

SIGNS OF BALANCE AND IMBALANCE IN THE DOSHAS

For each of the following check those that apply to you:

VATA

- Lack of exhilaration
- Lack of enthusiasm,
- Foggy mind
- Dull mind
- Irregular bowels
- Poorly formed body tissues (emaciation or loss of muscle or loss of skin tone)
- Sleep disturbance
- Low vitality
- Low libido
- Poor immunity
- Rough skin
- Dry skin
- Weight loss
- Pain
- Anxiety
- Restlessness
- Worry
- Constipation,
- Joint pain
- Weakness

PITTA

- Loss of lustrous complexion,
- Lack of contentment,
- Heartburn,
- Food Intolerance
- Feeling overheated
- Never thirsty
- Inability to analyze things clearly
- Inflammation
- Skin diseases or rashes
- Heartburn or ulcers
- Excessive sweating
- Excessive thirst
- Excessive hunger
- Frequent aggressiveness, irritability
- Loose stools or diarrhea
- Eye issues

TOTAL



- Decreased concentration
- Insomnia,
- Loss of enthusiasm, spaciness.

TOTAL

KAPHA

- Weak
- Loose joints
- Instability in emotions
- Lack of affection
- Can't forgive
- Loss of strength
- Weight gain
- Pale complexion
- Coldness
- Lethargy
- Excessive sleep
- Dullness,
- Yeast infections
- Lack of motivation.

TOTAL

