

Test your **Vikruti** (Current Imbalanced State)

Base your choices on how you have been feeling recently. Add up the number of marks under each Dosha to calculate the ratio of doshas in your Vikruti.

Vata

Pitta

Kapha

DEHA VIKRUTI (BODY IMBALANCE)

1.	Appearance	Bony, emaciated <input type="checkbox"/>	Intense, sharp, hot <input type="checkbox"/>	Overweight, obese, huge bones <input type="checkbox"/>
2.	Heat	Cold hands and feet <input type="checkbox"/>	Excessively hot or red skin <input type="checkbox"/>	Cold hands and feet <input type="checkbox"/>
3.	Skin	Dry, dark, rough, 1/4 inch thick on forearm <input type="checkbox"/>	Yellow or red, pimples and rashes, 1/4-1/2 inch thick <input type="checkbox"/>	Oily skin or pussy pimples, > 1/2 inch <input type="checkbox"/>
4.	Lips	Cracked, dry <input type="checkbox"/>	Red lips, cold sores, fever blisters <input type="checkbox"/>	Swollen, bulging <input type="checkbox"/>
5.	Eyes	Dry, scratchy, restless, greyish or bluish sclera <input type="checkbox"/>	Hot, red or yellow sclera, hypersensitive to light <input type="checkbox"/>	Puffy, swollen, sticky, ^ lacrimation <input type="checkbox"/>
6.	Pain	Irregular, mobile, numbing, vata areas <input type="checkbox"/>	Hot, burning, sharp, intense, pitta areas <input type="checkbox"/>	Dull, constant, aching, kapha areas <input type="checkbox"/>
7.	Menses	Irregular, scanty flow, severe cramps <input type="checkbox"/>	Heavy bleeding, long loose stool with menses <input type="checkbox"/>	Water retention, breast swelling, slight cramps <input type="checkbox"/>
8.	Joints	Painful, unsteady, cracking and popping, stiff <input type="checkbox"/>	Tender, hot, tendon and ligament challenges <input type="checkbox"/>	Loose, aching, watery, swollen <input type="checkbox"/>
9.	Spine	Scoliosis tendency <input type="checkbox"/>	Kyphosis tendency <input type="checkbox"/>	Lordosis, slipped disc <input type="checkbox"/>
10.	Muscles	Ticks, spasms, tremors <input type="checkbox"/>	Tenderness, < touch <input type="checkbox"/>	Swelling, growths <input type="checkbox"/>
11.	Lymph Nodes	Narrow <input type="checkbox"/>	Tender, inflamed <input type="checkbox"/>	Enlarged, congested <input type="checkbox"/>
12.	Veins	Prominent, collapsed <input type="checkbox"/>	Bruises easily, bleeding disorders <input type="checkbox"/>	Full, wide, stagnant, cholesterol <input type="checkbox"/>
13.	Ears	Ringing, tinnitus <input type="checkbox"/>	Infections <input type="checkbox"/>	Clogged, ^ discharge (mamsa mala) <input type="checkbox"/>
14.	Nose	Dry, crusty, allergic dripping like water <input type="checkbox"/>	Red, inflamed, sores, bleeding <input type="checkbox"/>	Blocked, congested, thick mucous <input type="checkbox"/>
15.	Hair	Dry, knotted, brittle, thinning <input type="checkbox"/>	Oily, greying, balding, loss after heat or fever <input type="checkbox"/>	Oily <input type="checkbox"/>
16.	Nails	Dry, rough, brittle, cracked, bitten <input type="checkbox"/>	Soft, sharp, red, inflamed <input type="checkbox"/>	Pale, excess oil, growths <input type="checkbox"/>
17.	Energy	Hyperactive, exhausts quickly <input type="checkbox"/>	Intense then burn out, exhausts from excessive thinking <input type="checkbox"/>	Low enthusiasm, lethargic <input type="checkbox"/>
18.	Breathing	Nervous, diaphragmatic (sympathetic) <input type="checkbox"/>	Aggressive, intercostal, tight in chest <input type="checkbox"/>	Slow, abdominal, apnoea tendency <input type="checkbox"/>
19.	Allergies	Dry, wheezing, breathlessness <input type="checkbox"/>	Hives, rashes, urticarious, anaphylaxis <input type="checkbox"/>	Congestion, runny nose, swelling, asthma <input type="checkbox"/>
20.	Aversions	Dryness, cold and wind <input type="checkbox"/>	Heat, humidity, especially without a breeze <input type="checkbox"/>	Humidity and cold rains <input type="checkbox"/>
DEHA VIKRUTI SCORE		<input type="text"/>	<input type="text"/>	<input type="text"/>

