



Vikriti "Current Condition" questionnaire

1. I have been feeling nervous, fearful, panicky, anxious or frantic
2. I have twitches, tics, tremors, or spasms in my body. I fidget a lot.
3. My skin is dry and easily chapped.
4. I have been suffering from dry, hard stools, constipation, gas or bloating or I have been having loose stools due to emotional upset.
5. I feel I am underweight.
6. Lately I have a stronger dislike of the wind and cold than usual.
7. I have a difficult time tolerating loud noise.
8. My sleep has been light, interrupted, restless or disturbed.
9. I feel scattered, spacey and have difficulty concentrating or have poor memory.
10. I am prone to over-thinking or worrying.

Vata Score: _____

11. I have a red, inflamed or burning rash, acne, cold sores or fever blisters.
12. There is acute inflammation in my body or joints.
13. I have acid reflux, heart burn, acid indigestion or a gastric or peptic ulcer or a tight burning feeling in my stomach or digestive tract.
14. I feel nauseated or uncomfortable if I miss a meal.
15. I have been having loose stools that are not due to emotional upset.
16. I have been feeling uncomfortably warm or hot.
17. I have been feeling frustrated, irritable, or angry.
18. I can be easily judgmental, impatient, critical or intolerant of others.
19. My eyes have been red, bloodshot, inflamed or sensitive to light.
20. I expect perfection of myself or of others.

Pitta Score: _____

- 21. I have excess mucus in my body or nasal or lung congestion.
- 22. I have a thick, white coat on my tongue.
- 23. My bowel movements are slow, sticky, sluggish, or feel incomplete.
- 24. I am overweight.
- 25. 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.
- 26. I have been feeling slow, foggy, dull, lethargic or heavy.
- 27. In the morning I have to cough up a lot of mucous.
- 28. I have deep wet cough that produces a lot of mucous.
- 29. 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.
- 30. I am prone to excessive emotional eating, especially of sweet, heavy foods.

Kapha Score: _____

Vikriti Score: V _____ P _____ K _____