

AGNI, AMA + OJAS

AGNI = DIGESTIVE FIRE

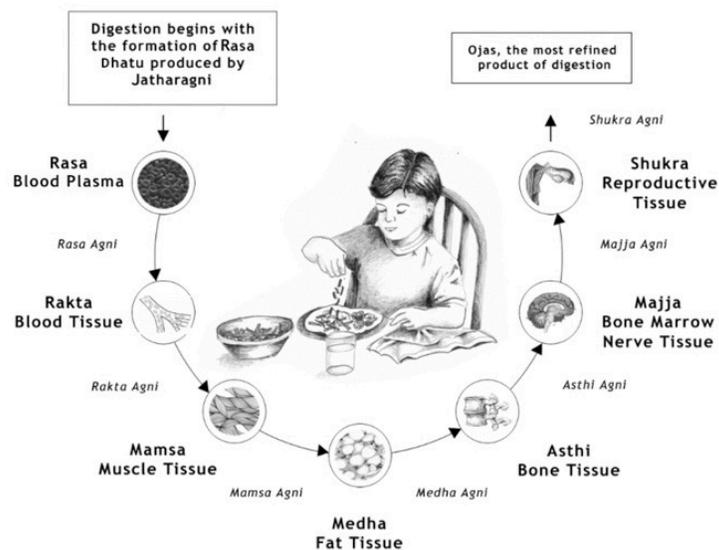
- Governed by the fire element
- Agni breaks down food so that it can be used to as the building blocks of all the tissues in the body

AMA = TOXICITY

- Ama = undigested food or emotions
- Biproduct of imbalanced agni and/or poor eating habits
- Ama coats the cells of the body and inhibits their proper functioning

OJAS = IMMUNE SYSTEM

- Ojas = the storehouse of our vital energy (immune system)
- Biproduct of balanced agni and optimal eating habits



VISHAMA (VATA-TYPE) AGNI

SIGNS + SYMPTOMS

I am...	irregular, like the wind.	
Digestive Symptoms	<input type="checkbox"/> Irregular appetite <input type="checkbox"/> Variable digestion <input type="checkbox"/> Abdominal distention <input type="checkbox"/> Gas	<input type="checkbox"/> Constipation <input type="checkbox"/> Alternating constipation + diarrhea <input type="checkbox"/> Scalloped tongue (malabsorption) <input type="checkbox"/> Dry mouth
Other Physical Symptoms	<input type="checkbox"/> Dry hair <input type="checkbox"/> Cracking joints <input type="checkbox"/> Low back ache	<input type="checkbox"/> Muscle spasms <input type="checkbox"/> Insomnia
Mind	<input type="checkbox"/> Anxiety <input type="checkbox"/> Fear	<input type="checkbox"/> Insecurity

DIETARY + HERBAL SUPPORT

Food	<i>Eat meals during regular hours. Breakfast within 2 hours of waking, lunch 11-1, dinner by 7pm. Can eat 3-5 meals per day, if necessary. Favor 3 meals per day and no snacking, if possible.</i>
Favor	Grounding, nourishing, moist, warm, cooked, moderately-spiced, whole foods, smooth. Examples: soups, roasted root veggies, hot cereal, rice pudding, nuts and seeds, cooked grains, extra ghee or butter, moderate to pungent spices (cumin, ginger, fennel, black pepper).
Limit	Dry, light, cold, bland, rough foods. Examples: chips, crackers, popcorn, raw foods/salads, caffeine, processed, canned or microwaved foods.

Herbs	<i>Benefits + uses</i>
Ginger root	strengthens digestion, eliminates gas. Peel and chop 1-inch of fresh ginger, steep in 8oz of hot water for 15 mins.
Vata Digest	calms excess Vata in GI tract, supports proper assimilation and absorption, helps with regular elimination.
Triphala	assists natural internal cleansing, mild laxative, bowel tonic, nourishes and rejuvenates tissues

