

# Balance & Bliss Ayurvedic Questionnaire

## Part II - Your Current Physical Doshic State (*Vikriti*)

Name \_\_\_\_\_ Date \_\_\_\_\_

Parts II and III of this questionnaire are based on characteristics that can change throughout your life, as they are affected by life circumstances, lifestyle, diet, age, climate, season and even the time of day. Your answers reveal your current state of balance or imbalance, as compared to your Prakriti from Part I. Check **one or more description** in each column that most accurately describes your current traits or tendencies. Respond to the way that you have been **most recently or within the last year**.

VATA – <i>Air &amp; Space</i>	V	PITTA – <i>Fire &amp; Water</i>	P	KAPHA – <i>Earth &amp; Water</i>	K
Irregular eating or sleeping habits		Regular eating or sleeping habits		Over eating or sleeping too long	
Variable appetite or thirst - dizzy or weak between meals		Strong appetite or thirst - irritable when hungry		Stable appetite or thirst - prone to emotional eating	
Irregular digestion - difficulty with large meals - fast metabolism		Good digestion - can eat large quantities - strong metabolism		Slow but regular digestion - heavy feeling after eating	
Irregular elimination - may have gas or constipation		Regular or frequent elimination - may have diarrhea		Slow but regular elimination	
Energy fluctuates or comes in bursts - low endurance		Moderate and focused energy - moderate endurance		Low energy or slow, consistent pace - high endurance	
Low resistance to illness		Moderate resistance to illness		Strong resistance to illness	

## Part III - Your Mental and Emotional Doshic State (*Vikriti*)

Prefers change and movement - dislikes routine - restless		Likes to plan - will make logical and rational changes - purposeful		Likes simplicity and routine - resists change - attached	
Quick to memorize, but absentminded		Sharp memory - focused mind		Slow to memorize, but once retained never forget	
Difficulty making decisions or staying focused		Makes decisions easily- sees things clearly		Takes time making decisions - gathers details - stays with decision	
Talkative or talks quickly - high pitch or irregular speech patterns -change subject often		Talks in a concise and orderly manner - fluid speech - may be impatient or cutting		Talks slowly and conservatively - even pitch or melodious speech	
Enthusiastic, lively, flexible, active or quick		Competitive, alert, precise, or orderly		Stable, calm, patient, relaxed or composed	
Imaginative, creative or inventive		Efficient, organized or accurate		Detailed, methodical or conservative	
Sensitive, anxious, nervous, worried, fretful or fearful		Strong willed, irritable, frustrated, resentful, impatient or angry		Attached, cautious, lethargic, in denial, depressed, or greedy	
Prefers large gatherings, know a lot of people, few close friends		Prefers small gatherings, selective but close friendships		Prefers time alone, loyal friendships	
Spends impulsively, money is to be used		Plans spending, money is for achieving purpose		Spends reluctantly, money is to be saved for unknown	
Difficulty falling asleep or having a sound night's sleep - tired upon waking		Fall asleep easily and sleep soundly - awaken alert and rested		Fall asleep quickly and sleep heavy and long - wake up slowly but rested	
Prefers a tropical climate - dislikes dry, cold and windy weather		Prefers a cool and dry climate - dislikes hot, humid and sunny weather		Prefers a dry and warm climate - dislikes wet, cold, and cloudy weather	