

Toxicity (Ama) Questionnaire

The Ayurvedic medical system views the basic cause of many diseases as the accumulation of toxic materials (*Ama*) in the digestive system, which are absorbed into the fluid body, body tissues and organs where they accumulate and do harm. The origin of these toxins are most often in our foods or in our capacity to digest food properly; however, some toxins are endogenous to our body as all cells and tissues create waste. Ayurveda places great emphasis on the removal of such toxins and there are many methods of doing so. The following questionnaire will help us to begin to assess the level of toxicity in your body based on your empirical bodily experiences. This information, though highly relevant, is not thorough to a complete exam.

Please indicate below to what degree the following statements apply to you.

1 is never or rarely, 5 is always or almost always:

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|---|---|---|---|---|---|
| • I tend to feel a sense of blockage or obstruction in the body (constipation, congestion in the head area, general feeling of non-clarity, etc): | 1 | 2 | 3 | 4 | 5 |
| • When I wake up in the morning, I do not feel clear; it takes me quite some time to feel really awake: | 1 | 2 | 3 | 4 | 5 |
| • I tend to feel physically weak for no apparant reason: | 1 | 2 | 3 | 4 | 5 |
| • I catch colds or similar ailments several times a year: | 1 | 2 | 3 | 4 | 5 |
| • I tend to feel heaviness in the body: | 1 | 2 | 3 | 4 | 5 |
| • I tend to feel that something is not functioning properly in the body (breathing, digestion, elimination, or other): | 1 | 2 | 3 | 4 | 5 |
| • I tend to be lazy, i.e., lack interest in work: | 1 | 2 | 3 | 4 | 5 |
| • I feel the need to expectorate phlegm from the lungs frequently: | 1 | 2 | 3 | 4 | 5 |
| • Often I have no taste for food, or no real appetite: | 1 | 2 | 3 | 4 | 5 |
| • I tend to feel tired or exhausted, mentally and physically: | 1 | 2 | 3 | 4 | 5 |

Total score: _____