

AMA QUIZ

Ama is a term used in Ayurveda to describe toxic build up in your mind and body. Ama and agni (your digestive fire) have an inverse relationship -- as ama increases, digestion is weakened.

Therefore, enhancing digestion is one of the most effective ways to help clear ama from your body. Take the quiz below to get an idea of your current ama levels.

Circle Your Response to the questions below:

1: Never 2: Rarely 3: Sometimes 4: Often 5: Always

I tend to feel blocked in my body (constipated, congested in the head, general lack of clarity, or other).

1 2 3 4 5

In the morning when I wake up, I'm groggy; it takes me quite a while to feel really awake.

1 2 3 4 5

I tend to feel weak, physically, for no reason that I can see.

1 2 3 4 5

I get colds (or similar conditions) several times each year.

1 2 3 4 5

My body tends to have a feeling of heaviness.

1 2 3 4 5

I just tend to feel that "something isn't working right" in the body (digestion, breathing, bowel movements, or something else).

1 2 3 4 5

I tend to feel lazy. (My capacity to work seems all right, but I have no inclination.)

1 2 3 4 5

I commonly have indigestion.

1 2 3 4 5

I often feel I have bad breath.

1 2 3 4 5

Often, I just don't have a taste for food. I have no appetite.

1 2 3 4 5

I just tend to feel tired, even exhausted...in mind or body.

1 2 3 4 5

Add up your scores to arrive at a rating for your level of ama:

45-55 = Severe

35-45 = Moderate

25-35 = Mild

11-25 = Minimal