

### Instructions

Vikriti is the nature of your current health imbalance. “Vikriti” means after creation. It is the state of the three doshas (vata, pitta and kapha) after conception. It is how the doshas are currently expressing themselves in the body and the mind. In an optimal environment, the vikriti and the prakriti are the same. In this state tendencies exist in the body and the mind, but are not expressing themselves in a manner that is causing disturbances. To determine your vikriti, base your choices on how you have been feeling recently (over the past month or two)! Sometimes it helps to have your friend or loved one ask the questions and fill in the answers for you, as they may be more impartial. Add up the number of marks under vata, pitta, and kapha in the key to compare your vikriti (current imbalance) to your prakriti (original nature). This questionnaire will help you discover your current imbalanced doshas, some people are out of balance in one, two or all three doshas.

The below Vikriti Questionnaire is designed to initiate your journey into self-discovery. The Ayurvedic Vikriti Questionnaire does not substitute an Ayurvedic Coaching appointment to learn your accurate dosha. For a FREE coaching call setup one through our website or call (502) 641-6101.

#### 1. My Memory is:

- A. Acute memory but short and variable recall; short attention span
- B. Reasonably good memory; when impatient lose short term memory
- C. Long memory, never forget; may be slow or unwilling to recollect

#### 2. My sleep is:

- A. Moderate sleeper; can easily sleep; alert even without a good sleep; sometimes wake up and not able to go back to sleep
- B. Not able to go to sleep early; snoring may disturb sleep; difficulty waking up early; deep and long sleep that is rarely broken; can sleep a lot
- C. Can have trouble falling asleep, lying awake in bed; rarely feel rested; restless in bed

#### 3. How is your skin usually?

- A. Oily prone to skin problems; sensitive
- B. Dry; scaly; wrinkles; loose
- C. Moist; taut and smooth

#### 4. My sweat is?

- A. Sweat a lot
- B. Minimal to none
- C. Takes a long time to sweat - skin cool and clammy

#### 5. How is your speech?

- A. Slow and deliberate, domineering speech, speak calmly with an attitude of caring
- B. Incoherent; fast; talkative, incomplete sentences, loss of voice, good orator, knowledgeable speaker
- C. Short and sharp, aggressive, direct, may use swear words, bold, intelligent and fearless speech

Key: V= Vata P= Pitta K= Kapha

1) A. V B. P C. K 2) A. P B. K C. V 3) A. P B. V C. K 4) A. P B. V C. K 5) A. K B. V C. P 6) A. K B. V C. P 7) A. V B. P C. K 8) A. P B. V C. K 9) A. K B. V C. P 10) A. V B. P C. K 11) A. P B. V C. K 12) A. K B. P C. V

6. When things aren't going the way I want, I usually respond with?

- A. Stay calm, complacent, get angry slowly
- B. Worry, am anxious, moody, and emotional
- C. Get angry and irritated

7. My lips are?

- A. Thin and dark
- B. Soft, pink, red, or yellowish
- C. Oily and smooth, large, thick and firm, pale

8. What is your energy like?

- A. Lots of energy - sometimes too much, competitive; driven to achieve goals, can burn out
- B. Short bursts of energy and activity, 'crash and burn'; think, speak and move quickly
- C. Hard to get started but then have prolonged stamina; move slowly; graceful; relaxed and reliable worker

9. My preferred weather is?

- A. I dislike weather that is cool and damp. I tolerate extremes well
- B. I dislike weather that is cold, windy, dry. I am comfortable in the heat
- C. I dislike weather that is hot, with strong sun. I perspire easily. I thrive in winter

10. What are your bowel movements like lately?

- A. Constipated (urge to move but unable to or stool is hard and difficult to pass); lot of air
- B. Loose broken soft stool
- C. Consistent but slow movements; may be mucus in stool

11. My voice is?

- A. Medium pitched, sharp
- B. High pitched, fast, dissonant, weeping
- C. Low pitched, melodious, slow, monotone, pleasant, deep

12. What is your appetite like lately?

- A. Emotional eater; like 'comfort' food; no discomfort if miss meals; enjoy gourmet meals
- B. Good appetite; enjoy eating, sharp hunger and must eat immediately or can get angry
- C. Not really hungry, may forget to eat, like to snack

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