



Sukha Wellness - Āyurvedic Medicine
with Elizabeth Cunningham Bossart

Current State Questionnaire

VĀTA – Space and Air

1. I have been losing weight, cannot keep weight on or am underweight.
 2. My skin is drier and easily chapped. My hair and nails are drier and break more easily. My face has been more sunken in and / or wrinkled.
 3. My joints are cracking more often.
 4. I have been suffering from dry, hard stools, constipation, gas or bloating or I have been having loose stools due to emotional upset.
 5. I have twitches, tics, tremor or spasms in my body and I fidget a lot.
 6. I have been feeling nervous, fearful, panicky, anxious or frantic.
 7. Lately, I have a stronger dislike of the wind and cold than usual. I feel colder in my body.
 8. I have a difficult time tolerating loud noise.
 9. My sleep has been light, interrupted, restless or disturbed.
 10. I feel scattered, spacey, and have difficulty concentrating or have poor memory.
-



Sukha Wellness - Āyurvedic Medicine
with Elizabeth Cunningham Bossart

PITTA – Fire and Water

11. I have a red, inflamed or burning rash, acne, cold sore or fever blister.
12. There is acute inflammation in my body or joints.
13. I have acid reflux, heartburn, acid indigestion, a gastric or peptic ulcer or tight, burning feeling in my stomach or digestive tract.
14. I feel sick or uncomfortable if I miss a meal. I have been hungrier than usual, feeling 'hangry' if I do not eat.
15. I have been having loose stools that are not due to emotional upset.
16. I have been feeling uncomfortably warm or hot.
17. I have been feeling frustrated, irritable or angry. I find myself easily judgmental, impatient, critical or intolerant of myself or others.
18. My eyes have been red, bloodshot, inflamed or sensitive to the light.
19. I have noticed a yellowish tone to my stools, eyes or skin.
20. My skin has been oilier and redder than usual.

KAPHA – Water and Earth

Elizabeth Cunningham Bossart, MA in Ayurveda, CAP, CMP
www.sukhawellness.com - elizabeth@sukhawellness.com - 415-606-0345

© Elizabeth Cunningham Bossart



Sukha Wellness - Āyurvedic Medicine
with Elizabeth Cunningham Bossart

21. I have excess mucous in my body, nasal or lung congestion. In the morning, I have to cough up a lot of mucous and / or I have a deep wet cough that produces a lot of mucous.
22. I have a thick, white coating on my tongue.
23. My skin has been oiler and cooler than usual, possibly clammy or cold hands and feet.
24. My bowel movements are slow, sticky, sluggish or feel incomplete.
25. I am overweight. Or I have gained weight recently.
26. It has been very difficult for me to wake up in the morning, even if I sleep deeply for 8 – 10 hours and I feel lethargic throughout the day.
27. I have been feeling slow, foggy, dull, lethargic or heavy.
28. I feel that when I eat, it takes a really long time to digest my food. The food may feel as if it's just sitting there. I don't actually feel that hungry when I eat.
29. I feel complacent, stubborn and resistant to any change or my close friends and family tell me that I am very slow to change or make a decision.
30. I am prone to excessive emotional eating, especially of sweet, heavy foods.

Material abridged from Dr. Vasant Lad's resources.