



Ama-Ojas Survey

This survey will help you assess your levels of essential life energy (ojas) and accumulated toxins (ama).

Part 1: Ojas

Please select the checkmark next to each statement you identify with. Then, add the number of checkmarks for each column and write the total in the space provided.

I feel rested when I wake up in the morning.	
My skin has a healthy glow (without being too flushed).	
My tongue is clear and without a film coating it when I wake up in the morning.	
I can move my body easily without feeling weighted down.	
I feel centered throughout the day.	
I rarely (or never) experience bloating, gas, or heartburn after eating.	
I generally feel energetic and enthusiastic.	
My mind is clear and alert.	
My sweat has a pleasant smell.	
I rarely get sick.	
Ojas Total	

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Part 2: Ama

Please select the checkmark next to each statement you identify with. Then, add the number of checkmarks for each column and write the total in the space provided.

There is a thick layer on my tongue that I can scrape off when I wake up in the morning.	
My breath is sour or unpleasant.	
I have a low appetite.	
I have a delicate digestion.	
I experience sluggish or irritable elimination.	
I experience generalized pain in my body.	
I often feel fatigued.	
I experience symptoms of depression.	
I frequently get sick.	
I have difficulty manifesting my intentions.	
Ama Total	

Interpreting Your Results

Look at your total scores for Part 1: Ojas and Part 2: Ama. Is one higher than the other? It's common to have a higher score on Part 2, which indicates that you have accumulated toxins in your mind-body system. If you've been storing toxicity, you can choose now to begin to nourish yourself and enjoy increasing levels of joy and well-being in your life.

If your ojas score on Part 1 is higher than your ama score on Part 2, you probably enjoy a good state of health and balance. With small changes, it is likely you will experience even greater health and happiness in your life.