

ASPECTS

VATA air + space

PITTA fire + water

KAPHA water + earth

OBSERVATION (*druk*) and INSPECTION OF BODY STRUCTURE AND SHAPE (*aakruti*)

Body frame	<input type="checkbox"/> Extremes: tall, short	<input type="checkbox"/> Medium, muscular	<input type="checkbox"/> Broad, solid, sturdy
Weight	<input type="checkbox"/> Thin	<input type="checkbox"/> Average	<input type="checkbox"/> Heavy
Abdomen	<input type="checkbox"/> Thin	<input type="checkbox"/> Muscular	<input type="checkbox"/> Thick, soft
Tendons, veins	<input type="checkbox"/> Prominent	<input type="checkbox"/> Medium	<input type="checkbox"/> Deep, hidden
Joints	<input type="checkbox"/> Cracking	<input type="checkbox"/> Loose, medium	<input type="checkbox"/> Well-knit, large
Skin colour and complexion characteristics	<input type="checkbox"/> Blackish	<input type="checkbox"/> Yellowish, reddish	<input type="checkbox"/> Fair, with lustre
Hands	<input type="checkbox"/> Dry, rough	<input type="checkbox"/> Inflamed, oily	<input type="checkbox"/> Thick, smooth
Nails	<input type="checkbox"/> Dry, pallid	<input type="checkbox"/> Medium, red,	<input type="checkbox"/> Wide, strong
Hair	<input type="checkbox"/> Dry, brittle, thin	<input type="checkbox"/> Soft, pink	<input type="checkbox"/> Smooth, thick, oily
Eyes	<input type="checkbox"/> Dry, coarse, unruly	<input type="checkbox"/> Fine, oily, thinning	<input type="checkbox"/> Thick, lustrous, wavy
Mouth	<input type="checkbox"/> Small, dry, dull	<input type="checkbox"/> Fiery, intense	<input type="checkbox"/> Large, gentle, moist
Teeth	<input type="checkbox"/> Receding gums	<input type="checkbox"/> Soft/pink gums	<input type="checkbox"/> Pink gums
Tongue (<i>jiva</i>)	<input type="checkbox"/> Irregular	<input type="checkbox"/> Medium, yellow	<input type="checkbox"/> Even, strong, white
Colour	<input type="checkbox"/> Thin, short, trembling	<input type="checkbox"/> Medium, pointed	<input type="checkbox"/> Large, round, thick
Coating	<input type="checkbox"/> Pale, dull	<input type="checkbox"/> Red, yellow, green	<input type="checkbox"/> Pale, white
Moisture	<input type="checkbox"/> Brown or black	<input type="checkbox"/> Yellow	<input type="checkbox"/> White, mucous
Speech	<input type="checkbox"/> Dry	<input type="checkbox"/> Moist or red & dry	<input type="checkbox"/> Wet
Vocal qualities (<i>shabda</i>)	<input type="checkbox"/> Fast, talkative	<input type="checkbox"/> Forceful	<input type="checkbox"/> Deep, few words, slow
Movement	<input type="checkbox"/> Rough	<input type="checkbox"/> Shrill	<input type="checkbox"/> Melodious
	<input type="checkbox"/> Quick, changeable	<input type="checkbox"/> Decisive	<input type="checkbox"/> Slow, deliberate

TOUCH AND PALPATION (*sparshana*)

Temperature	<input type="checkbox"/> Cold	<input type="checkbox"/> Warm	<input type="checkbox"/> Cool
Circulation	<input type="checkbox"/> Poor, cold extremities	<input type="checkbox"/> Good, warm	<input type="checkbox"/> Slow but steady
Pulse (<i>nadi pariksa</i>)	<input type="checkbox"/> Erratic, snake-like	<input type="checkbox"/> Moderate, frog-like	<input type="checkbox"/> Broad, slow, swan-like

ASKING QUESTIONS (*prashna*)

Appetite	<input type="checkbox"/> Variable	<input type="checkbox"/> Strong, excessive	<input type="checkbox"/> Slow but constant
Thirst	<input type="checkbox"/> Variable	<input type="checkbox"/> Excessive, strong	<input type="checkbox"/> Scanty, little
Digestive power (<i>agni</i>)	<input type="checkbox"/> Variable	<input type="checkbox"/> Strong	<input type="checkbox"/> Slow
Evacuation faeces (<i>mala</i>)	<input type="checkbox"/> Dry, hard, constipated	<input type="checkbox"/> Soft, oily, loose	<input type="checkbox"/> Thick, oily, heavy
urine (<i>mutra</i>)	<input type="checkbox"/> Erratic, thready	<input type="checkbox"/> Profuse, strong odour	<input type="checkbox"/> Profuse, pale, infrequent
sweat (<i>sweda</i>)	<input type="checkbox"/> Light	<input type="checkbox"/> Profuse, strong odour	<input type="checkbox"/> Medium
menstruation	<input type="checkbox"/> Light	<input type="checkbox"/> Heavy	<input type="checkbox"/> Medium
Climate preference	<input type="checkbox"/> Hot. Not windy	<input type="checkbox"/> Cool	<input type="checkbox"/> Warm. Not humid
Sex drive	<input type="checkbox"/> Erratic	<input type="checkbox"/> Average	<input type="checkbox"/> Strong
Physical strength and endurance			
Activity	<input type="checkbox"/> Busy fits, then fatigue	<input type="checkbox"/> Assertive, focused	<input type="checkbox"/> Prefers to relax
Sleep	<input type="checkbox"/> Scanty, insomnia	<input type="checkbox"/> Little but sound	<input type="checkbox"/> Heavy, prolonged
Dreams	<input type="checkbox"/> Flying, fearful	<input type="checkbox"/> Lights, fire, anger	<input type="checkbox"/> Cold, pleasant, water
Emotional characteristic	<input type="checkbox"/> Erratic, changeable	<input type="checkbox"/> Aggressive, jealous	<input type="checkbox"/> Calm, difficult to ruffle
Personality traits	<input type="checkbox"/> Insecure, unpredictable	<input type="checkbox"/> Intense, easily irritated	<input type="checkbox"/> Attached
Under pressure	<input type="checkbox"/> Excited, anxious, fearful	<input type="checkbox"/> Angry, abrupt	<input type="checkbox"/> Stubborn, silent
Predominant mode of perception and expression			
mind	<input type="checkbox"/> Drifts off	<input type="checkbox"/> Quick, certain	<input type="checkbox"/> Slow, but good
memory	<input type="checkbox"/> Good short-term	<input type="checkbox"/> Sharp	<input type="checkbox"/> Slow but prolonged
Financial	<input type="checkbox"/> Earns/spends easily	<input type="checkbox"/> Moderate, likes luxuries	<input type="checkbox"/> Saves

Total Vata -	Total Pitta -	Total Kapha -
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