Vata

Pitta

Kapha

VIKRUTI DIGESTION

1.	Digestion	Irregular, forms gas <input type="checkbox"/>	Quick, causes burning, acid indigestion <input type="checkbox"/>	Prolonged, forms mucous <input type="checkbox"/>
2.	Appetite	Irregular, anorexia nervosa, bulimia nervosa <input type="checkbox"/>	Strong, unbearable, need to eat all the time <input type="checkbox"/>	Low desire, skips meals regularly <input type="checkbox"/>
3.	Thirst	Changeable <input type="checkbox"/>	Surplus <input type="checkbox"/>	Sparse <input type="checkbox"/>
4.	Tongue	Dry, cracked, tremors, greyish off white coating <input type="checkbox"/>	Red, inflamed, yellow/reddish coating <input type="checkbox"/>	Swollen, pale, thick or slimy coating <input type="checkbox"/>
5.	Urine	Deficient <input type="checkbox"/>	Profuse, yellow, red, burning <input type="checkbox"/>	Whitish, milky, sweet <input type="checkbox"/>
6.	Feces	Constipation, hard, dry, small pellets <input type="checkbox"/>	Loose, more than twice a day, diarrhoea, blood <input type="checkbox"/>	Thick, pale, oily or mucous, sluggish <input type="checkbox"/>

VIKRUTI DIGESTION SCORE

VIKRUTI MIND AND EMOTION

1.	Mild Emotions	Anxiety, uncertainty <input type="checkbox"/>	Irritability, jealousy, impatience <input type="checkbox"/>	Sentimental, greed, desirous <input type="checkbox"/>
2.	Strong Emotions	Fear, paranoia, hysteria <input type="checkbox"/>	Hate, anger, tantrums <input type="checkbox"/>	Grief, crying <input type="checkbox"/>
3.	Depression	Self-destructive, fears of what if, verbal diarrhoea <input type="checkbox"/>	Goal failure, usually business or relational <input type="checkbox"/>	Feels victimised, reclusive, regret <input type="checkbox"/>
4.	Intellect	Fast, excessive thinking <input type="checkbox"/>	Abrupt, intolerant, know it all <input type="checkbox"/>	Slow, clouded thoughts <input type="checkbox"/>
5.	Memory	Easily forgetful <input type="checkbox"/>	Possessive, brooding, holds grudges <input type="checkbox"/>	Slow, dull, sad attachments <input type="checkbox"/>
6.	With Others	Sneaky <input type="checkbox"/>	Manipulative <input type="checkbox"/>	Attached <input type="checkbox"/>
7.	Speech	Rapid, abrupt, unclear ideas <input type="checkbox"/>	Sharp, determined, penetrating, premeditated <input type="checkbox"/>	Slow, monotonous <input type="checkbox"/>
8.	Sleep	Scanty, broken up, sleeplessness <input type="checkbox"/>	Difficult entering, wants to work at night <input type="checkbox"/>	Excessive, drowsiness <input type="checkbox"/>
9.	Dreams	Quick, active, many, fearful <input type="checkbox"/>	Fiery, war, violence, vivid <input type="checkbox"/>	Romance, involves water <input type="checkbox"/>
10.	Spiritual Faith	Variable, uncertain, isolated, rebel <input type="checkbox"/>	Extremist, pushes beliefs on others <input type="checkbox"/>	Holding which separates you from loved ones <input type="checkbox"/>
11.	Sexual Nature	Perverted, addictive masturbation, no desire and exhausted <input type="checkbox"/>	Highly sexed, dominatrix, abusive, argumentative <input type="checkbox"/>	Difficult to arouse, no desire <input type="checkbox"/>
12.	Diet Choices	Polarisation from rich foods to strict diet <input type="checkbox"/>	Loves proteins, caffeine, hot, spicy and salty <input type="checkbox"/>	Loves sweet, dairy, bread and pastry <input type="checkbox"/>

VIKRUTI MIND AND EMOTION SCORE

TOTAL VIKRUTI

Vata

Pitta

Kapha



Vikruti: this test is designed to assess which dosha is presently increased and needs treatment now. Any score shows some degree of imbalance, the higher the score the bigger the imbalance and need for treatment. Although treatment could be self-healing practice's at home, outlined on Kimmana.com in the Dosha balancing article, it is highly recommended that strong imbalances are treated under the guidance of a skilled practitioner.



