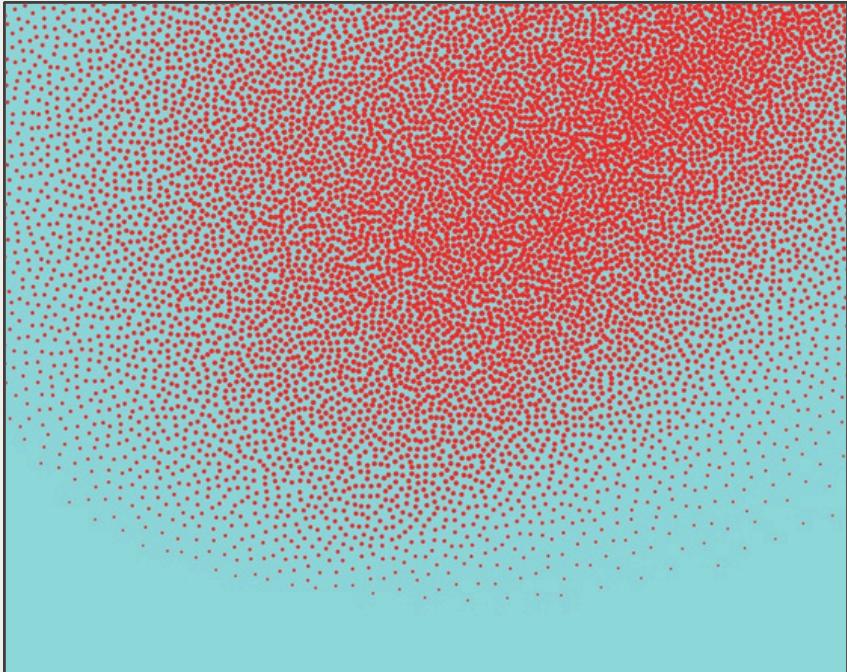


# AYURVEDIC

MINI ROUTINE FOR LIVER AND DIGESTION

7 Steps for a Lighter Everyday Life



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# INTRODUCTION

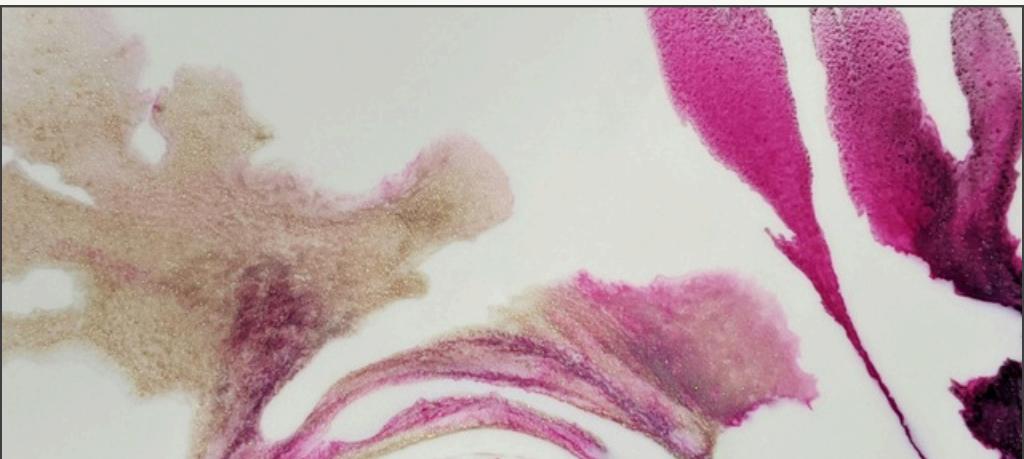
*This free guide is educational material intended to support a better understanding of basic Ayurvedic concepts related to the liver and to help you create a simple routine that supports everyday wellbeing. It presents the Ayurvedic perspective on liver function, the importance of digestive fire, known as agni, the formation of ama, often described as metabolic toxins, and the influence of nutrition, lifestyle, and emotions on internal balance.*

*This guide does not provide medical advice and does not replace consultation with a physician. If you notice symptoms such as yellowing of the skin, dark urine, severe pain in the liver area, or unexplained fatigue, consult a medical professional promptly.*

## The Liver as a Vital Organ in the Body

In Ayurveda, the body is not seen as a collection of separate organs, but as an interconnected system of dynamic processes that depend on balance. The liver is therefore understood as part of a broader metabolic and energetic network that includes digestion, the transformation of nutrients, and an influence on the quality of the body's other tissues.

A key concept is **agni**, the transformative power or "metabolic fire," which symbolically represents our ability to digest food, process our responses to the environment, and integrate life experiences. Classical texts describe several levels of agni, with the most important being **jatharagni**, directly linked to the digestive tract. Healthy agni is supported by regular meals, moderation, wholesome nutrition, physical activity, and adequate sleep.



Another important concept is **ama**, which describes a state of incomplete transformation of everything that enters the body, whether through the digestive tract or through the senses. Ama is considered a burden on the system. It does not refer only to undigested food or emotions, but more broadly to a sense of heaviness, sluggishness, or poor digestion. It is a traditional term best understood as a metaphor for disrupted metabolic balance.

In Ayurveda, the liver area is often understood through the framework of the **pitta dosha** and the tissue **rakta**, meaning blood. Pitta represents the principle of heat, metabolism, and transformation. Classical sources also mention an aspect of pitta called **ranjaka pitta**, symbolically associated with the liver and spleen and with the coloration of the blood. This is part of a traditional explanatory model that emphasizes functional balance and the interconnectedness of bodily processes. In everyday life, this perspective translates into simple practices: a stable daily rhythm, lighter and moderate meals, enough rest, and less overdoing things. Ayurveda understands these as support for metabolic balance and overall wellbeing.

