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### Mental Constitution According to the Three Gunas

The gunas show our mental and spiritual state through which we can measure our propensity for psychological problems. The following test is good index of these qualities and how they work within our life and character. The answers on the left indicate *Sattva*, in the middle *Rajas*, and on the right *Tamas*. Please fill out this form carefully and honestly. After answering the questionnaire for yourself, you should have someone who knows you well, like your husband, wife or close friend, fill it out for you also. Note the difference between how you view yourself and how others see you.

For most of us our answers will generally fall in the middle or Rajasic area, which is the main spiritual state in our active and outgoing culture today. We will have various psychological problems but can usually deal with them. A *Sattvic* nature shows a spiritual disposition with few psychological issues. A highly *Sattvic* nature is rare at any time and shows a saint or a sage. A *Tamasic* person has a danger of severe psychological problems but would be unlikely to fill out such a chart. The areas in ourselves that we can improve from *Tamas* to *Rajas* or from *Rajas* to *Sattva* will aid in our peace of mind and spiritual growth. We should do all we can to make such changes.

### MENTAL AND SPIRITUAL (THREE GUNA) CONSTITUTION CHART

	SATTVA	RAJAS	TAMAS
DIET:	Vegetarian, Pure food	Some meat	Heavy meat diet, junk food
DRUGS, ALCOHOL AND STIMULANTS:	Never	Occasionally	Frequently
SENSORY IMPRESSIONS:	Calm, pure	Mixed	Disturbed, addictive
NEED FOR SLEEP:	Little	Moderate	High
SEXUAL ACTIVITY:	Low	Moderate	High
CONTROL OF SENSES:	Good	Moderate	Weak
SPEECH:	Calm and Peaceful	Agitated aggressive	Dull, unresponsive
CLEANLINESS:	High	Moderate	Low
WORK:	Selfless	For personal goals	Lazy, lethargic
ANGER:	Rarely	Sometimes	Frequently
FEAR:	Rarely	Sometimes	Frequently

DESIRE:	Little	Assertive	Obsessive
PRIDE:	Modest	Expressive ego	Vain or unrealistic
DEPRESSION:	Never	Sometimes	Frequently
LOVE:	Universal	Personal	Lacking in love
VIOLENT BEHAVIOR:	Never	Sometimes	Frequently
ATTACHMENT TO MONEY:	Little	Some	A lot, with fear
CONTENTMENT:	Usually	Partly	Rarely
FORGIVENESS:	Forgives easily	With effort grudges	Holds long term
CONCENTRATION:	Good	Moderate	Poor
MEMORY:	Good	Moderate	Poor
WILL POWER:	Strong	Variable	Weak
TRUTHFULNESS:	Always	When necessary	Rarely
HONESTY:	Always	When necessary	Rarely
PEACE OF MIND:	Generally	When successful	Rarely
CREATIVITY:	High	Moderate	Low, caught in the past
SPIRITUAL STUDY:	Daily	Occasionally	Never, unable to question
MANTRA, PRAYER:	Daily	Occasionally	Blind belief and dogma
MEDITATION:	Daily	Occasionally	Never
SERVICE:	Much	Some	None or done out of habit only
CONSIDERATION:	Considerate Of others	Considerate of Self and friends	Lack of consideration
RESPONSIVENESS TO TREATMENT	Implements well	Implements partially	Does not implement
EFFORT FOR SELF-IMPROVEMENT	High	Medium	Low
<b>Total:</b>	<b>Sattva</b> _____	<b>Rajas</b> _____	<b>Tamas</b> _____