Current state survey

This blank chart offers a structure to your regular self check-in. Use your own words to describe the qualities and symptoms you feel in the various parts of you.

Then, add up the number of symptoms and qualities you noted for each dosha to get subtotals. These subtotals are just a quick proxy for revealing the relative degree of doshas present within our tissues. Rather than focusing on an exact sophisticated analysis, I’m offering a tool for quick and broad insight into your Current State.

The Additional Reflections will help us prioritize which doshas should be attended to most in our balancing efforts.

|  |  |  |
| --- | --- | --- |
| **Category** | **Symptoms & Qualities present** | Doshas |
|  |  |  |
| Emotional Body |  |  |
| Mind  |  |  |
| **subtotal** | *Nonphysical body* | V P K |
| *Additional Reflections* | Which dosha is there the most of? Which dosha has been around the longest? Which dosha is causing me the greatest bother? |  |
| Digestion |  |  |
| Immunity & Blood |  |  |
| Skin |  |  |
| Sinuses & Respiration |  |  |
| Nerves & Adrenals  |  |  |
| Muscles, Joints & Mobility |  |  |
| Kidneys & Urination |  |  |
| Sexuality & Reproduction |  |  |
| **Subtotal** | *Physical body* | V P K |
| *Additional Reflections* | Which dosha is there the most of? Which dosha has been around the longest? Which dosha is causing me the greatest bother? |  |