

Guidelines For Determining Your Vikruti (Current State)

Instructions: To determine your vikruti, base your choices on how you have been feeling recently. Sometimes it helps to have a friend ask you the questions and fill in the chart for you, as they may be more impartial. Add up the number of marks under vāta, pitta and kapha to calculate the ratio of doshas in your vikruti compared to your prakruti. For instance, if your prakruti is V2 P3 K1 but your vikruti shows a ratio of V2 P4 K1 this indicates high pitta.

This will help you discover your own ratio of doshas in your prakruti and vikruti. Most people will have one dosha predominant, a few will have two doshas approximately equal and even fewer will have all three doshas in equal proportion. For instance, if your vikruti shows more pitta than your prakruti, you will want to follow a pitta-soothing regimen to try and bring your vikruti back into balance with your prakruti. If your prakruti and vikruti seem about the same, then you would choose the regimen of your strongest dosha.

	Vata	Pitta	Kapha
Appearance	Thin, bony, emaciated	Medium, intense	Large, sluggish
Weight	Underweight	Steady	Overweight
Joints	Cracking and popping	Tender	Swollen
Spine	Scoliosis tendency	Kyphosis tendency	Lordosis tendency, slipped disc
Muscles	Tremors, tics, spasms	Tenderness	Swelling
Skin	Dark, dry, rough, scaly, liver spots	Yellow or red, rashes, pimples, acne	Pale, oily, smooth, swelling
Lymph nodes	Skinny	Tender, inflamed	Enlarged, congested
Veins	Prominent, collapsed, empty	Bruises easily, moderate visibility	Full, wide, stagnant
Eyes	Dry, restless, blinking	Red, burning, hypersensitivity to light	Pale, swollen, sticky, excessive lacrimation
Ears	ringing (tinnitus)	Pain, infections	Clogged, discharge
Nose, Sinuses	Dry, crusty	Red, inflamed	Congestion
Lips	Dry, cracked	Red, inflamed	Pale, oily
Mouth	Dry, receding gums	Red, inflamed and tender gums	Excessive salivation
Teeth	Cavities, receding gums, cracked enamel	Yellow, wasted enamel	Sweet tooth, strong enamel
Tongue	Dry, cracked, tremors, dark coating	Red, inflamed, yellow coating	Pale, thick white coating
Hair	Dry, knotted, brittle	Oily, graying, bald	Oily, wavy
Nails	Dry, rough, brittle, cracked, bitten	Soft, sharp, inflamed	Pale, thick, oily
Appetite	Variable, anorexia nervosa	Strong, unbearable, hypoglycemia	Low, steady

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Digestion	Irregular, gas, bloating	Quick, acid indigestion	Slow, prolonged, indigestion
Metabolism	Irrgeluar	Hyperactive	Slow
Thirst	Variable	Strong	Low
Elimination	Constipation, dry, hard stools	Loose stools, diarrhea, burning	Heavy, oily stools with mucous
Energy Level	Hyperactive, exhausts quickly	Intense, exhausts from excessive thinking	Low, exhaustion due to excess weight
Sex Drive	Premature orgasm	Painful sex	Low libido
Liver & Spleen	Palpable (double normal size)	Tender	Enlarged, fatty degenerative changes
Voice	Dry, exhausted, explosive, whispering, stuttering	Sharp, penetrating, metallic	Deep, hoarse, drum-like
Speech	Rapid, abrupt, unclear ideas	Sharp, determined, premeditated	Slow, monotonous
Breathing	Nervous, diaphragmatic, (sympathetic nervous system)	Aggressive, intercostals, tight in chest	Slow, abdominal, apnea tendency
Allergies	Dry wheezing, breathlessness	Hives, rash, urticaria	Congestion, runny nose
Sleep	Insomnia, broken	Difficult entering, insufficient	Excessive, drowsiness
Dreams	Plenty, active, fearful	Fiery, violent	Watery, romantic
Emotions	Anxiety, fear, loneliness	Judgement, criticism, anger, hate, jealousy	Attachment, greed, depression
Intellect	Fast but faulty response	Abrupt but accurate response	Slow but exact response
Memory	Recent good, remote poor	Moderate, distinct	Slow, remote very good
TOTAL			

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