

AGNI

Your *digestive fire*

HOW IT WORKS

Experiences are
metabolized through
your **agni**.

You experience the world through your five senses: sound, touch, sight, taste, and smell. Your **agni**, or digestive fire, processes these experiences and creates either **ojas** or **ama**.



Strong agni creates **ojas**.

Ojas is subtle nourishment for your body. It flows easily through you and keeps you feeling energized, enthusiastic, and balanced.

SIGNS & SYMPTOMS

- Feeling rested upon awakening
- Skin has a healthy glow
- Tongue is pink and clear
- Mind is clear
- Body feels light, regardless of your weight
- Feeling centered throughout the day
- Digestion is strong without bloating
- Feeling energized & enthusiastic
- Body has a pleasant smell
- Rarely getting sick



Weak agni creates **ama**.

Ama is a sticky residue that lodges itself within your tissues and organs creating fatigue, pain, depression, and weakening your immune system.

SIGNS & SYMPTOMS

- Bad breath
- Coated tongue
- Dull appetite
- Delicate digestion
- Generalized pain
- Fatigue
- Depression
- Susceptible to infections
- Sluggish or irritable elimination
- Difficulty manifesting intentions