

DHATU ASSESSMENT

Total the number of symptoms for each tissue category.

1. BLOOD PLASMA (RASA). The clear, serum portion of the blood.

- Excessively dry skin
- Dehydration
- Premature graying of the hair
- Cold skin
- Fever
- Wrinkling of the skin at an early age
- Dizziness, vertigo
- Exhaustion
- Colds
- Congestion, cough
- Excess mucus or respiratory congestion
- A feeling of weakness and tiredness
- Lack of stamina, fluctuating energy levels
- Ovarian or breast cysts now or in the past (fluid-filled only)
- Lymphatic congestion
- TOTAL



2. RED BLOOD CELLS (RAKTA). Red blood cells and bile.

- Severe hot flashes
- Frequent feeling of excessive heat
- Anemia
- Very heavy bleeding or "flooding" during the period
- Bleeding disorders
- Easy bruising
- Pitta type of hypertension
- Frequent or chronic skin rashes, acne, pustules, hives
- Gallstones now or in the past (or have had gallbladder removed)
- Bleeding hemorrhoids
- Constant or problematic thirst
- Lack of thirst
- Gout
- TOTAL



DHATU QUIZ (cont.)

3. MUSCLES (MAMSA). Muscle tissue.

- Constant muscle aches or pains, or easily fatigued muscles
- Muscle tics or spasms
- Muscle atrophy
- Chronically swollen tonsils or lymph glands in the neck
- Bursitis
- Tendonitis
- Itchy ear canals or eczema of ear canal or excess ear wax
- Fibroids of the uterus (now or in the past)
- Hemorrhoids
- Fibrous or glandular lumps in the breasts
- Severely dry, cracking lips
- Fibromyalgia
- TOTAL

4. FAT AND HORMONES (MEDA). Fat, hormone, and carbohydrate metabolism.

- Weight gain (at least 10 pounds overweight)
- Inability to lose weight even on low-calorie diet
- Fatty liver
- High blood sugar (diabetes)
- High cholesterol
- Boils and abscesses



- Chronic or frequent problem with malodorous sweat or body odor
- Lipomas
- Fibrocystic breasts
- Nephritis
- Thyroid disorder (diagnosed by a physician, including abnormal blood tests)
- Frequent night sweat or sweats during the day associated with hot flashes
- Emaciation
- Loss of synovial fluid
- Weak ligaments
- TOTAL

5. BONES (ASTHI). Bone, cartilage, hair, and nail tissues.

- Low bone density (osteopenia) or osteoporosis
- Cracking or popping of the joints
- Degenerative or osteoarthritis
- Hair breaking a lot (many split ends) or hair very dry and lacking luster
- Problems with your teeth (breaking easily, many cavities, etc.)
- Nails breaking frequently
- Hair loss
- Fungal infections of the nails
- Tooth abscesses
- Constant joint pains or arthritic condition
- Deep pains in the bones
- TOTAL



DHATU QUIZ (cont.)

6. BONE MARROW (MAJJA). Central nervous system tissue and immune system.

- Frequent or recurring infections
- Chronic Fatigue Syndrome
- "Adrenal" exhaustion
- Excess secretions of the eyes
- Insomnia
- Dryness of skin on upper eyelids
- Parkinson's Disease
- Epilepsy
- Paralysis
- Constant spacey and distractible feeling, inability to focus or concentrate
- Frequent feeling of faintness or dizziness
- Multiple Sclerosis
- Neuritis
- Neuralgia
- Sciatica
- Herpes Zoster
- Schizophrenia



___ Bipolar Disorder

___ TOTAL

7. REPRODUCTIVE ESSENCE (SUKRA). Reproductive fluids.

___ Absence of libido (no sex drive)

___ Premature ejaculation

___ Severe vaginal dryness

___ Hysterectomy

___ Overall feeling of lack of attractiveness

___ Dull, unclear eyes

___ Prostatitis

___ Endometriosis

___ Cervical dysplasia

___ Vaginitis

___ Infertility

___ History of more than one miscarriage

___ Amenorrhea

___ TOTAL

