

Quick “Ama” Quiz

My tongue is coated white when I awake in the morning.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I yawn a lot after a main meal and feel like a snooze.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I feel tired and lethargic all day long, even though I eat well and sleep well.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

My appetite is poor and I crave "junk" foods or foods not ideal for my constitution.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I feel a general lack of motivation or zest for life.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I feel "spaced out" and my mind is cloudy.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I experience abdominal bloating or gas, especially after a main meal.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I feel heavy and congested and/or constipated.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

I have a general sense of malaise, with vague aches and pains.

- A. Always
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

If you have mostly

A answers, it is very likely that you have a high level of ama build-up in your physiology. An ayurvedic cleansing program would be helpful. Consider a personal appointment with an ayurvedic physician for an individualized cleansing program.

B answers, it is likely that you have a fairly high accumulation of ama. An at-home ayurvedic cleansing program would be helpful.

C answers, it is likely that you have some ama, but choosing a lighter diet, lots of warm water and following good eating habits should get you back on track.

D answers, you have very little ama. A lighter diet for a week or two and lots of warm water is all you need to cleanse out any ama you do have.

E answers, you are doing fine! Your digestion is perfect and you should continue what you are doing now with your diet and lifestyle as it obviously works for you.