



Ayurvedic Health Center

AyurvedicHealthCenter.org

Guided Transformation in Health and Wellness

Pitta Tip Sheet

THE ELEMENTS THAT MAKE UP PITTA
fire + water
BECAUSE OF THESE ELEMENTS, PITTA'S QUALITIES ARE:
<i>hot, oily, sharp, light</i>
... like a fire that deeply warms and ignites a passion for whatever it comes in contact with
TOO MUCH OF A GOOD THING CAUSES PITTA TO BECOME UNBALANCED:
<i>heat, intensity, overwork, spicy foods, alcohol, coffee, competitiveness</i>
... too much heat, work, intensity, and/or focus increase Pitta, causing inflammation all around
WHEN THERE IS TOO MUCH PITTA, IT LOOKS LIKE THIS:
<i>anger, critical, judgemental, diarrhea, indigestion, inflammation, red itchy skin, sunburn</i>
... irritated skin situations, indigestion, hangry, crabbiness, nothing is "good enough"
TO RESTORE BALANCE TO PITTA, EMPHASIZE:
<i>cool, calm, play, non-spicy foods</i>
... sip peppermint tea, stroll in nature, and participate (without dominating) to cool things off
SO, WHAT IS PITTA GOOD FOR?
... getting stuff done; being efficient; creating order out of chaos; knowing where everything is; having <i>great</i> musculature

What is Pitta?

Pitta is a combination of the fire and water elements. It is a fiery type of energetic: hot, sharp, intense, and transformational. **Pitta** rules your digestive system, is the heat that is carried by your blood, and is the force behind the many functions performed by your liver.

Pitta is determined, passionate, perceptive, and strong. **Pitta** relates to summertime, adulthood, midday, and midnight: times of high activity and productivity. **Pitta** is what gets stuff done!

People who are predominately pitta types tend towards a moderate body type, angular features, light-colored eyes, straight light-colored hair, an intense gaze, skin moles and freckles, and well-developed musculature.

Pittas love their food and have a strong biological need for it. Never ask a **Pitta** to go without a meal. You risk getting your hand bitten off!

Excessive Pitta

When they are out of balance (ie: have too much **Pitta**/heat), **Pitta** types run too hot. They become critical, judgemental, angry, and impatient. They tend towards loose stools, "hot" headaches, and heated indigestion.

Pitta is what runs amok in adolescence, creating pimples and acne while the body gets used to its new hormonal balance. **Pitta** is also the heat and irritability that is involved in any inflammatory process.

Reducing Pitta

To restore balance to **Pittas** we apply the quality opposite of heat. We cool **Pitta** off! How do we do that? We encourage non-competitive play, time in nature, and unstructured time. We also recommend avoiding coffee and alcohol along with eating non-spicy (but still flavorful!) foods.