

VIKRUTI (IMBALANCE) QUIZ

CIRCLE THE ITEMS THAT BEST DESCRIBE YOU

CATEGORY	VATA	PITTA	KAPHA
Sleep	Insomnia	Insomnia only when it is very hot out	Sleeping in excess
Menses	Severe cramping or skipping periods	Intense flow	Excessively long flow
Emotions	Anxiety, nervousness, mood swings	Too critical, resentment, anger	Depression, melancholy
Skin	Dry, scaly skin	Red Rashes	Pustules
Respiratory	Dry cough	Current infection with yellow mucous	Excess mucous or mucousy cough
Eyes	Dry eyes	Red eyes	Mucous in the eyes in the morning
Energy level	Fatigue from stress	Burnout from intensity	Lethargy
Digestion	Gas, bloating and cramping	Burning in the stomach	Heavy, slow digestion
Elimination	Constipation or dry hard stools	Diarrhea	Mucous in the stools
Urination	Less than usual	Burning	Cloudy, mucous in the urine
Pain in the body	Significant frequent pain that shifts location	Inflammation and redness in the joints	Minor, dull, achy pain
TOTAL			