



Vikruti Quiz

This quiz offers powerful insight into the **current state** of balance of your doshas. Knowing if your mind or body dosha is out of balance can assist you in applying appropriate Ayurvedic practices to help bring your mind and/or body back into balance.

Instructions

Please read carefully:

Using the following scale, indicate how well each statement applies to your life experiences over the past 30 days.

- Assign a score of **1** if the answer is **Not at all**.
- Assign a score of **3** if the answer is **Somewhat or Occasionally**.
- Assign a score of **5** if the answer is **Very Often**.

Then, TOTAL each column. The lowest possible score per category is 5 and the highest is 25.

① **Tip:** Once you've totaled each column, refer to **Interpreting Your Results** on Page 3.

Vata Mind

<i>I have been scattered and distracted</i>	
<i>I have felt anxious or excessively worried</i>	
<i>I have had difficulty staying asleep and wake with thoughts</i>	
<i>My life has been chaotic and turbulent</i>	
<i>I have had a hard time making decisions</i>	
TOTAL	

Vata Body

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

Pitta Mind

<i>I have been obsessively focused on work, exercise, or other projects</i>	
<i>I have felt irritable, frustrated, or impatient</i>	
<i>I have had difficulty falling asleep or unwinding at the end of the day</i>	
<i>I have been feeling overly critical or judgmental of myself or others</i>	
<i>I have been especially defensive when receiving feedback</i>	
TOTAL	

Pitta Body

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

Kapha Mind

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

Kapha Body

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



Interpreting Your Results

The dosha category with the highest overall score is the dosha primarily governing your mind or body (respectively) at this moment in time. This may mean your doshas are out of balance.

For each category, the lowest possible score is 5 and the highest is 25.

- 5-10 is mostly in balance.
- 10-20 can show an imbalance.
- Over 20 is a significant imbalance.

In Balance

Out of Balance

