

DETERMINING VIKRUTI (current condition) PAGE 1 OF 2

VIKRUTI: MENTAL - EMOTIONAL - BEHAVIORAL SYMPTOMS

SCORING:

3 = Strong, frequent
 2 = Moderate
 1 = Weak, infrequent
 0 = Not at all

VIKRUTI: MENTAL-EMOTIONAL-BEHAVIORAL SCORES:

VIKRUTI: MENTAL-EMOTIONAL-BEHAVIORAL SCARES:

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VIKRUTI: MENTAL-EMOTIONAL-BEHAVIORAL SCARES:

DETERMINING PRAKRUTI (essential nature)

PRAKRUTI: MIND-EMOTIONS - BEHAVIOR

PAGE 1	VATA	PITTA	KAPHA
• I am:	Flexible, optimistic, lively, intuitive, enthusiastic, changeable, an initiator	Ambitious, practical, intense, motivated, warm, perceptive, friendly, independent, courageous, a good leader, discriminating, goal-oriented, competitive	Calm, peaceful, solitaires, resilient, content, loyal, slow, deliberate, relaxed, stable, compassionate, patient, nurturing
• My memory is:	Quick to remember – and to forget	Average, clear, distinct	Slow to remember – and to forget
• My thinking style is:	Restless, quick	Organized, efficient, accurate	Slow, methodical, exacting
• I process information:	Quickly	At medium speed	Slowly
• My creativity level is:	Filled with ideas, but tend to follow through poorly	Inventive in many areas, with good follow-through	Best in the field off business
• Under stress I become:	Anxious, insecure, tense, sigh and hyperventilate	Aggressive, angry, irritable, headache, nauseated	Lethargic, dull, in denial

SCORING: 3: Strong, frequent
2: Moderate
1: Weak
0: Not at all

DETERMINING PRAKKUTI ~ CONVINCING MIND-EMOTIONS - BEHAVIOR

PAGE 2	VATA	PITTA	KAPHA
• I dream of:	Activity, running, flying, frightening things	Violence, fire, anger, passion, the sun	Romance, sentimentality, water and snow
• My speech pattern is:	Fast, talkative	Precise, convincing	Slow, monotones, melodic
• My voice sounds:	Weak, low, hoarse, whining	Sharp, loud, penetrating, high-pitched	Pleasant, deep, resonant
• My lifestyle is:	Highly active	Active	Rather inactive
• My spending habits are:	Wasteful, can't save, throw away on trifles	Moderate, can save, but spend on luxuries	Thrifty, save but spend on food
• My sex drive is:	Either very high or very low gear	Moderate, but passionate and domineering	In frequent, constant or cyclic, loyal, devoted
• I dislike weather that is:	Cold, windy, dry	Hot, with strong sun	Cool and damp
• When making decisions, I am:	Unsure	Quick and decisive	Deliberate
• Emotionally, I:	Worry, am anxious, moody and emotional	Irritated easily	Stay calm, complacent; anger slowly
• I love:	Traveling, art, esoteric subjects	Sports, politics, luxury	Good food
• The pace of my activity is:	Fast	Medium speed, intense	Slow, steady
PRAKRUTI: MIND/EMOTION/ BEHAVIOR		PAGE 1: _____ PAGE 2: _____	PAGE 1: _____ PAGE 2: _____ TOTAL KAPHA: _____
TOTAL VATA:		PAGE 1: _____ PAGE 2: _____	PAGE 1: _____ PAGE 2: _____ TOTAL PITTA: _____

DETERMINING PRAKRUTI (essential nature)

