

Agni, Ama & Ojas: Digestion, Metabolism, Toxicity & Immunity

Please check all the boxes for all that apply to you. Please note some questions are repeated more than once.

Agni (General)	
I don't feel like I digest food very well	
I have heartburn that is relieved by taking Digestive enzymes and/or apple cider vinegar	
I have a history of frequent and/or long-term antibiotic use	
I have food allergies and intolerances. I'm avoiding certain foods because they make me feel bad.	
I often stay up very late (until after 1-2am)	
I often feel as though food sits in my stomach like a brick	
I often feel gassy and bloated	
I often experience burping/belching for several hours after eating	
I often feel tired, heavy or bloated after eating	
I feel like my energy is always generally low (not due to over-exertion, over-work or chronic poor sleep)	
I don't get regular exercise (at least 40+ minutes 4 times per week)	
I have been diagnosed with or suspect I have Chronic Fatigue Syndrome	
I used to be able to eat anything and now I can't	
I am allergic to dairy and I get congestion and/or gas and bloating if I eat it	
I have hypothyroid (please mark "yes" even if your symptoms are controlled by medication)	
Cold foods, especially raw veggies and salads, make me feel bad	
I am often cold, especially in my mid abdominal area	
I frequently use or am addicted to substances such as alcohol or nicotine	
I frequently eat non-organic corn, canola, or soy	

Manda Agni	
I have a very low or non-existent appetite. I can easily skip meals without getting low blood sugar	
After eating -and sometimes just in general- I feel very heavy	
I am often congested or have allergies that produce a lot of mucous or phlegm	
I am prone to edema or water retention	
I have hypothyroid (please indicate what type)	
I have high blood sugar, pre-diabetes or Metabolic Syndrome	
I often crave hot, dry, spicy food (and if I eat these foods, I tend to feel better/lighter)	

Tikshna Agni	
I have a very strong, almost insatiable appetite	
I often have a desire to eat large quantities of food	
It is very difficult for me skip meals. I get "hangry" and/or hypoglycemic.	
I often experience a burning sensation in my stomach or I have GERD, heartburn or ulcers	
I often feel dry and thirsty	
If I miss a meal, I feel nauseated	
I often experience loose stools that have a burning sensation when passed (<i>not</i> cold, watery loose stool)	
I am experiencing a lot of inflammation in my body such as hives, rashes and acne	
I often crave sweets and/or cold dairy products like cold milk or ice cream	
I have a very red tongue. I often get sores on my tongue, gums or in my mouth.	
I have a yellow or greenish coating on the central part of the tongue	

Vishama Agni	
I am experiencing symptoms from both the Manda & Tikshna Agni sections above	
My appetite is irregular. Sometimes I'm very hungry, other times, I have no desire for food at all.	
I often have indigestion such as gas, gurgling intestines, or colicky, spasmodic belly pain	
My bowel movements are irregular. Sometimes my stools are loose or frequent and sometimes I don't poop for days.	
I am often anxious and stressed and this makes my digestion worse	
I often have cravings for hot, spicy, or oily, fried foods	
I have scalloped tongue margins (indentations along the sides of my tongue)	
I have chronically dry mouth, tongue or gums	
I have a brownish-black coating on the back (posterior) portion tongue	
Total	

Ama	
I have a very thick, sticky or curdy white or yellow coating on my tongue	
I have very bad smelling breath, belching, gas or feces	
I feel unclean, even after taking a shower	
I have an autoimmune condition (<i>please specify which one(s) and how for how long</i>)	
I often eat leftovers	
I feel heavy, sludgy and slow	
I often eat meals or snacks close together (less than 3 hours apart)	
When try to increase my exercise, I may feel "flu-ish" or a little bit sick	
I have been diagnosed with or suspect I have Fibromyalgia and/or I have chronic, all-over pain	
I regularly eat fruit with my meals and/or have smoothies that combine dairy with fruit	
I feel "toxic"	
I eat a lot of heavy comfort foods like ice cream or mac & cheese	
I often eat late at night	
I feel tiredness or lack of energy that isn't helped by rest. I don't feel rested when I wake.	
I often go more than 1-2 days without having a bowel movement	
I regularly eat ultra-pasteurized/homogenized dairy, non-organic dairy, or cooked (not raw) honey	
I have a history of exposure to environmental/occupational chemicals, heavy metals or pesticides	

Ojas	
I frequently experience high stress	
I have been through extremely stressful or traumatic events in the recent past	
I have been very ill in the recent past (or I was extremely ill in the past and feel like I've never recovered)	
I am frequently sick and feel like my immunity is low. I get infections easily and often.	
I am having unexplained infertility issues or am experiencing early menopause (under 48 years of age)	
I go to bed late (after 11pm) most nights	
I have given birth to 3+ children (or 2+ after the age of 35)	
I feel extremely exhausted and depleted	