



Vikruti Questionnaire



Mark, circle **ONLY** that which applies for the past 5 to 10 days and if none apply leave empty.

	<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>
digestion	bloating, distention, gas, skipping meals, small meals	strong hunger, hypoglycemia, burning sensations, itchy	sleepy post meal, no real hunger, food sits in stomach
urine	dark color, small amount	feels hot, burning sensation, strong yellow or pinkish color	moderate amount, pale color, cloudy
bowel movement	dry, hard, straining, hemorrhoids, constipated, dark color	several per day, soft (breaks in bowl), watery, hot, strong odor	large, sticky, mucous, light color, foul smell
sweat	no sweating, little sweating, hard to sweat	profuse, strong smell, salty, acidic	moderate, cold and damp, musty smell
skin	cold, dry, chapped, rough patches, rough, wrinkled	irritated, red, rash, hot, oily, red acne, inflamed	cold, damp, excessive oil, enlarged pores, blackheads, pustules, swelled
joints	cracking, popping, dry, hypermobile, unstable	red, inflamed, hot, tender on touch	swollen, cool, liquid, achey and dull improves on movement
hair	dry, brittle, thinning, dandruff	falling, hair loss, greying	oily, fast growing
body temperature	cold hands and feet, feels cold	hot, hot flashes	cool all over, cool in buttocks, sweaty palms
weight	loosing weight, hard to keep weight on	weight stable, changes by 1-2 pounds	gaining weight, heavy all over
sleep	4-5 hr sleep per night, waking b/w 2-4 am, restless and light sleep	hard to fall asleep, go to bed at 11 pm or later, night heat, teeth grinding	sleep more then 8 hrs, heavy sleep, feel heavy + sleepy in AM, tired
pain	moving, tearing, or vague pain, low back pain, intense pain, nerve pain	hot, burning pain, migraine, stomach pain, tender to touch, red	dull continuous pain, movement helps pain, congested, cold, swelling
emotions	worry, anxiety, lonely, empty, stress	irritated, easily angered, critical	attached, clingy, holding on, please all but not self
senses	ringing ears	eye are sensitive	nose stuffy, congested