

Name: _____

Date: _____

Prakriti: _____

Vikriti: _____

Vata Prakriti Characteristics: <i>These are characteristics you have had your whole life.</i>	Doesn't apply	Somewhat applies	Strongly applies
My whole life I have always been very thin, especially when I was a kid and teenager			
I have always found it difficult to establish a routine in life			
My skin tends to be rough and dry even if I don't live in a dry climate but especially if I do			
My joints have always been very bony and prominent			
My teeth are protruded or crooked or I had braces			
My hair is kinky, curly and rough and tends to be dry or frizzy all over (not just at the ends)			
It has always been easy for me to lose weight and I have difficulty gaining it			
I prefer warm/hot weather and I tend to feel bad in cold weather			
I tend to dislike dry weather (esp deserts and high altitudes) and I don't mind humidity			
I tend to dislike wind and fans blowing on me			
Total:			

Vata Vikriti Symptoms: <i>Check the box if you are currently experiencing these symptoms.</i>	
Lately I have been feeling nervous, fearful, panicky, anxious or frantic	
I have twitches, tics, tremors or muscle spasms in my body or I fidget a lot	
My skin has been dry or easily chapped	
I have been suffering from dry, hard stools, constipation, or gas and bloating -or- I have been having diarrhea due to emotional upset/stress	
I feel I am underweight –or- I have been losing weight unintentionally	
Lately I have a stronger dislike of the wind and cold than usual	
I have a difficult time tolerating loud noise (or I am experiencing ear ringing or hearing loss)	
My sleep has been light, interrupted, restless or disturbed	
I feel scattered, spacey and have difficulty concentrating or have poor memory	
I am currently prone to over-thinking or worrying	
Total	

Pitta Prakriti Characteristics: <i>These are characteristics you have had your whole life.</i>	Doesn't apply	Somewhat applies	Strongly applies
I have always had a medium build with medium bone structure			
I enjoy competitive activities and enjoy physical or intellectual challenges			
My teeth are medium-sized, sharp and a little yellow (stained doesn't count)			
I have fair skin that sunburns easily			
I have a lot of moles or freckles			
I am or am becoming bald, I have grayed early, or I have thin or fine hair			
I really love chili peppers, tomato sauces, salsas and spicy food even though they also tend to cause me digestive distress, including heartburn, stomachache or burning, loose stool.			
I have always preferred cooler weather to warmer weather			
I strongly dislike heat, especially humid heat, and feel easily fatigued by it			
I have a sharp, intelligent, aggressive mind			
Total:			

Pitta Vikriti Symptoms: Check the box if you are currently experiencing these symptoms.	
I have a red, inflamed skin or burning rash, acne, cold sores, herpes or shingles	
There is acute inflammation in my body or joints	
I have acid reflux, heartburn, acid indigestion or a gastric or peptic ulcer or a tight, burning feeling in my stomach or digestive tract	
I feel nauseated or uncomfortable if I miss a meal	
I have been having loose, hot, burning, yellow/orange stools not due to emotional upset	
I have been feeling uncomfortably warm or hot	
I have been feeling frustrated, irritable or angry	
I can be easily judgmental, impatient, critical or intolerant of others	
I expect perfection of myself or others	
My eyes have been red, bloodshot, inflamed or sensitive to light	
Total	

Kapha Prakriti Characteristics: These are characteristics you have had your whole life.	Doesn't apply	Somewhat applies	Strongly applies
I have a larger body frame. I have always been "big boned", "chubby" or "stocky".			
I have had a lifelong tendency to always be at least a little overweight			
My teeth are naturally large, straight and white.			
My hair is very thick, wavy and lustrous and I have a lot of it			
My eyes are very large, shiny and luxurious			
If given the opportunity, I can easily sleep deeply for 10+ hours per night			
I have always gained weight easily and have difficulty losing weight			
I tend to have excess mucous			
I can tolerate most climates well but usually I feel best in dry, warm weather			
It can be hard to get going at first, but once I start an activity, I can maintain a steady pace for a long time without burning out.			
Total:			

Kapha Vikriti Symptoms: Check the box if you are currently experiencing these symptoms.	
I have excess mucous in my body or nasal or lung congestion	
I have a thick, white coat on my tongue	
My bowel movements are sticky, sluggish, or feel incomplete	
I am currently overweight	
It is difficult for me to wake up in the mornings, even if I sleep deeply for 8-10 hours, and I feel lethargic throughout the day (not due to sleeplessness, overwork or exhaustion)	
I have been feeling slow, foggy, dull, lethargic or heavy	
In the morning I have to cough up a lot of mucous	
I have a deep, wet cough that produces a lot of mucous	
I feel complacent, stubborn and resistant to any change, or my close friends and family tell me that I am very slow to change or to make a decision	
I am prone to excessive emotional eating, especially of sweet, heavy foods	
Total	