Recommended supplier for herbs: www.banyanbotanicals.com

TIKSHNA (PITTA-TYPE) AGNI

SIGNS + SYMPTOMS

I am...	<i>hot + sharp, like a raging fire.</i>	
Digestive Symptoms	<input type="checkbox"/> Insatiable appetite <input type="checkbox"/> Eat large amounts of food on regular basis <input type="checkbox"/> Cannot skip meals <input type="checkbox"/> Hyperacidity	<input type="checkbox"/> Gastritis <input type="checkbox"/> Heartburn <input type="checkbox"/> Acidic saliva
Other Physical Symptoms	<input type="checkbox"/> Hypoglycemia <input type="checkbox"/> Diarrhea <input type="checkbox"/> Loose stool <input type="checkbox"/> Ulcerative colitis	<input type="checkbox"/> Hives <input type="checkbox"/> Acne <input type="checkbox"/> Other skin conditions <input type="checkbox"/> Other inflammatory conditions
Mind	<input type="checkbox"/> Anger <input type="checkbox"/> Hate <input type="checkbox"/> Envy <input type="checkbox"/> Irritability	<input type="checkbox"/> Harsh judgment of everyone and everything <input type="checkbox"/> Aggressiveness <input type="checkbox"/> A strong desire to be in control

DIETARY + HERBAL SUPPORT

Food	<i>Regulate mealtimes: Breakfast within 2 hours of waking, lunch 11-1, dinner by 7pm. Eat 3 meals per day. No snacking. Lunch as largest meal per day.</i>
Favor	Dense, cooling, grounding, nourishing foods. Can handle raw foods. Examples: Greens, most veggies, sweet fruits and astringent fruits, beans, most grains, milk, moderate amounts of ghee, sunflower oil, coconut oil, mild spices (cumin, coriander, turmeric).
Limit	Oily, spicy, liquid Examples: spicy food, fried food, eggs (egg whites are better), red meat, hard, sharp, aged cheeses, olives, nuts, sour cream, fermented foods, caffeine, nicotine, hard alcohol.

Herbs	<i>Benefits + uses</i>
Pitta Digest	cools, soothes, and calms excess Pitta in GI tract, maintains healthy acid levels in GI tract.
Triphala	assists natural internal cleansing, bowel tonic, nourishes and rejuvenates tissues.
Aloe vera	(gel or juice) cools and calms digestion, reduces heat/acid in digestive tract.
Recommended supplier for herbs: www.banyanbotanicals.com	

MANDA (KAPHA-TYPE) AGNI

SIGNS + SYMPTOMS

I am...	<i>heavy, damp, slow.</i>	
Digestive Symptoms	<input type="checkbox"/> Nausea <input type="checkbox"/> Mucoid vomiting	<input type="checkbox"/> Heaviness after eating <input type="checkbox"/> Excess mucous in stool
Other Physical Symptoms	<input type="checkbox"/> Frequent colds <input type="checkbox"/> Congestion <input type="checkbox"/> Coughs <input type="checkbox"/> Allergies <input type="checkbox"/> Excess weight <input type="checkbox"/> Obesity	<input type="checkbox"/> Edema <input type="checkbox"/> Lymph congestion <input type="checkbox"/> Hypertension <input type="checkbox"/> Diabetes <input type="checkbox"/> Hypothyroid
Mind	<input type="checkbox"/> Lethargy <input type="checkbox"/> Boredom <input type="checkbox"/> Attachment	<input type="checkbox"/> Greed <input type="checkbox"/> Possessiveness <input type="checkbox"/> Desire for excess sleep

DIETARY + HERBAL SUPPORT

Food	<i>Two meals per day. Intermittent fasting ideal. Balance between raw and cooked foods.</i>
Favor	Light, dry, heating foods Examples: Lots of fruit and veggies, beans, dried fruit, white potatoes, rice cakes, popcorn, all spices (except salt). Hot spices are best.
Limit	Oily, liquid, sweet, heavy, salty Examples: hard cheeses, dairy, pudding, nuts, cakes, pies, wheat, most flours, breads, pasta, red meat, fried food, cold and frozen food and drinks. Minimize oil when cooking.

Herbs	<i>Benefits + uses</i>
Kapha Digest	supports proper digestion of fat, supports healthy metabolism, strengthens agni.
Triphala	assists natural internal cleansing, removes ama, supports healthy elimination.

Recommended supplier for herbs: www.banyanbotanicals.com