

# Ama Detox Questionnaire

According to Ayurveda, 'ama' is a term to describe accumulated toxins in the body. These toxins can manifest in different areas and tissues of the body. This questionnaire is to help assess the level of ama buildup. Based on your results, suggestions will be made to support detox and improve your 'agni' (metabolic fire) if appropriate.

**Circle your answer: 1 = low    5 = high**

**1. I always feel exhausted.**

1 2 3 4 5

**2. I'm groggy when I wake up and it takes me a while to feel awake.**

1 2 3 4 5

**3. My body feels 'heavy'.**

1 2 3 4 5

**4. I feel blocked in my body, like something is stuck.**

1 2 3 4 5

**5. I have constipation (less than 1 bowel movement/day).**

1 2 3 4 5

**6. I lack clarity in my life. Making decisions is difficult for me.**

1 2 3 4 5

**7. I get colds or sinus congestion more than twice per year.**

1 2 3 4 5

**8. I tend to feel lazy and lethargic.**

1 2 3 4 5

**9. I often have gas & bloating.**

1 2 3 4 5

**10. I don't have a strong appetite. It takes me a while in the morning to feel hungry, if at all.**

1 2 3 4 5

**11. I often have bad breath in the morning (before I brush my teeth).**

1 2 3 4 5

**12. I have a tendency towards strong body odour (feet, armpits etc).**

1 2 3 4 5



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## Add up your score:

- 45-60 Severe
- 30-45 Moderate
- <30 Mild

### Severe:

If ama is high, you will need to detox under guidance of your Ayurvedic practitioner. You may have a tendency towards weight issues, cholesterol, diabetes or other chronic disease if ama has been elevated for a long time. Diet changes, herbal medicine, supplements and lifestyle suggestions will be made to help you feel lighter and healthier. Strengthening your digestion and elimination are key to clearing unwanted ama.

### Moderate:

If your ama is moderate, you will need to make changes in your diet and lifestyle to prevent further toxic buildup which is the breeding ground for disease. If you are consistent with diet and lifestyle, you may be able to reduce your ama without an intensive detox regimen

### Mild:

If your ama is mild, now is the time to start making small changes in your routine to prevent further buildup. Paying attention to what you eat and when you eat can have a significant impact on your health.

### General tips to reduce ama:

- Avoid cold food or drinks as this slows down the digestive fire. Ex: fruit, yogourt, salad should be kept at room temperature before consuming.
- Reduce heavy food such as dairy products, deep fried food and sugar which burdens the digestive system.
- Integrate digestive spices into your meals such as: ginger, black pepper, fennel.

*Speak to your Ayurvedic practitioner to design a plan based on your constitution and health concerns. Ayurveda is a system that is customized to each individual.*

### WHERE CAN I GET MORE INFORMATION ?

- Go to our website and look up Dr. Leena Athparia, naturopathic doctor who has additional training in Ayurveda: <http://www.naturopathicfoundations.ca>



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[www.naturopathicfoundations.ca](http://www.naturopathicfoundations.ca)

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