Clinically useful tool for prakriti assessment

Developed by KUHS – School of Fundamental Research in Ayurveda

Grading: 0-Absent; 1-Doubtful; 2-Evident;   3-Clearly evident

Sl. No.	Feature	Vata	Grade	Pitta	Grade	Kapha	Grade
1.	Skin	*Dry*	A1	Profuse sweating type	B1	*Moist /smooth*	C1
2.	Eyes	*Round, Lusterless (unclear)*	A2	Turns red easily	B2	*Wide and elongated with plenty of eye lashes*	C2
3.	Sound/ speech	Talkative, irrelevant talks	A3	Rough when angry	B3	Relevant & Soft spoken	C3
4.	Appetite	Severe at times, diminished at times	A4	Strong appetite and digestive capacity, Intolerance to hunger	B4	Generally reduced appetite, hunger can be tolerated	C4
5.	Sleep	Wakes up intermittently	A5	Moderate sleep	B5	Deep sleep	C5
6.	Memory/ intellect	Grasps easily, forgets easily	A6	Curious in new matters and ideas	B6	Grasps slowly but good memory	C6
7.	Interest	Hot, irrespective of taste (VK)	A7	Sweet & Heavy (VP)	B7	Bitter, Astringent & Dry (KP)	C7
8.	Friendship	Few friends, unsteady company	A8	Becomes support for the dependents	B8	Strong	C8
	Score	**V /24**		**P /24**		**K /24**	

Guna weightage score for *dwidoshaja prakriti*:

$VP = B1*2+A3*4+B3*2+A4*2+B4*2+A5*2+B5*2+A6*3+B6+B7*5+A8$

$VK = A1*2+C1+C3+A4*2+C4*2+C5*2+C6+A7*7+A8*2+C8$

$KP = B1*3+C1*3+C2*2+C3*3+B4+C4+B5+C5*2+B6*2+C6+C7*5+B8*2+C8*3$

In case any tie in score; consider individual *doshas*

$V = A1*5 +A2*3 +A3*6 +A4*5 +A5*4 +A6*5 +B7*7 +A7*5 +A8*5$

$P = B1*8 +B2*3 +B3*5 +B4*7 +B5*4 +B6*5 +B7*5 -A7*3 +C7*3 +B8*3$

$K = C1*4 +C2*4 +C3*6 +C4*5 +C5*6 +C6*5 +C7*7 +B7*5 +C8*5$

If all values are similar, the diagnosis is *Samadosha prakriti*

Final Diagnosis: Prakriti -