

## Vrakuti assessment worksheet

Please check all that apply to your current condition:

Make a check next to each symptom or set of symptoms that applies to you. You can check more than one *doṣa* for each row. For example, if you have receding gums and they are also inflamed, you would check both *vāta* and *pitta*. Then count up your checks in each column and enter that number at the bottom of the column.

Changing Attributes	Vāta	Pitta	Kapha
Gums	Dry, receding	Inflamed, burning	Have abscess or dull pain
Lungs	Dry mouth, throat, dry cough	Bronchitis, inflammation	Congestion in the sinuses or lungs, with profuse sputum
Emotions	Fear, anxiety, nervousness	Irritability, judgment, criticism	Attachment, greed, possessive, overly-sentimental
Joints	Popping and cracking	Inflamed	Stiff
Musculature	Spasms, twitches	Inflammation	Thick
Digestion	Gas, bloating, constipation, variable appetite	Heartburn, colitis, inflammation, burning loose stools, ravenous	Mucous present in stools, slow to true hunger
Weight	Under	n/a	Over
Temperature	Fear cold and/or wind	Tire easily in very hot weather	Feel clammy
Noise, light	Hard to tolerate loud noise	Light-sensitive	n/a
Energy	Work until I “crash”; if I want to lie on the couch, it’s because I’m exhausted	Am right now impatient with slowness or inefficiency in myself or in others.	I have good stamina and am not tired but would like to lie on the couch all day anyway
Sleep	Disturbed, erratic, light	Dreams of violence or fire, need moderate amount of sleep	Heavy, long, deep
Total # of checks per column	<i>vāta</i>	<i>pitta</i>	<i>kapha</i>