

	VATA Dosha	PITTA Dosha	KAPHA Dosha
Body Size	Slim	Medium	Large
Body Weight	Low. Sometimes I forget to eat or have a tendency to lose weight.	Medium. Easy for me to gain or lose weight.	Overweight. I gain weight easily and have difficulty losing it.
Face	Oblong and narrow	Angular	Round
Eyes	Small and active.	Medium with intense gaze	Large and gentle.
Skin	Dry, thin, rough, dark, cool	Medium, rosey, oily, smooth, prone to acne and irritation, warm	Thick, smooth, moist, pale, cool
Hair	Dry, frizzy, thin,	Fine, straight, oily, early graying and thinning	Thick, oily, wavy/curly, luxuriant
Joints	Cold, thin, prominent, cracking	Moderate, flexible, loose	Large, well padded, lubricated
Mental Activity	Always active	Moderate	Dull and slow
Emotions	Flexible. Under stress prone to anxiety, fear, uncertainty.	Determined, intense. Under stress prone to anger, hate, jealousy	Calm, loving, mellow. Under stress prone to attachment, greed.
Speech	Rapid, excessive, rambling	Clear, precise, sharp, argumentative	Slow, deep, prolonged
Appetite	Irregular and skips meals	Strong and needs to eat 3 meals	Slow and may skip a meal.
Elimination	Tends to be constipated and elimination is variable.	Tends to be loose and may have 2 -3 eliminations daily.	Well formed and passes easily with daily elimination
Temperature	Hands and feet are usually cold and prefers warm environments.	Usually feels warm, preferring cooler environments.	Adaptable to most temperatures but dislikes cold, wet weather.
Sleep	Light sleeper and easily awakens with difficulty falling back to sleep.	Moderately sound sleeper and when awoken can fall easily back to sleep; feel rested with less than eight hours.	Deep sleeper with difficulty waking up in the morning.
Total			