

GUNA\MENTAL CONSTITUTION CHART

DIET: Vegetarian_____Some meat_____Heavy meat diet_____

DRUGS, ALCOHOL AND STIMULANTS/caffeine:

Never_____Occasionally_____Frequently_____

SENSORY IMPRESSIONS: Calm/pure_____Mixed_____Disturbed_____

NEED FOR SLEEP: Little_____Moderate_____High_____

SEXUAL ACTIVITY: Low_____Moderate_____High_____

CONTROL OF SENSES: Good_____Moderate_____Weak_____

SPEECH: Calm and peaceful_____Agitated_____Dull_____

CLEANLINESS: High_____Moderate_____Low_____

WORK: Selfless_____For personal goals_____Lazy_____

ANGER: Rarely_____Sometimes_____Frequently_____

FEAR: Rarely_____Sometimes_____Frequently_____

DESIRE: Little_____Frequent_____Excessive_____

PRIDE: Modest_____Some Ego_____Vain_____

DEPRESSION: Never_____Sometimes_____Frequently_____

LOVE: Universal_____Personal_____Lacking in love_____

VIOLENT BEHAVIOR: Never_____Sometimes_____Frequently_____

ATTACHMENT TO MONEY: Little_____Some_____A lot_____

CONTENTMENT: Usually_____Partly_____Never_____

FORGIVENESS: Easily_____With effort_____Holds grudges_____

CONCENTRATION: Good_____Moderate_____Poor_____

MEMORY: Good_____Moderate_____Poor_____

WILL POWER: Strong_____Variable_____Weak_____

TRUTHFULNESS: Always_____Most of the Time_____Rarely_____

HONESTY: Always_____Most of the Time_____Rarely_____

PEACE OF MIND: Generally_____Partly_____Rarely_____

CREATIVITY: High_____Moderate_____Low_____

SPIRITUAL STUDY: Daily_____Occasionally_____Never_____

MANTRA, PRAYER: Daily_____Occasionally_____Never_____

MEDITATION: Daily_____Occasionally_____Never_____

SERVICE: Much_____Some_____None_____

Total:

Sattva_____ **Rajas**_____ **Tamas**_____

Excerpted from Frawley, D. (1999). *Yoga & Ayurveda: Self-Healing and Self-Realization*, pp.33-35. Twin Lakes, WI: Lotus Press.