

Physiological Qualities of the Tridoṣha

| | Vāta | Pitta | Kapha |
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| Weight / Body frame | Thin, Tall or Short, underweight | Medium height and weight, some muscles | Stout, short, overweight |
| Complexion | Dark complexion (brownish / bluish) | Medium complexion (red or yellow) | Pale complexion (whitish) |
| Muscles | Under-developed, bone protruding, | Well defined (and often well developed) muscles | Excess fat and underdeveloped muscles |
| Belly | Thin, emaciated, ribs showing, protruding hips | Medium, round belly, well defined muscles | Big round belly, tending to be overweight |
| Skin | Thin dry skin, cracking with prominent veins | Warm, oil, ruddy, pinking skin with freckles, acne, and rashes | Thick, white, soft, smooth, moist skin. |
| Temperature | Cold, changeable, Dislikes cold * responds poorly to cold and dramatic changes of temperature (though sometimes seeks this) | Hot, dislikes heat, can withstand cold happily because the internal fire keeps them warm * aggravated by heat | Cool, steady, dislikes cold * aggravated by cold |
| Hands | Small, thin finger, cracking skin, dry, cold, fidgety | Medium, pinkish, warm, oily | Large, Thick fingers, Oily, moist, cold, |
| Feet | Small, long, thin, dry, cracking skin, cold | Medium, pinkish, warm (when praana is stagnant the feet may be cold but not the hands) | Large, short, thick, cold, oily, |
| Nails | Thin, cracked, dry, dark, brittle, bite marks | Medium sized, soft, pink or yellow | Large, soft, thick, smooth, white |
| Head | Small, thin, long, unsteady | Medium, steady | Large, stocky head and neck, steady |
| Hair | Thin, coarse, rough, dry, dark | Moderately thick, Oily, soft, smooth, reddish, tend toward balding | Thick, abundant, light, moist, oily |
| Lips | Thin, dry, dark, brownish, cracked | Medium size, smooth, reddish | Thick, pale, soft, large, oily |
| Tongue | Thin, crooked, tending toward brown, grey, black, and purple coating | Medium, red, tend toward yellow, green, pink, or red coating | Large, soft, thick coating, white coating |
| Teeth and gums | Thin, small, rough, crooked teeth, receding gums | Medium teeth, soft pink gum, bleeding gums | Large white teeth, soft oily gums |
| Cheeks | Small, rough, dry skin | Rounded, ruddy, medium size | Large, soft, smooth, excess fat |
| Nose | Small, thin, crooked, pointed, long | Medium size, round, reddish | Large, thick, firm |

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| Voice | Cracking, unsteady, weak, hoarse, erratic, talkative, inconsistent | Strong, loud, high pitched, articulate, argumentative, deliberate, purposeful | Pleasant voice, slow, not talkative, shy, definite but weak expression, |
| Eyes | Small, dry thin, sunken, with circles around, brown, thin eyelashes unsteady gaze | Medium size, thin, red (inflamed), green, medium eyelashes piercing gaze | Large, wide, oily, white, prominent or protruding, beautiful, thick eyelashes, dull, deep, steady gaze |
| Activity | Hyper-active, always fidgeting, quick unpredictable movements, unsteady, tremors | Steady, deliberate, motivated, confident, purposeful, strong | Slow, steady, hesitant movements, favors inactivity and rest |
| Endurance | Poor endurance, will start quickly and then quickly stop | Strong, steady, enduring, intolerant of heat; will tend to overwork themselves | Slow to start, endurance good, tend to rest; need the most exercise |
| Mind | Quick, adaptable, indecisive, changeable, theoretical, abstract, | Intelligent, decisive, practical, critical, analytical, logical, | Slow, steady, dull, emotional, compassionate, |
| Personality | Eccentric, variable, tends to isolate, | Friendly, outgoing, confident, | Shy, slow to make friends, loyal, caring |
| Spirituality | Spiritual, mystical, heretical, erratic faith, uncertain, prefers mystical practices | Steady, determined, fanatical, evangelical, logical, prefers physical practices of yoga and group practices | Faithful, loyal, conservative, devotional, set in their ways, prefers devotional practices |
| Emotions | Changeable, adaptable, nervous, Anxious, fearful | Confident, judgmental, irritable, angry | Compassionate, caring, possessive, greedy, depressive |
| Dreams | Spiritual dreams, Clouds, wind, flying, moving, restlessness, nightmares, many dreams sometimes and none other times | Fire, colorful, passionate, conflicts, regular dreaming | Romantic, dull, sentimental, watery, loss, fewer dreams |
| Aspirations | They dream to shift the world from the deeper realms / they work to help eliminate useless societal paradigms and bring in change, They are good activists, teachers, Gurus, and artists. | They work actively in the material realm to help organize and uphold the structure of society. They make good leaders, police, and scientists. | They are loyal and compassionate servants to those they love and trust. They make good caretakers, healers, nurses, and cooks. |
| Food preference | Eats small meal irregularly, variable, unpredictable, likes bitter, astringent, pungent foods and stimulants like coffee and chili pepper – likes | Eats regularly, favors salty foods, spicy foods, fried foods, red meat and stimulants like coffee, does not favor green veggies | Eats constantly likes cooling fatty foods like sweets, sugar, milk, white meat; does not favor spicy foods or foreign / unaccustomed foods |

