

G.J.PATEL INSTITUTE OF AYURVEDIC STUDIES & RESEARCH**PRAKRITI PARIKSHANA PERFORMA**

Name:-		Age:-	Yrs	Sex:- M/F
Occupation:-		Address:-		
Diagnosis:-				

*Please tick the appropriate which suits you the most –

Sr. No	PARTICULARS	VATA	PITTA	KAPHA
1	Body type/Physique	- Thin & linear - Short statured - Poorly developed - Prominent veins	- Medium - Muscular - Lustrous	- Large, Round, Globular& fatty - Properly nourished - Pretty - Long arms
2	Skin & Color Complexion	- Dry and rough - Cracked - Ash, blackish	- Excess moles - Yellowish, Fair with copper reddish color - Wrinkles	- Oily - Glistening skin - Fair complexion - Pretty lustrous
3	Eyes	- Small, Unstable - Dull, lusterless - Dry - Blackish/ash colored - Scanty eyelashes - Half open during sleep	- Small - Reddish brown - Less eye lashes - Gets red due to anger /sunlight/alcohol - Likes for cold	- Large - Watery/moist - Clearly defined white & black portion - More long eye lashes
4	Voice & Speech	- Harsh & Unclear - Talkative	- Clear & Commanding - Penetrating & Impressive - Good at arguments	- Low - Sweet - Deep roaring voice - Reserved and well thought
5	Hunger & Thirst	- Uncertain - Frequency of meals is more - Irregular digestion	- Intolerable hunger - Eats in large quantity - Drinks plenty of water - Good and early digestion	- Less hunger and tolerable - Less thirst - Tolerate skipping of meals - Slow digestion
6	Likings	- Sweet - Sour - Salty - Hot & Unctuous	- Sweet - Bitter - Astringent - Cold	- Bitter - Astringent - Spicy, Hot & Dry
7	Urine, Feces & Sweat	- Motions not clear - Constipated - Less quantity	- More than 2times/day - Loose motions - More quantity feces & urine	- Moderate motions - Moderate quantity of urine and feces
8	Body activities	Quick & Unsteady	Rapid and steady	Slow and steady
9	Sleep pattern	- Disturbed - Less than 4-6hrs	- Good sleep - Moderate 6-8hrs	- Deep sleep - More than 8hrs
10	Intellectual capability	- Quick grasping but quickly forgets - Unpredictable	- Quick grasping and brilliant - Moderate memory - Knowledgeable	- Slow understanding - Strong memory for longer duration - Intellectual
11	Disease frequency	Very often joints related	Very often mouth related	Very rarely
12	Behavior	- Unstable, wandering - Tends to dislike things - Art & culture loving - Quick angry, quick calm - Quick initiator	- Brave & Adventurous - Less tolerant/Patience - Clever & cunning - Likes grooming	- Brave but not adventurous - Tolerant/patient - Quiet & stable - Kind / Forgivingness

TOTAL:-

VATA -

PITTA -

KAPHA -

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PRAKRITI AND DIETARY REGIMEN

Sr. No	PARTICULAR	VATA	PITTA	KAPHA
1	TASTES	Sweet, Salty, Sour	Sweet, Bitter,	Spicy, Bitter,
2	PROPERTIES	Hot, Unctuous, Heavy	Cold, Heavy, Unctuous	Hot, Dry, Light
3	GRAINS	Wheat ગમ, Rice ચોખા, મગ, ઉસદ દાલ Oats, Hing હિંગ, Black Pepper કાલિ મરી, Mustard seeds રાઈ	Wheat ગમ, Rice ચોખા, મગ, Oats	જોવાર, બાજરા, મકઈ, Rice ચોખા, Sprouts કઠોડ
4	VEGETABLES	દુધિ, મિઠો લિમ્બડો, બિટ રિન્ગન, ડુંગરી, આદુ, ગાજર, કોબી, કોલુ	દુધિ, કોલિ પ્લોવર, કોબિ, બટાકા, લિંડા, કારેલા, પાલક, તુરિયા, કાકડી	દુધિ, લિંડા, કાકડી, કોલિ પ્લોવર, ડુંગરી, આદુ, લસુન, ટામેટા, કારેલા, મૂલા
5	FRUITS	જામફળ, સંત્રા, સિતાફળ, દાડમ, દ્રાક્ષ, કેલા, ચિકુ, પપિયા, કેરી, સફરજન, અનનસ	કાલી દ્રાક્ષ, અંજીર, ખજૂર, સફરજન, દાડમ, ફણસ, Amla, Kokum	કાજુ, અનનસ દ્રાક્ષ, દાડમ, કાચિ કેરી, Jamun
6	DAIRY PRODUCTS	Oil, Cow Milk, Dahi, Buttermilk, Ghee, Butter, Paneer	Cow Milk, Ghee, Butter	Honey, Cow Milk, Less Intake Of Milk & Milk Product
7	RASAYANA	Chyavanprash, Triphala	Shatavari, Amla, Triphala	Triphala
8	DAILY ROUTINE	Proper Sleep, Luke Warm Water For Drinking, Oil Massage, Yoga, Meditation, Special Care During Rainy Season <i>Varsha Rutu</i>	Timely Sleep & Food, Protection From Sun & Heat, Swimming, Meditation, Special Care During Summer And <i>Sharad Rutu</i>	Less Sleep, Vigorous Exercise, More Physical Work, Special Care During <i>Hemant & Vasant Rutu</i>
9	STRICTLY AVOID	Fermented Food (South Indian Dishes), Frozen Food, Cold Drinks, Ice Creams, More Traveling, Excess Talking, More Physical Exercise, Cold Climatic Conditions, Stress	Dahi, Buttermilk, Paneer, Junk Food (Chinese), Late Nights, Fermented Food, Butter, Paneer, Anger, Aggression, Hot Climatic Conditions	Dahi, Butter, Paneer, Fried Food, Milk Products, Cold Drinks, Sedentary Lifestyle, AC
10	PANCHAKARMA	<i>Basti</i> (Enema)	<i>Virechan</i> (Purgation Or Laxatives)	<i>Vamana</i> (Emesis Or Vomiting)

**For more details consult your Ayurvedic Physician*