

Vikruti Quiz: Mind

These questions are intended to assess your current dosha balance within your mind. Answer these questions according to what has been true for you in the past few weeks. You may retake this assessment anytime or as you experience changes in your life.

Instructions

1. In each box put a 0, 1, 3, or 5 to represent how much each statement applies to you currently, with 0 = does not apply, 1=rarely, 3=sometimes, 5=often.
2. Total each of the three columns at the bottom. The dosha with the **highest score** is the most out of balance, and the dosha with the lowest score is the most in balance.
3. Once you identify the dosha that is out of balance, you can gently bring yourself back into balance using your five senses.
4. Take the Vikruti quiz for your body **separately**. This will give you a complete mind-body assessment.



Vata



Pitta



Kapha

<input type="text"/> I'm feeling scattered and distracted	<input type="text"/> I'm more focused on work, exercise, or projects than usual	<input type="text"/> I've been unmotivated and procrastinating
<input type="text"/> I'm feeling anxious or excessively worried	<input type="text"/> I'm irritable, frustrated, or impatient	<input type="text"/> I'm withdrawing from parts of my life
<input type="text"/> My mind is over-active and preventing me from sleeping well	<input type="text"/> I'm struggling to fall asleep or unwind at the end of the day	<input type="text"/> I'm having difficulty waking up and feel groggy in the morning
<input type="text"/> My life is currently chaotic and turbulent	<input type="text"/> I'm feeling overly critical of myself or others	<input type="text"/> I'm struggling to leave a situation that no longer serves me

= **Vata Total**

= **Pitta Total**

= **Kapha Total**

Vikruti Quiz: Body

These questions are intended to assess your current dosha balance within your body. Answer these questions according to what has been true for you in the past few weeks. You may retake this assessment anytime or as you experience changes in your life.

Instructions

1. In each box put a 0, 1, 3, or 5 to represent how much each statement applies to you currently, with 0 = does not apply, 1=rarely, 3=sometimes, 5=often.
2. Total each of the three columns at the bottom. The dosha with the **highest score** is the most out of balance, and the dosha with the lowest score is the most in balance.
3. Once you identify the dosha that is out of balance, you can gently bring yourself back into balance using your five senses.
4. Take the Vikruti quiz for your mind **separately**. This will give you a complete mind-body assessment.



Vata



Pitta



Kapha

<input type="text"/>	I have gas, bloating, or cramps after eating	<input type="text"/>	I'm experiencing acid reflux or acid indigestion	<input type="text"/>	I've been feeling uncomfortably full after eating
<input type="text"/>	I'm constipated with hard, dry stools	<input type="text"/>	I have loose stools or multiple stools per day	<input type="text"/>	I'm having sluggish elimination
<input type="text"/>	I have dry skin, dry eyes, or dry mouth	<input type="text"/>	I've been experiencing red, itchy, or irritated skin	<input type="text"/>	My body feels puffy or bloated from retaining water
<input type="text"/>	I have muscle cramps, spasms, or twitches	<input type="text"/>	I've been feeling hot or having hot flashes	<input type="text"/>	I'm gaining weight or have recently been above my ideal weight
<input type="text"/>	I've been lightheaded or dizzy	<input type="text"/>	I'm experiencing headaches	<input type="text"/>	I've been experiencing excessive congestion or mucus production

= **Vata Total**

= **Pitta Total**

= **Kapha Total**