

Fire + Necta

Agni & Soma Nutrition Class with Kaya

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Assess & understand your agni!

Circle the descriptions that describe you NOW.

	Viśamāgni Variable Fire	Tikṣṇāgni Sharp Fire	Mandāgni Slow Fire
Appetite & Thirst	Changeable, dry lips & mouth	Sharp, unbearable	Low. Excess salivation
Meals	Changeable meal habits. Frequent snacks or forgetting to eat.	More than 3 meals plus snacks. Cannot skip a meal – unless very focused in work or activity.	1-2 meals – can easily go without eating. Unaware of strong hunger sensations.
Digestion	Gas, abdominal discomfort, bloating. Food sensitivities. Variable bowel movements – may be constipated or loose.	Excess hunger, anger, indigestion, belching. Loose bowel movements, food visible in the bowel movements	Low or no appetite. Feeling of fullness or heaviness. Constipation
Mind	Phobias, agitated, restless, anxiety, multitasking, jumping around. Enthusiastic but runs out of steam.	Highs & lows, depression, anger, reactive, chemical imbalance, aggressive, competitive, impatient	Slow, dull, depressed, bored, lack of motivation, lethargic mind.
Memory	Quick to learn, quick to forget. Good short-term memory, poor long term memory	Medium memory, except when it comes to anger it is long term – can hold a grudge for a long time	Recent memory is poor but long term memory okay. Slow to forgive and forget
Sleep	Insomnia, interrupted, fearful dreams	Difficulty staying asleep, wakes around midnight or before 2am	Sleepy after eating, excessive sleep or lethargy
Skin	Dry, variable, subject to change due to food sensitivities, early signs of aging	Inflamed, red, breakouts, subject to effects of hormones, acne due to hot or greasy foods	Soft, supple, retains water {shows signs of edema, meaning if you press your finger into the skin, an indentation remains}
Common Complaints	Dry or rough skin, arthritis, cracking joints, prolapsed rectum or female reproductive organs, gas, bloating, mental disorientation, sciatica, vata-type hemorrhoids, anxiety	Acne, irritation (of skin or otherwise), hair loss, ulcer, colitis, bleeding disorders, irritability, anger, light-headed if skips a meal, desire to control, inflammatory conditions (ending in “itis”)	Edema / water retention, paleness, repeated colds, congestion, cough, diabetes, high cholesterol, depression, mucous, greed or attachment, excess salivation, feeling of cold and dampness.