



Lakshmi Ayurveda

... Academy ...

AMA

Digestive Toxins

Free
Downloadable

About Ama

Ama is a toxin that is created within the digestive system in response to poor digestion. When agni (digestive fire) is not adequate, food remains undigested and unabsorbed in the intestinal tract, resulting in ama. Even wholesome foods convert into ama when agni is deficient.

**Ajirnadyo rasa Jatharagni sanchito hi kramena ca
AMA sanjanam sa labhate siro gatra ruja karah**

The essence of food which is not well digested and which accumulates inside the body is known as AMA, it produces disease of the head and body

(BP/Madhyama 26.5)

In the digestive system, ama obstructs the colon preventing it to extract prana (vital force) from the digested food. The prolonged presence of ama in the system generates toxins, which are released into the bloodstream, traveling to a weakened part of the body. At this stage, disease could manifest.

When these symptoms of ama are noticed, they may be removed by a thorough cleansing of the bodily systems. Also seasonal Panchakarma is recommended if suitable for the person.

Signs of AMA

When ama is present in the body, it causes the deterioration of strength, inducing lethargy, fatigue and a feeling of heaviness. Constipation, indigestion, gas or diarrhea. At times, ama can generate bad breath and a funny taste in the mouth. Body aches and stiffness are also related to ama, even some food cravings.

In the mind ama can cause misperception and disturbed thoughts. Emotions such as greed, jealousy, selfishness, possessiveness, and anger convert into ama.

An early sign of ama in the body is a coating on the tongue.

Tips for Improving Digestion

Try CCF Tea

- 1 part coriander seeds
- 1 part cumin seeds
- 1 part fennel seeds

You can make a jarful of the blend or measure out the individual herb for a single serve. Use less cumin if you find it overpowering. Place 1 tsp of the blended seeds in 2 cups of water in a pot. Bring to a boil. Simmer for 4-5 minutes. Strain and enjoy.

- Use a tongue scraper regularly
- Drink warm water with fresh ginger throughout the day.
- Cumin and Ajwain seeds also improve digestion and dispel gas. Add these to your warm water.
- Chewing $\frac{1}{4}$ teaspoon of fresh ginger with a little pinch of Himalayan salt before meals will aid digestion.

Top AMA Producing Foods

Avoid these foods to
prevent a buildup of
AMA in the body.

1. Ice Cream
2. Curd/pudding
3. Fruit yoghurt
4. Cheese
5. Cold and iced drinks
6. Fried foods

Properties of AMA

Sticky

Slimy

Cold

Dull

Heavy

Wet

Gross

Stagnant

Foul Smell

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If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we
hope you enjoy this downloadable.

