

SIGNS OF IMBALANCE CHART

CATEGORY	VATA SIGNS <i>deficiency, irregularity, degeneration</i>	PITTA SIGNS <i>inflammation, infection, heat</i>	KAPHA SIGNS <i>accumulation, stagnation, congestion, growth</i>
Emotional Body	overwhelm anxiety & worry reactive hypersensitive extreme internal conflict cycling emotions addictive tendencies	irritable critical, especially self impatient short-tempered righteous	sad depressed melancholic want to be alone
Mind	trouble sleeping indecision restlessness difficulty focusing difficulty completing interrupting thoughts impulsive choices overwhelm anxiety cycling of emotions addictive tendencies	intense focus on problems activated to solve overworking pressured to-do list mania overanalyzing irritable critical, especially self impatient short-tempered	unmotivated unclear dull stubborn psych. baggage holding on to grudges melancholy depression crying unmotivated tough am wake
Digestion	gas, gurgling, bloating belching cramping, spasm constipation dry, small stools straining low appetite	hyperacidity increased appetite > 2 BMs/day loose stools narrow stools mouth sores	sluggish digestion poor am appetite low physical hunger mucus in stool nauseous in am
Immunity & Blood	low immunity allergies food sensitivities cold hands and feet feeling cold headaches - vasospasm	feeling hot flushed face, ears headaches -muscle tension gout herpes outbreaks	not very temperature sensitive elevated blood sugar
Skin	dry, flaky discolored, dull	red undertone inflamed	smooth oily



	blackheads dry, itchy skin dry hair brittle nails dry cuticles		red acne rash prone		whiteheads deep cystic acne	
Sinuses & Respiration	dry, cracked lips dry sinus membranes runny nose dry throat dry, itchy eyes		sinus infection bloody nose/ mucus respiratory allergies		congestion am phlegm post nasal drip clogged ears headaches - sinus pressure	
Nerves & Adrenals	trouble sleeping dark circles under eyes		spend a lot of time in "get-it-done" mode		slow responses over sleepy weight gain	
Muscles, Joints & Mobility	pain stiff creaky joints worse in am tremor unsteadiness in movement		inflamed muscles and joints worse after use		swollen ankles swollen, cool joints joint pain with rain slow movement	
Kidneys & Urination	urinary frequency		frequent urinary tract infections		-	
Sexuality & Reproduction	extreme sexual frequencies and practices after time, no libido dry tissues irregular menses uterine cramping		frequent yeast infections with burning regular menses		slow to rise libido, sluggish orgasm excessive discharge yeast infections with less symptoms heavy menses dark, clotted menses fibroids, polyps ovarian cysts enlarged prostate	
SUBTOTAL	VATA		PITTA		KAPHA	

