



Procedures for Elimination of Ama

Ama—A Product of Incomplete Digestion and Metabolism

1. Kindling the Digestive Power (*Agni deepana*) and Digesting Ama (*Ama pachana*):

- A. Digestion stimulating spices: ginger, cumin, black pepper, fennel, hing, basil, mustard seeds, ajawan, etc.
- B. Other digestion kindling substances: ghee, lemon juice, hot water, etc.
- C. Hot water routine (see explanatory hand-out)
- D. Ginger pickle: fresh grated ginger, lemon juice, and salt
- E. Herbal preparations, e.g., specific herbal compounds recommended by a practitioner trained in Maharishi Ayur-Veda (see clinical protocols)
- F. Light diet (see patient hand-outs)
- G. Periodic liquid diet—e.g., one day per week

2. Cleansing of the Digestive Tract

- A. Lemon juice and honey in warm water first thing in the morning
- B. Hot water routine (as above)

3. Vedic Physiological Purification Program (*Panchakarma*)*: administered with due consideration of the individual's digestive power (*Agni*).

* A program recommended seasonally to remove accumulated physiological toxins so that they do not carry over into the next season.