

# Fire + Necta

## Agni & Soma Nutrition Class with Kaya

yogawithkaya.com

**Assess & understand your agni!**

**Circle the descriptions that describe you NOW.**

	<b>Viśamāgni</b> Variable Fire	<b>Tikṣṇāgni</b> Sharp Fire	<b>Mandāgni</b> Slow Fire
<b>Appetite &amp; Thirst</b>	Changeable, dry lips & mouth	Sharp, unbearable	Low. Excess salivation
<b>Meals</b>	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.
<b>Digestion</b>	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
<b>Mind</b>	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.
<b>Memory</b>	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
<b>Sleep</b>	Insomnia, interrupted, fearful dreams	Difficulty staying asleep, wakes around midnight or before 2am	Sleepy after eating, excessive sleep or lethargy
<b>Skin</b>	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}
<b>Common Complaints</b>	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.