

Detoxifying diet or Anti-Ama diet

An anti-ama diet is often needed before proceeding with a long term nutritional program. It is indicated whenever there is a coating on the tongue or the stool sinks and/or has a strong smell. There are other signs of ama accumulation - review the section on diagnosis and Agni. There are also contra indications for a strongly reducing diet. This diet should NOT be given when there is any kind of wasting disease such as AIDS, tuberculosis, etc. It should not be given when the patient is very young (under 10 years) or very old (over 70), or recovering from a long illness. In other words whenever a patient is weak it should not be used alone. It also should not be given to persons suffering from high Vata vikriti.

Generally all types can use this diet at the beginning of spring and at the end of summer to prevent disease. It should be avoided in winter if possible, especially in cold climates. In hot climates it can be used year round.

This diet has to be slightly adjusted for each constitution and according to their individual situation. Depending on their lifestyle and climate the following duration can be used:

Vata not more than two weeks
Pitta not more than four weeks
Kapha not more than four months

Percentage of Food Groups

Fruit	10%	Animal Products	0%
Vegetables	35%	Fish	0%
Grains	45%	Oils (ghee)	1%
Beans	3%	Sweeteners	0%
Nuts/seeds	0%	Spice	5%
Dairy	0%	Supplements	1%

Anti-Ama Diet Guide for All Types

Food Group	Kind Of Food
Fruit	1 Grapefruit or other sour fruit in the morning
Vegetables	1/2 cup barley, alfalfa and wheat sprouts daily; NO nightshades, all other veggies steamed for lunch and dinner - use only one veggie per meal; veggie juices are excellent with mild spice or ginger.
Grains	1/2 to 1 cup cooked whole grains per lunch and dinner as per

	constitution; NO white flour, bread or pastry; Kicharee is good; Pitta types can take whole grain cereals in the morning.
Beans	No beans, except Kicharee made with Mung beans
Nuts/ Seeds	No, unless sprouted
Dairy	No
Animal Products	No (eggs included)
Fish / shell fish	No
Oils	No, only ghee should be used
Sweeteners	No, only raw honey can be used at 1/2 teaspoon per day when needed
Spices	No Salt, all spices are good especially ginger and black pepper
Beverages	No cold drinks, alcohol, coffee or other stimulants; water is good and some mild herbal teas can be used
Supplements	Spirulina, chlorella can be used, blue green algae is strongly reducing (not for Vata); other supplements should be avoided.

Sprouts are strongly cleansing and are often enough on their own when combined with a simple diet to clear ama. For old, chronic formations of ama this kind of diet is highly recommended. The amount of raw foods used should follow the logic and explanations in the course, i.e., as per constitution, age, season and agni. However, most people will benefit from using primarily raw foods during this diet supplemented with cooked whole grains, or cooked sprouted grains.

If any indications of high Vata or emaciation occur using this diet it should be stopped immediately. Signs of excessive use for an anti-ama diet are:

- Insomnia
- Fainting
- Loss of appetite
- Emaciation
- Palpitations
- Lack of energy, motivation
- Listlessness
- Absence of menstruation
- Lack of concentration

This diet is quite "un-grounding" and is not good to use for clients who are healers, psychics, construction workers, athletes, social workers, or other physical or mentally demanding jobs. Also note the psychological state of the client, as this diet needs a fairly stable mental state. I suggest to avoid using this diet when the client is undergoing major emotional changes.

If the body is detoxified too fast some problems can manifest. I do not consider this to be a good sign. Some practitioners say that these signs are part of a "healing crisis". It is true that the body will sometimes have worse symptoms before having a relief of all symptoms. *However, this is more the exception than the rule.*

In my clinical practice this happens less than 10% of the time. The trick is to avoid detoxifying the body too fast. If the body is detoxified slowly then the increase of negative symptoms will not occur. Hence, introducing a cleansing, anti-ama diet, slowly into a client's program is *usually* best. My clients all have to work and take care of family, etc. Giving them a strong cleansing diet would force them to miss time working and perhaps create further psychological burdens. However, if the client is very ill it may be better to go directly into using this cleansing diet.

Common signs of detoxifying the body too fast:

- Headaches
- Skin Rashes
- Diarrhea
- Nausea

Usually if adequate spice is given to keep the Agni strong these signs will not manifest. By far the most common occurring sign of detoxification is the headache. My approach is to reduce the amounts of raw or cleansing foods until the symptoms disappear. Then I slowly increase the doses when the symptoms and metabolism stabilize.

When prescribing a detoxifying diet it is important to see the client more often - at least once per week. Basti, or Ayurvedic enema, is often very important to clear out toxic accumulation from the colon. Pancha Karma, the Ayurvedic detoxifying program, is very good to accompany an anti-ama diet. The following suggested diets for disease mention when Pancha Karma is useful for the client. If this therapy is available in your area it is good to work together with the clinic or practitioner doing this therapy. *Be very aware that both a strongly detoxifying diet and Pancha Karma can reduce the Agni to a very problematic level.* Maintaining Agni is the most important consideration in reducing ama and detoxifying therapies.

It should be stressed that simply eating a few raw or healing foods alone is not enough to change a disease or the beginning stages of disease. The client must use the whole Ayurvedic methodology and diet together to be successful.