

Ayurveda Balancing Worksheet

This worksheet is intended to help you identify your *Prakruti* (Dosha Type) and your daily lifestyle, and use the information that you fill out to balance your Doshas using appropriate balancing measures.

Your *Prakruti*

Your *Prakruti* is your innate Dosha Type. Everyone is born with a Dosha or a combination of Doshas that dominate their mind, body and spirit. Fill out the form below to identify your *Prakruti*.

ASPECT	VATA	PITTA	KAPHA
FRAME	THIN	MODERATE	LARGE
BODY WEIGHT	LOW	MODERATE	HEAVY
SKIN	DRY, ROUGH	SOFT, OILY	THICK, OILY
HAIR	DRY	SOFT, OILY	THICK, OILY
EYES	SMALL, DRY	SHARP	BIG, THICK EYELASHES
APPETITE	LOW	GOOD	SLOW & STEADY
THIRST	VARIABLE	EXCESSIVE	SLIGHT
ACTIVITY	VERY ACTIVE	MODERATE	LAZY
MIND	RESTLESS, ACTIVE	AGGRESSIVE, INTELLIGENT	CALM, SLOW
MEMORY	POOR	SHARP	SLOW BUT PROLONGED
SLEEP	LESS	LITTLE BUT SOUND	HEAVY, PROLONGED
SPEECH	FAST	CLEAR	SLOW
PULSE	80 OR MORE TIMES PER MINUTE	70-80 TIMES PER MINUTE	60 TO 70 TIMES PER MINUTE
TOTAL	_____	_____	_____

Your *Prakruti* (Dosha Type)* = _____

*Margin of Error: +/- 1

Your Daily Time Chart

Fill out your daily activities in the timetable below. Once filled, analyze the activities and the time they are done at. Keep your *Prakruti* in mind as well when analyzing. Are there factors aggravating a certain Dosha? If so, what can you do to balance it? Write the changes you could make to the factors (except to your *Prakruti*) in the Balancing Measure(s) column.

[illegible]

Your *Prakruti* (Dosha Type)* = _____

