



Ayurveda Center Ganesh

"The Science of Life"



OBSERVATIONS

Body size

Body weight

Chin

Cheeks

Eyes

Nose

Lips

Teeth

Skin

Hair

Nails

Neck

Chest

Belly

Belly-button

Hips

Joints

Appetite

Digestion

Taste

Thirst

Elimination

Physical Activity

Mental Activity

Emotions

Faith

Intellect

Recollection

Dreams

Sleep

Speech

Financial

TOTAL

V P K

VATA

Slim

Low

Thin, angular

Wrinkled, sunken

Small, sunken, dry, active, black, brown, nervous

Uneven shape, deviated septum

Dry, cracked, black/brown tinge

Stick out, big, roomy, thin gums

Thin, dry, cold, rough, dark

Dry, brown, black, knotted, brittle, scarce

Dry, rough, brittle, break easily

Thin, tall

Flat, sunken

Thin, flat, sunken

Small, irregular, herniated

Slender, thin

Cold, cracking

Irregular, scanty

Irregular, forms gas

Sweet, sour, salty

Changeable

Constipation

Hyperactive

Hyperactive

Anxiety, fear, uncertainty

Variable

Quick but faulty response

Recent good, remote poor

Quick, active, many, fearful

Scanty, broken up, sleeplessness

Rapid, unclear

Poor, spends on trifles

PITTA

Medium

Medium

Tapering

Smooth flat

Sharp, bright, gray, green, yellow/red, sensitive to light

Long pointed, red nose-tip

Red, inflamed, yellowish

Medium, soft, tender gums

Smooth, oily, warm, rosy

Straight, oily, blond, gray, red, bald

Sharp, flexible, pink, lustrous

Medium

Moderate

Moderate

Oval, superficial

Moderate

Moderate

Strong, unbearable

Quick, causes burning

Sweet, bitter, astringent

Surplus

Loose

Moderate

Moderate

Anger, hate, jealousy

Extremist

Accurate response

Distinct

Fiery, war, violence

Little but sound

Sharp, penetrating

Spends money on luxuries

KAPHA

Large

Overweight

Rounded, double

Rounded, plump

Big, beautiful, blue, calm, loving

Short rounded, button nose

Smooth, oily, pale, whitish

Healthy, white, strong gums

Thick, oily, cool, white, pale

Thick, curly, oily, wavy, luxuriant

Thick, oily, smooth, polished

Big, folded

Expanded, round

Big, pot-bellied

Big, deep, round, stretched

Heavy, big

Large, lubricated

Slow but steady

Prolonged, forms mucous

Bitter, pungent, astringent

Sparse

Thick, oily, sluggish

Slow

Dull, slow

Calm, greedy, attachment

Consistent

Slow, exact

Slow and sustained

Lakes, snow, romantic

Deep, prolonged

Slow, monotonous

Rich, good money preserver