

Dosha Imbalance Checklist

— ◆ —

A Guide To Identifying
Imbalances In Your Daily Life



PURA VEDA

Living School of Yoga & Ayurveda

Vata Imbalance Checklist



Physical

- ☐ External dryness (nails, hair, dandruff)
- ☐ Internal dryness (joints, arthritis, etc.)
- ☐ Cold hands and feet
- ☐ Difficulty with loud noises
- ☐ Feeling weak, fatigue, loss of vitality
- ☐ Aches and pains
- ☐ Dehydration
- ☐ Fidgeting, blinking, twitching and bouncing legs
- ☐ Bloating, gas, colic or constipation
- ☐ Dizziness and light headed

Mental

- ☐ Difficulty in focusing
- ☐ Spacey, scattered, overwhelmed
- ☐ Distractedness
- ☐ Indecisive & difficulty making decisions
- ☐ Inconsistency
- ☐ Insecurity
- ☐ Aimless talking
- ☐ Nervousness
- ☐ Restless & Mental Agitation
- ☐ Anxiety & Fear
- ☐ Impaired memory
- ☐ Paranoia
- ☐ Excess worrying and thinking in general

If this information is of interest to you, check out our Ayurveda Food Alchemy Course...

Pitta Imbalance Checklist



Physical

- ☐ Thinning hair
- ☐ Skin sensitivity (irritation and rashes)
- ☐ Sharp headaches
- ☐ Hot flashes
- ☐ Red, dry, irritated eyes
- ☐ Inflammatory conditions
- ☐ Acne
- ☐ Increase of stomach heat/acidity
- ☐ Overactive metabolism
- ☐ Nausea upon missing meal
- ☐ Sensitivity to excess heat
- ☐ Interrupted sleep

Mental

- ☐ Irritation, frustration, impatient
- ☐ Non adaptable
- ☐ Judgemental and critical
- ☐ Perfectionism
- ☐ Establishment of value on accomplishments
- ☐ Feeling burned out
- ☐ Jealousy
- ☐ Impatience/critical
- ☐ Overly goal oriented
- ☐ Overcompetitive
- ☐ Controlling, fiery personality
- ☐ Hate & Rage

If this information is of interest to you, check out our Ayurveda Food Alchemy Course...

Kapha Imbalance Checklist



Physical

- ☐ Tendency to gain weight
- ☐ Thick, white coating on the tongue
- ☐ Excess secretions
- ☐ Excess ear wax
- ☐ Oily skin and hair
- ☐ Excess mucus
- ☐ Excess congestion
- ☐ Slow metabolism
- ☐ Poor circulation
- ☐ Poor lymph drainage
- ☐ Excess sleeping
- ☐ Difficulty waking up in the morning
- ☐ Glaucoma

Mental

- ☐ Hoarding, desire to keep everything
- ☐ Sentimental
- ☐ Stubborn
- ☐ Excessive sleep
- ☐ Lethargy, laziness and inertia
- ☐ Greedy
- ☐ Overly attached/hard time letting go
- ☐ Dullness of Mind
- ☐ Depression, melancholy

If this information is of interest to you, check out our Ayurveda Food Alchemy Course...