PRAKRUTI: BODY CHARACTERISTICS

SCORING: 3 = Strong, frequent 2 = Moderate
 1 = Weak, infrequent 0 = Not at all

PAGE 1	VATA	Score:	PITTA	Score:	KAPHA	Score:
• My bone structure is:	Slim, slight, prominent	<input type="checkbox"/>	Medium Thick	<input type="checkbox"/>	Solid, heavy	<input type="checkbox"/>
• My height is:	Above or below average	<input type="checkbox"/>	Average	<input type="checkbox"/>	Average or Tall	<input type="checkbox"/>
• My muscles are:	Wiry, undeveloped	<input type="checkbox"/>	Moderately developed	<input type="checkbox"/>	Solid, sticky, well-developed	<input type="checkbox"/>
• My weight is:	Below average, lose weight easily	<input type="checkbox"/>	Medium, able to gain or lose weight	<input type="checkbox"/>	Above average, gain weight easily	<input type="checkbox"/>
• Most of my fat is located:	Around my waist	<input type="checkbox"/>	Evenly over my body	<input type="checkbox"/>	Around hips and thighs	<input type="checkbox"/>
• My skin is:	Dry, flaky, thin, rough, cool to touch	<input type="checkbox"/>	Oily, smooth, with freckles or moles, warm	<input type="checkbox"/>	Oily, thick, smooth, soft to touch	<input type="checkbox"/>
• My complexion is:	Dark	<input type="checkbox"/>	Red, ruddy or yellowish	<input type="checkbox"/>	Pale	<input type="checkbox"/>
• My hair is:	Dry, brittle, thin, coarse, brown, black	<input type="checkbox"/>	Fine and straight, red, blond, gray earthy, bald	<input type="checkbox"/>	Oily, thick, luxuriant, wavy or curly, dark	<input type="checkbox"/>
• My eyebrows are:	Thin, dry, firm	<input type="checkbox"/>	Medium	<input type="checkbox"/>	Thick, large, firm, bushy, oily	<input type="checkbox"/>
• My eyes are:	Small, nervous, dry, black or brown	<input type="checkbox"/>	Sharp, bright, sensitive to light, gray or green, penetrating gaze	<input type="checkbox"/>	Big, calm, blue, loving gaze	<input type="checkbox"/>
• My teeth are:	Big, crooked or protruding, with thin receding gums	<input type="checkbox"/>	Medium sized, yellowish, soft, tender gums	<input type="checkbox"/>	Strong and white with healthy gums	<input type="checkbox"/>
• My nose is:	Uneven in shape, small, thin	<input type="checkbox"/>	Long and pointed	<input type="checkbox"/>	Short, round, thick, oily	<input type="checkbox"/>
• My lips are:	Dry, thin, dark	<input type="checkbox"/>	Soft, pink, red or yellowish	<input type="checkbox"/>	Oily and smooth, large, thick and firm, pale	<input type="checkbox"/>
• My veins are:	Prominent	<input type="checkbox"/>	Somewhat visible	<input type="checkbox"/>	Not visible	<input type="checkbox"/>
• My hips are:	Narrow	<input type="checkbox"/>	Medium width	<input type="checkbox"/>	Wide	<input type="checkbox"/>

WEEKMING PRAKRUTI- continue (BODY CHARAKTERISTICS)

PAGE 2	VATA	PITTA	KAPHA
• My shoulders are:	Narrow and slope downward	Medium-sized	Broad, firm, wide, developed
• My hands are:	Small, dry, cool, long fingers with small, make cracking noises	Medium-sized, moist, warm, pink	Large, oily, cool, firm
• My joints are:	Thin, small, make cracking noises	Moderate in size, soft and loose	Large, well-lubricated, well knit
• My nails are:	Dry, rough, brittle, break easily	Flexible, pink, lustrous	Thick, smooth, shiny, hard
• My perspiration is:	Scanty with no odor	Heavy, strong odor	Moderate or heavy, pleasant odor
• My appetite is:	Irregular, with skipped meals	Strong, must eat regular meals	Constant, but can skip meals
• My sleep pattern is:	Irregular, light, interrupted, 5-7 hrs	Sound and even, 6-8 hrs/night	A prolonged and deep, difficult to wake
• My gait is:	Quick, short steps	Medium pace, purposeful	Slow and graceful
• My energy or endurance is:	Low, energy comes in spurts, then need rest	Well-managed	Good, long-lasting
PRAKRUTI: BODY CHARACTERISTICS	TOTAL VATA:	PAGE 1: _____ PAGE 2: _____ TOTAL PITTA: _____	PAGE 1: _____ PAGE 2: _____ TOTAL KAPHA: _____

TO FIND YOUR PERCENTAGES:

- ① ADD THE THREE NUMBERS OF THE GRAND TOTALS OF VATA, PITTA AND KAPHA FOR BOTH YOUR VIKRUTI AND YOUR PRAKRUTI:
example: