

Vikruti: Your Imbalance

"Vikruti" refers to your imbalance. In our current state, most all of us have veered one way or another from our optimal constitutional balance (our Prakruti). This is due to any number of internal or external factors, such as environment, stress levels, emotional state, diet, season, life stage, climate, and more.

Any of the three doshas (Vata, Pitta, and Kapha) could become imbalanced at any given time, although our dominant dosha is the most likely to become imbalanced. A doshic imbalance is not ideal- it is a divergence from the constitutional balance that represents our optimal homeostatic functioning of the mind and body.

Based on whichever dosha is the most out of balance in your vikruti, you will want to follow a diet and lifestyle plan to pacify that dosha and bring you back into balance with its natural, optimal constitution. Visit our [**Healing Services**](#) page to schedule a consultation with Kiera, who will develop an individualized lifestyle tailored to bring you back into balance, so you can operate at your optimal levels.

Take This Test to Learn Your Vikruti (Imbalance)

Answer the questions based on your current, most recent state. Choose at least one from each section. Then count the characteristics you have chosen in each column. The column with highest score determines your imbalance.

	VATA	PITTA	KAPHA
Body Frame	Thin, irregular, very short or very tall	Medium, proportionate toned	Heavy, broad, evenly proportioned
Speech	Fast, sometimes missing words	Fast, sharp, clear-cut	Slow, clear, sweet
Temperament	Fearful, indecisive, nervous, perceptive	Angry, intelligent, arrogant, successful	Greedy, calm, stable, stubborn
How do you eat?	Quickly	Medium	Slowly
How is your hunger level?	Irregular	Sharp, needs food when hungry	Can easily miss meals
Preference of food and drink	Prefers warm	Prefers cold	Prefers dry and warm
How do you achieve goals?	Easily distracted	Focused and driven	Slow and steady

What is the capacity of giving?	Gives small amounts	Gives nothing, or large amounts infrequently	Gives regularly and generously
Financial	Doesn't save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
Prefers to work	While supervised	Alone	In groups
Musculature	Wiry, thin	Smooth, flabby	Robust
Weather preference	Aversion to cold	Aversion to heat	Aversion to damp, cool
How do you react to stress	Excites quickly	Medium	Slow to get excited
Friendships	Tends toward short-term friendships, makes friends quickly	Tends to be a loner, friends related to occupation	Tends to form long-lasting friendships
Mind	Quick mind, restless	Sharp intellect, aggressive	Calm, steady, stable
Memory	Short-term best	Good general memory	Long-term best
Thoughts	Constantly changing	Fairly steady	Steady, stable, fixed
Concentration	Short-term focus best	Better than average mental concentration	Good ability for long-term focus
Sleep	Interrupted, light	Sound, medium	Sound, heavy, long
Voice	High pitched	Medium pitched	Low pitched
My stature is	Shorter or taller than average	Medium height and medium build	Robust and well developed
Amount of hair	Average	Thinning	Thick
Hair type	Dry	Normal	Oily
Hair color	Light brown, blonde	Red, auburn	Dark brown, black
Skin	Dry, rough, or both	Soft, normal to oily	Oily, moist, cool
Skin temperature	Cold hands/feet	Warm	Cool
Complexion	Darker	Pink-red	Pale-white
Eyes	Small	Medium	Large

Whites of eyes	Blue/brown	Yellow or red	Glossy white
Size of teeth	Very large or very small	Small-medium	Medium-large
Weight	Thin, hard to gain	Medium	Heavy, gains easily
Elimination	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
Veins and tendons	Very prominent	Fairly prominent	Well covered
I am often accused of	Being restless, hyperactive, overworking	Perfectionist, competitive, slightly aggressive	Being overly complacent about life
In social situations	I feel shy or lacking confidence	I like to be center of attraction and feel confident	I feel calm relaxed and often humorous
Among my older blood relatives	Low bone density, joint pain, arthritis are common	Hyperacidity, high blood pressure, heart disease are common	Obesity, diabetes, slow metabolism are common
In difficult situations	I tend to feel overwhelmed	I try to take control	I remain calm and unruffled
Exercise tolerance	Low	Medium	High
Strength	Fair	Better than average	Excellent
Speed	Very good	Good	Not so fast
Competition	Doesn't like competitive pressure	Driven competitor	Deals easily with competitive pressure
Walking speed	Fast	Average	Slow and steady
Muscle tone	Lean, low body fat	Medium, with good definition	Brawny/bulky, with higher fat percentage
Reaction time	Quick	Average	Slow
Moods	Change quickly	Change slowly	Steady, unchanging

Reacts to stress with	Fear	Anger	Indifference
More sensitive to	Own feelings	Not sensitive	Others' feelings
When threatened, tends to	Run	Fight	Make peace
Relations with spouse/partner	Clingy	Jealous	Secure
When feeling hurt	Cries	Argues	Withdraws
Emotional trauma causes	Anxiety	Denial	Depression
Confidence level	Timid	Outwardly self-confident	Inner confidence
My body has the tendency	To have dryness and roughness	To have more sweat	To have more mucus
Pride	Moderate	Some ego	Vain
Anger	Sometimes	Frequently	Rarely
Patience	Variable	Less	Very good
I spend money	Impulsive	Very careful	Saves, hoards
Metabolism	Irregular	Strong	Slow
Total			