Test your **Prakruti** (Constitution at birth)

Tick the boxes if you find any characteristics that have been dominant most your life. Once finished add up each section to see which dosha (constitution) is dominant.

Vata

Pitta

Kapha

DEHA PRAKRUTI (BODY CONSTITUTION)

1.	Frame	Slim, unusually tall or short <input type="checkbox"/>	Medium, athletic <input type="checkbox"/>	Large body, rounded curves <input type="checkbox"/>
2.	Weight	Lose easily, if gains weight around the middle <input type="checkbox"/>	Fairly stable and loses easily, deposits fat fairly evenly <input type="checkbox"/>	Gains easily, especially rear & thighs <input type="checkbox"/>
3.	Chin	Thin, delicate, angular <input type="checkbox"/>	Moderate, tapering <input type="checkbox"/>	Large jaw, rounded, double <input type="checkbox"/>
4.	Child Weight	Thin as a child <input type="checkbox"/>	Medium Build as a Child <input type="checkbox"/>	Large or chunky as a child <input type="checkbox"/>
5.	Eyes	Small, sunken, dark, active <input type="checkbox"/>	Medium, grey, green, yellow/red, blue <input type="checkbox"/>	Big, loving, blue or chocolate brown <input type="checkbox"/>
6.	Nose	Uneven shape, deviated septum <input type="checkbox"/>	Long, pointed, red nose tip <input type="checkbox"/>	Short, rounded, button nose <input type="checkbox"/>
7.	Body hair	Scanty or excessive, dark, coarse and curly <input type="checkbox"/>	Light body hair fine texture <input type="checkbox"/>	Moderate amount of body hair <input type="checkbox"/>
8.	Teeth	Stick out, big, roomy, thin gums, sensitivity <input type="checkbox"/>	Medium, even, soft and tender gums <input type="checkbox"/>	Large, even, white and gleaming <input type="checkbox"/>
9.	Complexion	Dark complexion (relative to family) tans easy <input type="checkbox"/>	Fair skin, burns easy, freckles and moles common <input type="checkbox"/>	Tans evenly <input type="checkbox"/>
10.	Child hair	Kinky, curly, brown, black, scarce <input type="checkbox"/>	Straight, fine, light or red coloured <input type="checkbox"/>	Thick, wavy, luxuriant <input type="checkbox"/>
11.	Hands	Long tapering fingers and toes <input type="checkbox"/>	Fingers and toes medium in length <input type="checkbox"/>	Fingers & toes short and squarish <input type="checkbox"/>
12.	Neck	Thin, tall, unsteady <input type="checkbox"/>	Moderate, medium <input type="checkbox"/>	Big, folded, steady <input type="checkbox"/>
13.	Forehead	Small forehead <input type="checkbox"/>	Medium with folds and lines <input type="checkbox"/>	Large forehead <input type="checkbox"/>
14.	Belly button	Small, irregular, herniated <input type="checkbox"/>	Oval, superficial <input type="checkbox"/>	Big, deep, round, stretched <input type="checkbox"/>
15.	Hips	Slender, thin <input type="checkbox"/>	Moderate <input type="checkbox"/>	Heavy, big <input type="checkbox"/>
16.	Bones	Light, small bones and/or prominent joints <input type="checkbox"/>	Moderate <input type="checkbox"/>	Heavy bone structure <input type="checkbox"/>
17.	Bowels	Irregular appetite, tendency to constipation <input type="checkbox"/>	Strong appetite, tendency to loose stool <input type="checkbox"/>	Low but constant, thick/heavy stools <input type="checkbox"/>
DEHA PRAKRUTI SCORE		<input type="text"/>	<input type="text"/>	<input type="text"/>

Vata

Pitta

Kapha

MANAS PRAKRUTI (MIND CONSTITUTION)

