

Vikruti Subdosha Questionnaire

These questions are intended to assess your current life situation, including any recent stresses, illnesses, or life changes. It is most helpful if you answer these questions according to what has been true for you over the past few weeks and months.

Quotes



Gold Tantra Yantra, <https://www.chrisji.com/en/art>

If you know your own mind, you know enough to keep it always positive

Vikruti Subdosha Questionnaire - VATA

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VATA

		Not at all	Somewhat / Occasionally	Very often
	Mind			
1	I've been having difficulty with mental clarity or the ability to focus my attention.			
2	I've been feeling overwhelmed, worried, or anxious.			
3	My life has been turbulent and chaotic.			
4	I've been starting new projects, but have difficulty completing them.			
5	I've been having difficulty falling asleep or have been awakening easily.			
6	I've been having a hard time making decisions.			
7	I've been having trouble following through on commitments I've made.			
8	I've been feeling restless if I'm not constantly on the move.			
9	I've been acting impulsively or inconsistently.			
10	I've been more forgetful than usual.			
	VATA Mind total			

		Not at all	Somewhat / Occasionally	Very often
	Body			
1	I've had a dry throat, have felt the need to frequently clear my throat, or have a dry cough.			
2	I've been experiencing gas, cramping, or bloating after meals.			
3	My appetite has been inconsistent.			
4	I've been suffering from chronic pain.			
5	My skin has been dry or flaking.			
6	My bowel movements have been hard and dry or are irregular.			
7	Men: I've been having trouble getting sexually aroused, maintaining erections, or experiencing orgasms.			
8	Women: My menstrual cycle has been uncomfortable or irregular or I am experiencing vaginal dryness.			
9	I've been getting light-headed when I get up quickly.			
10	My hands and feet have been uncomfortably cold.			
11	I've been having muscle twitches, cramps, or heart palpitations.			
	VATA Body total			

Vikruti Subdosha Questionnaire - PITTA

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PITTA

		Not at all	Somewhat / Occasionally	Very often
Mind				
1	I've been feeling discontented with my life.			
2	I've been judgmental and critical of others.			
3	I've been feeling jealous of others.			
4	I've been expressing anger towards others easily.			
5	I've been feeling irritable or impatient.			
6	I've been compulsive, with difficulty stopping once I've started a project.			
7	I've been strongly opinionated, freely sharing my point of view without being asked.			
8	I've been frustrated by other people.			
9	I've been feeling the need to out-compete others.			
10	I've been ruminating over situations from the past.			
PITTA Mind total				
Body				
1	I've been feeling overheated or have been experiencing hot flashes.			
2	I've been having headaches accompanied by light sensitivity or distorted vision.			
3	My eyes have been itchy, irritated, red, or watery.			
4	I've been having more than two bowel movements per day.			
5	My appetite has been excessively strong.			
6	I've been getting reflux/heartburn or have an ulcer.			
7	I've been sensing the accumulation of toxins (from food, air, water, alcohol, cigarettes, or drugs) in my system.			
8	I've been diagnosed with some form of liver malady.			
9	I've been diagnosed with high blood pressure or coronary heart disease.			
10	My skin has been itchy, irritated, prone to breakouts, or I've been diagnosed with an inflammatory skin condition.			
PITTA Body total				

Vikruti Subdosha Questionnaire - KAPHA

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KAPHA

		Not at all	Somewhat / Occasionally	Very often
Mind				
1	I've been dealing with conflict by withdrawing.			
2	I've been accumulating clutter in my life.			
3	I've been resistant to changing my routine.			
4	I've been having difficulty leaving a relationship, job, or situation even though it is no longer nourishing me.			
5	My short-term memory has been of concern to me.			
6	I've been intending to be more physically active, but have difficulty exercising regularly.			
7	I've been eating more out of my emotional rather than nutritional needs.			
8	I've been having difficulty getting going in the morning.			
9	I have not been confident in my ability to cope with challenges.			
10	I've been having a hard time moving beyond the past.			
KAPHA Mind total				

		Not at all	Somewhat / Occasionally	Very often
Body				
1	My ankles tend to swell.			
2	I tend to be sluggish or lethargic in the morning.			
3	I have a lot of phlegm or mucous production			
4	I feel nauseated or full for an extended time after eating.			
5	I am more than 10 pounds over my ideal weight.			
6	I have high cholesterol or atherosclerotic heart disease.			
7	I have been having episodes of asthma or wheezing.			
8	I fall asleep easily after meals.			
9	I have a tendency to have elevated blood sugars.			
10	I have frequent sinus congestion or respiratory infections.			
KAPHA Body total				

For each question, choose the answer that best describes your current weight / eating patterns.

Weight	VATA	PITTA	KAPHA
I am currently	underweight	at my ideal weight	overweight
Under stress	my appetite diminishes	I become	I eat even when I don't feel hungry
It is easy for me to	lose weight	maintain a stable weight	Gain

Totals

Mind	Total	Body	Total	Total Dosha
VATA-Mind score		VATA-Body score		
PITTA-Mind score		PITTA-Body score		
KAPHA-Mind score		KAPHA-Body score		

Quotes



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Keep your mind fixed on what you want in life, not on what you don't want