

Guidelines For Determining Your Vikruti (Current State)

	V	P	K	VATA	PITTA	KAPHA
Appearance				Thin, bony, emaciated	Medium, intense	Large, sluggish
Weight				Underweight	Steady	Overweight
Joints				Cracking and popping	Tender	Swollen
Spine				Scoliosis tendency	Kyphosis tendency	Lordosis tendency, slipped disk
Muscles				Tremors, tics, spasms	Tenderness	Swelling
Skin				Dark, dry, rough, scaly, liver spots	Yellow or red, rashes, pimples, acne	Pale, oily, smooth, swelling
Lymph Nodes				Skinny	Tender, inflamed	Enlarged, congested
Veins				Prominent, collapsed, empty	Bruises easily, moderate visibility	Full, wide, stagnant
Eyes				Dry, restless, blinking	Red, burning, hypersensitive to light	Pale, swollen, sticky, excessive lacrimation
Ears				ringing (tinnitus)	Pain, infections	Clogged, discharge
Nose, Sinuses				Dry, crusty	Red, inflamed	Congestion
Lips				Dry, cracked	Red, inflamed	Pale, oily
Mouth				Dry, receding gums	Red, inflamed and tender gums	Excessive salivation
Teeth				Cavities, receding gums, cracked enamel	Yellow, wasted enamel	Sweet tooth, strong enamel
Tongue				Dry, cracked, tremors, dark coating	Red, inflamed, yellow coating	Pale, thick white coating
Hair				Dry, knotted, brittle	Oily, graying, bald	Oily, wavy
Nails				Dry, rough, brittle, cracked, bitten	Soft, sharp, inflamed	Pale, thick, oily
Appetite				Variable, anorexia nervosa	Strong, unbearable, hypoglycemia	Low, steady
Digestion				Irregular, gas and bloating	Quick, acid indigestion	Slow, prolonged, indigestion

Metabolism				Irregular	Hyperactive	Slow
Thirst				Variable	Strong	Low
Elimination				Constipation, dry, hard stools	Loose stools, diarrhea, burning	Heavy, oily stools with mucus
Energy Level				Hyperactive, exhausts quickly	Intense, exhausts from excessive thinking	Low, exhaustion due to excess weight
Sex Drive				Premature orgasm	Painful sex	Low libido
Liver & Spleen				Palpable (double normal size)	Tender	Enlarged, fatty degenerative changes
Voice				Dry, exhausted, explosive, whispering, stuttering	Sharp, penetrating, metallic	Deep, hoarse, drum-like
Speech				Rapid, abrupt, unclear ideas	Sharp, determined, premeditated	Slow, monotonous
Breathing				Nervous, diaphragmatic, (sympathetic nervous system)	Aggressive, intercostals, tight in chest	Slow, abdominal, apnea tendency
Allergies				Dry wheezing, breathlessness	Hives, rashes, urticaria	Congestion, runny nose
Sleep				Insomnia, broken	Difficult entering, insufficient	Excessive, drowsiness
Dreams				Plenty, active, fearful	Fiery, violent	Watery, romantic
Emotions				Anxiety, fear, loneliness	Judgment, criticism, anger, hate, jealousy	Attachment, greed, depression
Intellect				Fast but faulty response	Abrupt but accurate response	Slow but exact response
Memory				Recent good, remote poor	Moderate, distinct	Slow, remote very good
TOTAL						