



Using the Doshic Assessment Form

Each section has 3 questions describing your physical or mental characteristics

Each of the doshas has specific characteristics such as cold, dry, hot, heavy, slow.

We all have an individual % of these characteristics which describe how we function.

Because of this, the questionnaire asks you to answer each question in each section on a scale of 0-3 and entered under the column P for Prakriti. Your long-term tendencies which will give you your Prakriti

Once the sections are completed the numbers for each question listed as A, B or C are automatically calculated for you.

This gives a reasonable guide to your doshic makeup or Prakriti.

You may then repeat the process under column V to assess your Vikruti

This is how you are feeling today. This is called Vikruti if it is different from Prakriti

Deviation away from Prakriti is Vikruti and produces imbalance and discomfort in the system.

For example, a Vata characteristic is a tendency to sleep light. If this turns into insomnia it is telling us that Vata is out of balance. There is a need to address the problem by rebalancing the system with Vata balancing protocols. E.g. more rest, oil, water, warmth.

Recommended Reading

For those starting out in Ayurveda we recommend the following books

Morningstar, A The Ayurvedic Cookbook
 great introduction and presentation

Lad, Dr. Vasant The Science of Self-Healing
 very good for basic principles

We are always happy to be in contact with you about Ayurveda and the programmes we offer.
Please contact us directly with any questions at: ami@iahv.org.uk