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| | beans and other gassy foods like broccoli – will try anything | | |
| Digestion | Appetite is variable, sometimes fasting, sometimes voracious, intestinal boating and pain, gas, indigestion | Strong, constant appetite, digestion is quick, tend toward acid reflux and heartburn | Slow steady appetite, digestion is weak, indigestion, obesity |
| Feces | Small, dark, dry, foul smell, tend toward constipation | Medium, soft or watery, floats on water, oily yellowish or green or with blood, strong acidic smell, tend toward diarrhea | Large, light color, oily, slimy, sweet smell, well-formed |
| Urine | Colorless or dark, astringent or bitter smell and taste (or very foul smell), scanty urine, difficult or frequent urination | Yellow or greenish, sour or salty taste and smell (or with fleshy smell), moderate amount, urination is regular and plentiful | Pale, opaque color, slightly sweet taste and smell (or clody with moldy smell), abundant, slimy, mucousy, urination is excessive in amount |
| Sweat | Scanty sweat - Sweats profusely upon little exertion, no smell or horrid smell | Sweats profusely upon moderate exertion, strong smell | Sweats moderately with great exertion, sweet smell |
| Diseases | Unpredictable diseases with rapid onset and severe, debilitating pain and symptoms, tends toward colon problems, nervous conditions, mental illness, pain, and arthritis. Conditions develop quickly and must be treated with extreme caution. | Strong vitality / immunity, prone to conditions of the liver and small intestine, fever, infection, rashes, inflammation. Conditions set in at a moderate speed, they can be acute and violent. | Fair resistance with propensity toward congestion, stomach, lymph and lung conditions, mucus; conditions are slow to set in and often are built up over years of excessive habits or inactivity they can be chronic. |
| Discharges | Gas, cracking joints, fits of erratic emotions | Bile, blood, pus, fits of anger | Mucous, salivation, pus, bouts of depression |
| Treatment / Recovery | Treatment must be mild and gentle, introducing strengthening, sweet, salty, and sour tastes. Small doses are usually enough to produce a dramatic effect. | Treatment must be calming, cooling, and balancing. Sweet, bitter, and astringent tastes are used in moderate doses for a steady effect. | Treatment must be strong, aggressive, and purifying to rid the body of excess fat and toxins. Large amounts of Pungent, bitter, and astringent tastes are used aggressively to encourage a gradual effect. |
| Pulse | Fast, irregular, feeble, cold and unpredictable like a snake | Prominent, forceful, expansive, sharp, intense, hot like a frog | Broad, soft, wavy, soft, cool, watery, like a swan |

*** This sheet is not designed to diagnose the presence of any dosha but to help people to understand the nature of the doshas as they effect the body. The vikriti (dosha-imbalance) can only be determined by a qualified Aayurvedic practitioner after thorough observation and questioning.