

DOSHA IMBALANCE QUESTIONNAIRE

Vata

Do you feel chilled or cold?
Is your skin dry?
Do you feel restless?
Do you feel ungrounded?
Are you anxious?
Are you irritated by loud noise?
Are you constipated?
Are you fearful?
Have you been experiencing any pains in your lower back?
Are you experiencing signs of mental confusion?
Do you have gaseous distention in the colon?
Do you have trouble sleeping?

Pitta

Are you hot?
Do you have an acid/hot stomach or acid indigestion?
Do you suffer from skin inflammations?
Do you anger easily?
Have you been experiencing any burning pain in your body?
Have you been experiencing recurring inflammatory illnesses or infections?
Are your eyes reddish or yellow?
Are you experiencing loose stools?
Are you irritable?

Kapha

Do you feel sluggish?
Do you feel nauseous?
Are you congested or feel phlegm in you throat or nose?
Have you felt a tendency toward depression?
Have you felt unmotivated and unable to make decisions?
Have you had a problem with retention of fluids?
Do your joints feel stiff?
Are you joints swollen and cool to the touch?
Have you been experiencing consistent low grade pain in your body?
Have you been experiencing sinus headaches?