

	VATA	PITTA	KAPHA
Build :	fine boned, slim, light muscles, taller or shorter than average	medium, even proportions, muscular, average height	large, heavy boned, thick short and stocky or tall and sturdy
Body weight:	low, hard to gain weight, easy to lose weight	medium, easy to maintain, can gain and lose easily	heavy, easy to gain, hard to lose weight
Stamina:	active, short bursts of energy, energetic, tires easily	medium, good stamina, capable of sustaining activity	steady, slow to start, high stamina
Appetite :	irregular, small appetite one day, large the next	strong, unbearable, irritable with missed meal	moderate, steady, constant
Digestion:	delicate, prone to gas and constipation	steady, strong digestion, occasional diarrhea	slow, steady digestion, very regular
Sleep:	light sleeper, scanty, sleeplessness	sound sleeper, average length of time	deep & long sleeper, trouble waking
Climate:	least tolerant of cold	least tolerant of hot	least tolerant of damp
Activity:	hyperactive, quick	moderate pace, goal oriented, competitive	slow and steady activity
Routine:	irregular schedule	long workday	keeps regular routine
Eyes:	small, active, dark, dry, darting, short lashes	light, sparkly, penetrating gaze expressive, light sensitive	large, calm, pleasant gaze, tranquil, thick lashes
Hair:	dry, frizzy, scarce, brittle, dry scalp	straighter, oily, lighter colors, grays early, early hair thinning	thick, curly, wavy, luxuriant
Skin:	dry, fine, cold, very small to invisible pores, rarely has breakouts, dry cracked lips, darker tones, tans, early fine lines around eyes	warm, rosy, glowing, prone flare ups of rashes or blemishes, burns and freckles, can get inflamed or itchy from heat, prone to T-zone blemishes	thick, cool, moist, prone to congestion like white heads and clogged pores, generally larger pored, paler skin tones, slow to tan
Personality:	imaginative, creative, artistic	intelligent, efficient, perfectionist	caring, calm, patient, grounded
Emotions:	when stressed, anxiety, fear, uncertainty, insecure	when stressed, angry, irritable, impatient	when stressed, calm, greedy, stagnant, depression
Memory:	learn quickly but forget easily	distinct and detailed	slower to learn but never forgets
Mood:	moods change quickly	intense emotions	steady emotions