



Vikruti Test

In Ayurveda, vikruti is the current state of balance or imbalance in an individual's doshas, which are the three bioenergies that govern physiological activity in the body. Your Vikruti will be used to guide the selection of herbal and self care recommendations to restore balance to the doshas.

To discover your Vikruti, count the number of ailments or imbalances that are present for you in this moment under each dosha listed below (vata, pitta, kapha). The dosha that has the highest score is considered your excess and will be the dosha that you will focus on balancing during your detox. If you score almost equal for two then write both down e.g. Vata/Pitta or Pitta/Vata.



Vata Vikruti

Constipation
Gas/flatulence
Bloating
Variable appetite
Shifting pain
Tearing pain
Moving pain
Vague pain
Dry skin
Cracked skin
Rough skin
Thin skin
Discoloured skin
Patchy skin
Insomnia
Need night light
Restless sleep
Difficulty falling asleep
Difficulty sweating
Muscle twitching
Muscle cramping
Muscle weakness
Muscle numbness
Muscle tingling
Painful joints
Popping joints
Cracking joints
Stiffness in joints
Loose joints
Cold extremities (feet and hands)
Variable body weight
Asthma type allergy symptoms
Can't gain weight
Dry cough
Ringing in ears
Light-headed
Dryness: external/internal
Haemorrhoids: external/non-bleeding
Inability to concentrate
Forgetful
Worry
Fear
Anxiety
Loneliness
Nervousness
Grief
Depression
Restlessness
Repetitive thinking
Spacey

Pitta Vikruti

Loose stools	Hives
Burning Stomach pain	Hay fever
Still hungry after eating	Skin Irritation due to allergies
Nausea	Inflammation due to allergies
Vomiting	Excess seating
Acid stomach	Muscles easily bruised
Indigestion	Muscles tender to touch
Heart-burn	muscle soreness
Excess hunger	Excess heat in muscles
Sharp hunger	Inflamed joints
Burning pain	Hot/feverish joints
Sharp pain	Burning hands/feet
Hot pain	Excessively high metabolism
Migraine headaches	Spontaneous bleeding
Hives	Hyper-sensitive to smells
Rash	Hair loss
Acne	Excess thirst
Tender skin	Haemorrhoids: internal/bleeding
Warm/hot to touch	Anger/Rage
Redness of skin	Resentful
Boils	Judgemental
Interrupted sleep	Critical
Must have complete darkness to sleep	Envious
Needs to read/TV to sleep	Sharp tongued
Rash due to allergies	Depression
Itching eyes	Vengeful
	Intolerant

Kapha Vikruti

Sleepy after eating	Muscle growths
Low energy after meals	Swelling in joints
Excess mucous	Cold clammy hands
Emotional eating	Increasing weight
Dull-no appetite	Overweight
Dull pain	Cold
Stable pain	Cough
Throbbing pain	Congestion
Excess oily skin	excess urination
Thick skin	Frequent urination
Edema	Fibrocystic
Pallor	Depression
Cold/clammy skin	Greed
Excess sleep	Attachment
Daytime napping	Mental lethargy
Heavy sleeper	Resistant to change
Runny nose due to allergies	Laziness
Watery eyes due to allergies	Unforgiving
Congestion due to allergies	Stubborn
Food allergies	Hoarding
Respiratory allergies	
Cold/clammy sweat	
Muscle edema	
Muscle tumours	
Muscle cysts	