18.	Mental activity	Hyperactive, short term concentration <input type="checkbox"/>	Purposeful, logical, rational <input type="checkbox"/>	Slow paced and consistent <input type="checkbox"/>
19.	Habits	Travel, art, dance, trivia, new <input type="checkbox"/>	Intense sports, debates, politics, hunting, research <input type="checkbox"/>	Sailing, flowers, business, cosmetics, cooking <input type="checkbox"/>
20.	Recollection	Recent good, forgets easily <input type="checkbox"/>	Distinct memory and often visual <input type="checkbox"/>	Slow to learn but sustained memory <input type="checkbox"/>
21.	Routine	Dislikes routine <input type="checkbox"/>	Enjoy planning & organising, especially self created <input type="checkbox"/>	Works well with routine <input type="checkbox"/>
22.	Decisions	Indecisive, changes mind easily <input type="checkbox"/>	Rapid decision making & sees things clearly <input type="checkbox"/>	Slow to decide, commits once chosen <input type="checkbox"/>
23.	Thinking	Creative thinker, many ideas <input type="checkbox"/>	Organised thinker, entrepreneurial <input type="checkbox"/>	Prefers to follow a plan <input type="checkbox"/>
24.	Projects	Many at once, often does not finish <input type="checkbox"/>	Organised and logical, goal focused <input type="checkbox"/>	Resists change, likes simplicity <input type="checkbox"/>
25.	Financial	Spends impulsively, money is to be used <input type="checkbox"/>	Spends on luxuries and achieving purpose <input type="checkbox"/>	Wealthy, good money preserver <input type="checkbox"/>
26.	Physical activity	Hyperactive, lots of movement <input type="checkbox"/>	Purposful, for goal or reason <input type="checkbox"/>	Slow and calm <input type="checkbox"/>
27.	Sexual nature	Strong desire, fantasy's, but low energy <input type="checkbox"/>	Moderate desire, passionate and dominating <input type="checkbox"/>	Consistent desire, loving and nurturing <input type="checkbox"/>
MANAS PRAKRUTI SCORE				

TOTAL PRAKRUTI

Vata

Pitta

Kapha

DOMINANT PRAKRUTI

This test is a rough guideline to ascertain your dominant constitution, the disease tendencies you may be predisposed to, and the domains of life which may easily imbalance for you. If your body and mind type are the same, balance requires less fine tuning. Although body and mind are calculated separately, as it does influence the importance of which treatments to apply, what happens to the mind will affect the body and vice versa.

DOMINANT BODY SCORE

Represents dominant physical type you were born with. Work to create balance through more physical therapy tools of opposing nature. Such as: diet, herbal medicine and exercise.

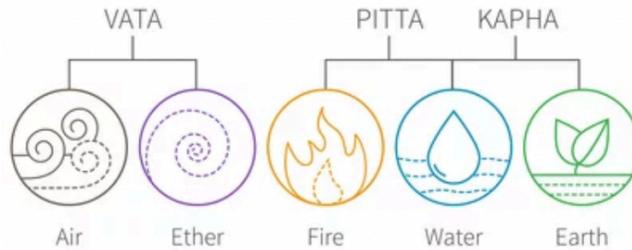
DOMINANT MIND SCORE

Represents dominant mental type you were born with. Work to create balance through more psychological therapy tools of opposing nature. Such as: meditation, mind herbs, lifestyle and profession.

Balancing your gifts: Ayurveda is not a system of denying your innate gifts. It asks us to understand ourselves deeply and live our strengths, yet sandwich those strengths with opposing qualities. Then we can live them for longer without creating imbalance. The details of how to balance your dosha through opposing qualities is given in this article: www.kimmana.com/treating-you-as-an-individual-with-ayurvedic-dosha/

Treat Vikruti (present condition) Over Prakruti. This test is designed for healthy people wishing to create balance. Those with presenting imbalances should combine the Vikruti Test and work with a skilled practitioner to effectively guide you in treating the present imbalance.





Vikruti (Imbalanced state)

Vata	Pitta	Kapha
Fall and Winter	Later Spring and Summer	Late Winter and Early Spring
related to energy, breath, and nervous system	related to digestion, metabolism	related to immunity and protection of body tissues
Individuals physical constitution: anorexic, disordered eating, brittle nails, dry hair, cracked and dry hands, feet and eyes red or dry as well.	Individuals physical constitution: exaggerated musculature, hot red skin, ligament injury prone, candida, red eyes.	Individuals physical constitution: overweight, obese, diabetes, high cholesterol, heart disease, extreme salivation.
Tends towards irregular metabolism, loss of appetite, loose stools or constipation.	Tends towards digestive tract becoming irritated, acid reflux, IBS, hernias, ulcers and the like.	Tends towards sluggish metabolism, likes dairy, breads, pastries, often struggles with constipation
Emotional, mental constitution : scattered, unable to complete thoughts or sentences, potentially adhd, unreliable, avoidant, uncommitted.	Emotional, mental: triggered easily to anger, short, curt, abrupt. Controlling, critical dominating.	Emotional, mental constitution: indecisive, dependent, insecure, depressed, inactive, shame cycle, excessive sleep.

