

# Ayurveda - The Science of Life

	VATA	PITTA	KAPHA
Frame	<input type="radio"/> thin	<input type="radio"/> moderate	<input type="radio"/> thick
Body Weight	<input type="radio"/> low	<input type="radio"/> moderate	<input type="radio"/> overweight
Skin	<input type="radio"/> dry, thin, cool	<input type="radio"/> moist, warm, fair	<input type="radio"/> oily, thick, soft
Hair	<input type="radio"/> dry, thin, kinky	<input type="radio"/> soft, fine, early grey	<input type="radio"/> thick, wavy, lustrous
Eyes	<input type="radio"/> small, dark brown, grey	<input type="radio"/> moderate size, light blue, grey	<input type="radio"/> big, attractive, blue, light brown
Teeth	<input type="radio"/> big, protruded, crooked	<input type="radio"/> moderate size, yellowish	<input type="radio"/> strong, white
Appetite	<input type="radio"/> variable, scanty	<input type="radio"/> good, excessive	<input type="radio"/> slow but steady
Taste Preference	<input type="radio"/> sweet, sour, saline	<input type="radio"/> sweet, bitter, astringent	<input type="radio"/> hot, bitter, astringent
Thirst	<input type="radio"/> variable	<input type="radio"/> excessive	<input type="radio"/> scanty
Elimination	<input type="radio"/> dry, hard, constipated	<input type="radio"/> soft, oily, loose	<input type="radio"/> thick, oily, heavy, stow
Physical Activity	<input type="radio"/> very active	<input type="radio"/> moderate	<input type="radio"/> lethargic
Mind	<input type="radio"/> restless, active	<input type="radio"/> aggressive, intelligent	<input type="radio"/> calm, slow
Emotions	<input type="radio"/> fearful, insecure, unpredictable	<input type="radio"/> aggressive, irritable, jealous	<input type="radio"/> calm, greedy, attached
Memory	<input type="radio"/> short term: good long term: bad	<input type="radio"/> sharp	<input type="radio"/> slow but prolonged
Dreams	<input type="radio"/> fearful, flying, jumping, running	<input type="radio"/> fiery, anger, violence, war	<input type="radio"/> water, swimming, romantic
Sleep	<input type="radio"/> scanty, interrupted	<input type="radio"/> little but sound	<input type="radio"/> heavy, prolonged
Speech	<input type="radio"/> fast	<input type="radio"/> sharp, cutting	<input type="radio"/> slow, monotonous
TOTAL			