



Vikruti Quiz

This quiz is to assess your current state of balance of the doshas. Using the following scale, indicate how well each statement applies to your life experiences over the past 30-60 days.

Instructions

PLEASE READ CAREFULLY: Assign a score of 1 if the answer is Not at all, 3 if Somewhat/Occasionally and 5 if Very often. Then total each column.

	Not at all	Somewhat/ Occasionally	Very often
Vata Mind			
<i>I have been scattered and distracted</i>	1	3	5
<i>I have felt anxious or excessively worried</i>	1	3	5
<i>I have had difficulty staying asleep and wake with thoughts</i>	1	3	5
<i>My life has been chaotic and turbulent</i>	1	3	5
TOTAL			

Vata Body

<i>I have had more gas, bloating, or cramping after I eat</i>	1	3	5
<i>I have been constipated with hard, dry stools</i>	1	3	5
<i>I have been experiencing dry skin, dry eyes, or dry mouth</i>	1	3	5
<i>I have experienced muscle cramps, spasms, or twitches</i>	1	3	5
<i>I have been lightheaded or dizzy</i>	1	3	5
TOTAL			

Pitta Mind

	Not at all	Somewhat/ Occasionally	Very often
<i>I have been obsessively focused on work, exercise, or other projects</i>	1	3	5
<i>I have felt irritable, frustrated, or impatient</i>	1	3	5
<i>I have had difficulty falling asleep or unwinding at the end of the day</i>	1	3	5
<i>I've been feeling overly critical or judgmental of myself or others</i>	1	3	5
TOTAL			

Pitta Body

<i>I have had acid reflux or acid indigestion</i>	1	3	5
<i>I have had loose stools or multiple stools per day</i>	1	3	5
<i>I have been experiencing red, itchy, or irritated skin</i>	1	3	5
<i>I have felt very hot or am experiencing hot flashes</i>	1	3	5
<i>I have been experiencing headaches</i>	1	3	5
TOTAL			

Not at all
Somewhat/
Occasionally
Very often

Kapha Mind

<i>I have been unmotivated and procrastinating</i>	1	3	5
<i>I have felt like withdrawing and not dealing with life</i>	1	3	5
<i>I have had difficulty waking up and feel groggy in the mornings</i>	1	3	5
<i>I have had difficulty leaving a relationship or job that no longer serves me</i>	1	3	5
TOTAL			

Kapha Body

<i>I have felt very full after eating, sometimes for an extended period of time</i>	1	3	5
<i>I have had sluggish elimination</i>	1	3	5
<i>I have had fluid retention in the tissues</i>	1	3	5
<i>I have had some weight gain or am above my ideal weight</i>	1	3	5
<i>I have had excessive congestion or mucus production</i>	1	3	5
TOTAL			

Interpreting Your Results

The Vikruti quiz provides a snapshot of your current mind-body state.

- The mind principle with the highest score is the one primarily governing your mind and emotions at this time.
- The body principle that scored the highest is the one primarily governing your body at this time.
- If your mind score is different from your body score, follow the dosha diet and use the appropriate dosha teas and spice blends that correspond to your highest body score.
- Use the dosha music, massage oils, and aromas that correspond to your highest mind score.