Earlobe</b>	Small, thin	Pointed tips	Fleshy and oily
<b>Nail</b>	Rough, dry, brittle, bitten	Soft, pink, strong	Soft, large, white

<b>Circulation</b>	Poor circulation	Good circulation	Moderate circulation
--------------------	------------------	------------------	----------------------

<b>Urination</b>	Variable timing, small amount	Regular, mildly strong	Pale, milky, large quantities
<b>Defecation</b>	Variable timing, hard	Regular, soft	Regular, large quantities
<b>Sweating</b>	Depends, usually less	Easy to sweat	Sweats profusely
<b>Thirst</b>	Variable	Very often	Seldom

<b>Usual emotional imbalances</b>	Anxiety, fear, worry, excessive thoughts – ‘can’t switch off’	Frustration, anger, vengeance, jealousy	Depression, lack of motivation, static, dependant
<b>Usual disease tendencies</b>	Aches and pain Weight loss Inadequate circulation Neuromuscular conditions	Acidity and heartburn Overheating Overflow (e. g: diarrhoea) Digestive problems	Weight gain Sluggishness Unmotivated Circulatory insufficiencies
<b>Total %</b>			

### Your present imbalance - Vikruti

Criteria	Vata Imbalance	Pitta Imbalance	Kapha Imbalance	Healthy state
<b>Sleep</b>	Restless, Interrupted	Night sweats	Deep, long Heavy	Easy to fall asleep Deep sleep is maintained Refreshed when wake up
<b>Dreams</b>	Flying, fearful Teeth loss, travel	Violent, anger Fire, fights	Melancholy Water, sewerage	Can't remember
<b>Appetite</b>	Fluctuates Restless after eating	Excessive Tired after eating	Weak appetite Sleepy after eating	Excellent Energised after eating
<b>Digestion</b>	Gas, bloating Headaches	Heartburn, Excessive sweating	Feel heavy and sluggish Excessive salivation	No discomfort
<b>Energy</b>	Fluctuates	Agitated	Low, sluggish	Excellent, steady

<b>Craving</b>	Crisps, fizzy drinks, protein	Sugar, cold water & alcohol	Cheese, potatoes, Deep fried	<b>Almost never</b>
<b>Urine</b>	Clear, scanty With pain	Strong, odorous Burning sensation	Milky, excessive Incomplete feeling	<b>4-5 times daily Normal</b>
<b>Defecation</b>	Constipated Unsatisfied	Diarrhoea Unsatisfied	Sticky and heavy Unsatisfied	<b>1-2 times daily Satisfied</b>
<b>What do you think about the world?</b>	Very confusing	Very violent	Hopeless	<b>World is a teacher</b>
<b>Total %</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>	

**Now you have ascertained your mind/body constitution here are some tips to stay in balance.**

### **Vata lifestyle tips**

**If you are a predominantly vata constitution it may be helpful to incorporate the following adjustments into your life.**

**Avoid:**

- > Irregular eating, sleeping, exercising, working times
- > Frequent drastic changes in climate and environment
- > Situations that threaten your security and serenity
- > Over activity whether it be work, exercise or socialising
- > Excessive intake of stimulants such as caffeine, sugar, alcohol, recreational drugs.
- > Too many foods that are either raw, cold, dry, bitter, pungent or astringent.
- > Exposure to cold, dry and windy weather
- > Fasting or stringent dietary restrictions.

**Favour:**

- > Regulated eating, sleeping, exercising and working hours
- > Pleasantly warm and moist climates
- > Supportive friends and a calming living and working environment
- > Moderation in all things.(including talking, working, exercising)
- > Warming essential oils such as musk, wintergreen, lemongrass
- > Earthing and energising colours such as brown, maroon, yellow and orange
- > Daily meditation, yoga nidra and self massage
- > Foods that are cooked, lidoqur, warm, sweet, sour and salty

## Pitta lifestyle tips

---

If you are a predominantly pitta constitution it may be helpful to incorporate the following adjustments into your life.

### Avoid:

- › Having unrealistic expectations of oneself and others
- › Violent or passionate stimuli
- › Situations that will make you angry or irritable
- › High pressure jobs or situations
- › Spicy, oily, salty, acidic, fermented food and alcohol
- › Hot, humid weather, water or air (e.g: sun, shower and hairdryer)
- › Eating when stressed or in a rush

### Favour:

- › Cultivate a calm and patient mind-set
- › Soothing and peaceful company
- › Work that is challenging but not stressful
- › Food that is sweet, bitter, astringent, cooling and juicy
- › Calming music, cool breezes and water
- › Cooling exercise in an uncompetitive spirit such as swimming, dancing, yoga
- › Essential oils such as sandalwood, lavender, jasmine, rose and vetivert
- › Pastel colours and white
- › Simplifying ones lifestyle and desires

## Kapha lifestyle tips

---

If you are a predominantly kapha constitution it may be helpful to incorporate the following adjustments into your life.

### Avoid:

- › Being sedentary for long periods
- › Staying in dissatisfactory circumstances
- › Being overly dependant on others for happiness and security
- › Overindulging in rich, fatty, sweet, salty or sour foods
- › Overeating, oversleeping and underexercising
- › Lack of mental stimulation and creative activity
- › Cold, moist weather

### Favour:

- › Vigorous exercise and challenging endeavours
- › Sharing abundance and joy with others
- › Positive change and risk taking
- › Food that is light, low fat, pungent, astringent and bitter
- › Skipping meals when not hungry
- › Rising in the early morning
- › Learning new and stimulating things
- › Cinnamon, clove, cedar and juniper essential oils
- › Rich and warming colours with patterns