## Terminology:

\* **Agni/Jatharagni:** refers to the transformative process through which food and emotions are metabolized with the help of digestive fire. In modern scientific terms, this concept is often compared to the action of digestive enzymes. Classical Ayurveda describes thirteen types of agni, with jatharagni as the central one, located in the area of the stomach and small intestine.

\*\* **Ama:** is a term used to describe toxic substances that arise as a result of incomplete or impaired digestion. These unprocessed byproducts are understood to create a systemic burden on the body.

\*\*\* **Pitta:** is the principle that influences and regulates metabolism. It is closely connected to digestion and metabolic processes. Ranjaka pitta is described as the aspect that supports and regulates the function of the liver and spleen.

\*\*\*\* **Rakta:** refers to blood tissue. In Ayurveda, rakta is closely associated with the functioning of the liver and spleen.

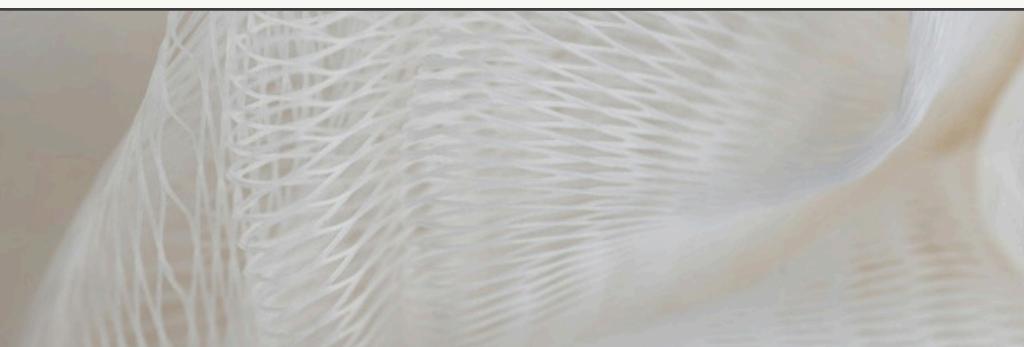
# 7 STEPS TO SUPPORT YOUR WELLBEING AND HEALTH

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*Before you start reading the 7 steps, take a moment and answer the following questions for yourself:*

1. *Do you often feel heaviness in your abdomen, bloating, or discomfort after meals?*
2. *Do you have an irregular meal schedule, often skipping breakfast or lunch, and eating dinner late?*
3. *Do you eat fast food?*
4. *During periods of stress or pressure, do you reach more often for alcohol, sweets, or processed foods?*
5. *Do you have unusual skin rashes for which no clear cause has been found?*

*If you recognized yourself in any of these questions, take it as a gentle reminder that something in your daily routine may need adjusting, and that it can be helpful to support your digestion and liver at the same time.*



# 7 - DAY ROUTINE

For liver support, this is a truly simple and practical plan to help improve your wellbeing and health.

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## Day 1-2

Establish a regular eating routine. Have three meals a day at roughly the same times. Eat dinner 2 to 3 hours before bedtime and avoid late night snacking. Observe how your body responds when you give it more predictability around meals.

## Day 3-4

Choose warm, cooked, and easily digestible meals such as vegetable soups, steamed or boiled vegetables, basmati rice, lentils, millet or buckwheat porridge. Avoid overly greasy and very spicy foods. Choose lighter fats such as sunflower oil, coconut oil, or ghee, meaning clarified butter.

Avoid citrus fruits.



# RECIPE

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## Day 5

Support your liver with bitter and aromatic foods. Include naturally bitter ingredients such as radicchio or bitter melon, along with gentle aromatic spices like cumin, coriander, and fennel. Bitter foods and herbs are traditionally understood to have a cleansing effect and to support liver function. The aim is to restore balance and overall wellbeing.

### Recipe for a Bitter and Aromatic Bowl

A simple recipe for a meal that combines bitter flavors with gentle aromatic spices.

DISH: Bitter Aromatic Bowl

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SERVINGS: 1 - 2 portions

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#### INGREDIENTS:

- 1 cup of cooked rice or buckwheat groats
- a handful of radicchio or arugula
- 1 small carrot or zucchini
- 1 teaspoon of olive oil or ghee
- a pinch of whole cumin seeds, coriander seeds, and fennel seeds
- salt to taste
- a few drops of lemon juice

#### PREPARATION:

1. Briefly sauté the spices in the fat until they release their aroma.
2. Add the chopped vegetables and gently cook until slightly softened.
3. Stir in the cooked basmati rice or buckwheat, then add the radicchio or arugula at the end.
4. Season with salt, drizzle with lemon juice, and serve warm.

## Day 6

Choose one day without alcohol, sugar, coffee, or fast food. Observe your morning energy, digestion, and quality of sleep. Even a single day can reveal positive effects on the body.

## Day 7

Reflection. Take 10 minutes to reflect on the previous days. What worked well? Choose two habits you will continue for the next 14 days. Simple steps and small but consistent changes tend to have the greatest impact.

If you wish to further support your liver and digestion with selected bitter herbal extracts, we have professionally developed the Heparbion Plus formulation, which combines traditional plant extracts to support normal liver function, digestion, and metabolic balance. Bitter plants are traditionally used in systems such as Ayurveda to support digestive fire and overall wellbeing.

You can find more information via the QR code.

