

Ama Self-Assessment Worksheet

A Simple Ayurvedic Self-Reflection & Vitality Tool

What is Ama? In Ayurveda, Ama refers to accumulated metabolic toxins or undigested residues that disrupt cellular energy, dim optimal digestive fire (Agni), and cloud clarity of mind.

Tick the self-reflective statements below that apply to your system on most days, add up the marked values at the end of each block, and calculate your total vitality tendencies.

SYMPTOM TRACKING MATRIX

DIGESTIVE CLUES

- I frequently feel heavy after meals.
- I experience bloating or gas regularly.
- I often feel sleepy after eating.
- My appetite is inconsistent.
- I sometimes feel food remains undigested.
- I experience sluggish bowel movements.
- I often feel full even when I have eaten little.

Section Score: ____ / 7

ENERGY & VITALITY

- I wake up feeling tired despite adequate sleep.
- My energy fluctuates throughout the day.
- I feel mentally dull or foggy at times.
- I lack motivation or enthusiasm.
- I often crave stimulants such as coffee or sugar.
- I feel physically sluggish.
- Small tasks sometimes feel overwhelming.

Section Score: ____ / 7

BODY SIGNALS

- My tongue often has a coating.
- I notice unpleasant breath despite oral hygiene.
- I experience frequent mucus congestion.
- I feel stiffness in my body, especially on waking.
- My skin occasionally appears dull.
- I experience unexplained aches or discomfort.
- I feel generally heavy in body and mind.

Section Score: ____ / 7

LIFESTYLE HABITS

- I frequently eat when stressed.
- I often eat too quickly.
- I eat before my previous meal feels digested.
- My meal timings are irregular.
- I frequently consume processed foods.
- I often work, scroll, or watch screens while eating.
- I rarely take time to rest and recharge.

Section Score: ____ / 7

WORKSHEET EVALUATION

CUMULATIVE WORKSHEET CALCULATION

TOTAL CUMULATIVE SCORE: _____ / 28

SCORE INTERPRETATION SCALE

0-7
Relatively Clear

8-14
Mild Accumulation

15-21
Moderate Indicators

22-28
Significant Tendencies

AYURVEDIC REFLECTION JOURNAL

**Which specific symptoms or body signals did you tick most frequently?
What patterns stand out?**

**One small, mindful action or dietary adjustments I will commit to
beginning this week:**

"By clearing systemic accumulation and honoring your cellular rhythm, you re-ignite internal radiance, restore natural vitality, and bring physical body and mind back into pure alignment."

Continue Your Wellness Journey

Discover more resources on:

✓ Ayurveda

✓ Yoga

✓ Children's
Wellness

✓ Sanskrit
Wisdom

✓ Mindful
Living

Need Personalized Guidance?

For individual metabolic profile evaluations, targeted detox programs,
and personalized health guidance:

[EXPLORE MORE](#)

[BOOK CONSULTATION](#)

[CONTACT US](#)

Ayuryogaheal

MIND. BODY. BALANCE.