

# ASSESSING AYURVEDIC AGNI VIKRUTI

(Digestion)

For each section give yourself a score from 0-3 based on the last week. **3 = symptom is creating discomfort and possibly imbalancing other areas of life, 0 = does not relate to you at all.** Your dominant score will show if your agni vikruti is strong or not.

	VISHAMA/CHANGEABLE	TIKSHNA/SHARP	MANDA/SLOW	SAMA/BALANCED (max 2pts)
Dominant Doshha	Vata	Pitta	Kapha	Balanced
Appetite	Irregular	Strong, unbearable at times	Low, can skip meals	Regular, hungry 3-5hrs after a meal
Number of meals per day	Capricious, unpredictable, snacks frequently	More than 3 meals plus snacks	1 or 2 meals	2-3 normal sized meals
Quantity of food intake	Irregular amount	Large amount, overeating	Small amount	Right amount, 2-3 handfuls per meal
Balanced from eating	Warm, moist, mildly oily, and salty foods	Sweets, bitter, astringent, and cooling foods	Hot, spicy, bitter, astringent, and stimulating foods	No specific needs or regular cravings
Snacking	When fearful, anxious or lonely	When working, problem solving, or concentrating	When sad or depressed	No snacking
Thirst	Irregular	Excessive, drink a lot	Poor	Right amount
Body weight	Underweight, losing weight	Moderate weight	Overweight, gaining weight	Regular and consistent weight
Digestion	Variable, Tendency to hypoglycaemia	Quick, even for a heavy meal. Tendency to hypoglycaemia	Slow, drowsy after eating even a light meal	Good digestion
Symptoms during digestion	Bloating, fullness in flanks, vague, pricking pain in lower abdomen	Nausea, vomiting, burning pain in abdomen	Sense of heaviness, dull aching pain, often mucous	Nothing in particular
Peristalsis	Hyperperistalsis, gurgling and noises	Antiperistalsis, nausea and acid reflux	Slow and sluggish intestinal movement	Nothing in particular
Bowel Movements	Tendency to constipation and missing a day, hard, dry, small pellets	Tendency to loose stool, more than 3 per day, just after food	Mucous in stools, bulky, early morning and evening, slow, sluggish emptying	Healthy; banana shaped, early morning, no need for stimulation
Food Allergies or Sensitives	Potato, leafy green salads, or dried crunch foods	Citrus fruits, onions, wines, fish, prawns and alcohol	Dairy products and bleached wheat products	None
Gas	Loud, noisy, strain to pass, foul smell if toxins	Burning sensation, warm stool, disgusting sour smell if toxins	Less gas more mucous, soft silent, foul sweet smell if toxins	None
Tongue Coating	Blackish-brownish on back portion, dry, hairy, indentations,	Yellowish-green coating on central part of tongue with red margins, tender	White coating on whole tongue, swollen indentations	Clear tongue, even colour distribution
Breath	Smells of previously digested meal	Sour smell, metallic breath and taste	Sweet acetone breath	No smell
Sweat	Little sweat, dry skin	Excessive, sour or stinky smell	Sweet or mouldy odour	Normal, with exertion no odour
Urine	Low, clear, with air bubbles, dry sensation	Excess, dark, yellow, acidic, hot, burning	High, cloudy, turbid, itchy sensation	Normal, slightly yellow no smell
Energy Levels	Tires easily	Tires when hungry	Tires after eating	Good

## TREATMENT OPTIONS

Herbs to Enkindle Agni and Remove Ama	Ginger, fennel seed, hing, ajwain, celery seed, cardamom, lime, pippali, cinnamon. Take before food.	Guduchi, coriander seed, fennel seed, cloves, neem, kutki, roasted pomegranate seeds. Take in middle of meal.	Ajwain, black pepper, ginger powder, cumin, kutki, turmeric, cardamom, cinnamon, pippali. Take before and after food.	Generally not needed; Cumin seed, coriander seed, fennel seed are good for all.
Herbal Formulas	Hingwashtak, trikatu.	Avipattikara, kamdudha ras, mahasudarshana.	Trikatu, hingwashtak.	Not needed.
Herbs for Detoxifying and Cleansing	Haritaki, castor oil, triphala, celery seed, psyllium husk.	Neem, amalaki, triphala, rhubarb, psyllium husk, bentanite clay.	Bibhitaki, triphala, castor oil, trikatu.	Triphala for maintenance.

This chart was inspired by Vasant Lad's Clinical Assessment Text Book and adapted by Kimmana Nichols for the ThaiVedic International School of Healing Arts and The Artemis Table School.

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# SIGNS OF AMA

(Half Digested Bi-Products)

MILD SIGNS AND SYMPTOMS	YES	NO
Poor taste perception and therefore excessive use of one of the six 'tastes'		
Mild coating on tongue		
Indigestion or something upsetting the stomach		
Inadequate or unsatisfactory evacuation of bowels		
Muzzy headed unclear thinking		
Mucous and phlegm in the morning		

Number of "YES" x 1 =

MEDIUM SIGNS AND SYMPTOMS	YES	NO
Regular constipation, bloating or gas		
Stickiness of stools, sinking stool, or mucus in stool		
Poor appetite or smelly breath		
Heaviness of body, especially heaviness after meals		
Dull eyes and yellow or red in white of eye (sclera)		
Laziness and disinterest in life, especially physical exercise		
Any symptoms worse in morning time after waking		
Thick greasy coating on tongue or swollen body		
Blemishes and skin eruptions		
Copious mucous and phlegm		
Pulse: deep, dull, slippery		

Number of "YES" x 2 =

STRONG SIGNS AND SYMPTOMS	YES	NO
Chronic infections and fevers		
Foul smelling gas, stool or urine		
Constant exhaustion and breathlessness on exertion		
Senses no longer functioning at normal potential		
Improper perception of environment		
Obstructive disorders, blockage or circulation problems		
Aches and pains, joint inflammation		
Ama coating appears to be 'in' the tongue		

Number of "YES" x 3 =

If Ama could be linked with the person's condition then answer questions based on the past week. Add points to find total Ama score. The more points, the higher the chance Ama is a key causative factor in their condition.

## AMA SCORE

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
MILD		MEDIUM		STRONG		TOTAL

## TREATMENT

### 0-11 = Low Ama

decrease Ama forming foods and practices for one week and encourage 'Digestive Herbs' and 'Elemental Exercise' suited to their 'Agni Type' for 4-8 weeks. If Kapha signs then consider skipping dinner 1-2 days a week.

### 11-30 = Medium Ama

Use as above but also drink 'Anti-Ama' tea, advise castor oil massage before a warm bath, use herbs for cleansing and detoxifying, and consider a Kitchari Fast for 2 days a week for Vata or Pitta and/or skipping dinner 1 day per week for Pitta or Kapha.

### 30-52 = High Ama

As above plus longer kitchari fast. Recommended to work alongside an experienced internal medicine doctor (Ayurveda, Naturopath, Chinese Medicine or Allopathic).

The Agni scoring system was created by Kimmana Nichols for ThaiVedic Yoga School and The Artemis Table School. For more information go to [thaivedic.com](http://thaivedic.com) or [theartemistable.com](http://theartemistable.com)



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