



PITTA DOSHA TARA Ayurveda 101

The Pitta body type is one of medium height and build, with ruddy or coppery skin. Skin may have many mole/freckles and is warm and less wrinkled than Vata skin. Hair type tends to be silky and often grays or thins prematurely. Eyes are of medium size and conjunctiva is moist. Nose is sharp and the tip tends to be reddish in color.

Pitta people have a strong metabolism, good digestion, and strong appetites. They like plenty of food and liquids. They tend to love hot spices and cold drinks. However, their constitution is balanced by sweet, bitter and astringent tastes. Pitta people sleep well and of medium duration.

They produce large quantities of urine and feces, which tend to be yellowish, soft, and plentiful. They easily perspire. Hands and feet stay warm. Pitta people have a lower tolerance for sunlight, heat, or hard physical work. Mentally, Pitta types are alert and intelligent and have good powers of comprehension. However, they are easily agitated and aggressive and tend toward hate, anger and jealousy when imbalanced.

In the external world, Pitta people like to be leaders and planners and seek material prosperity. They like to exhibit their wealth and possessions, Pitta people tend to have diseases involving the fire principle such as fevers, inflammatory diseases and jaundice. Common symptoms include skin rashes, burning sensation, ulceration, fever, inflammations, or irritations such as conjunctivitis, colitis or sore throats.

Since the attributes of Pitta are oily, hot, light, mobile and liquid, an excess of any of these qualities aggravates Pitta. Summer is a time of heat, the Pitta season. Sunburn, poison ivy, prickly heat, and short tempers are common. These kinds of Pitta disorders tend to calm down as the weather gets cooler. The diet and lifestyle changes emphasize coolness – cool foods, avoidance of chilies and spices (especially difficult for New Mexicans), and cool climates. People with excessive Pitta need to exercise at the coolest part of the day.

General food guidelines for pacifying Pitta include avoiding sour, salty and pungent foods. Vegetarianism is best for Pitta people and they should refrain from eating meat, eggs, alcohol, and salt. To help calm their natural aggressiveness and compulsiveness, they should incorporate sweet, cooling and bitter foods and tastes into their diets.

Barley, rice, oats, and wheat are good grains for Pitta people and vegetables should form a substantial part of their diet. Tomatoes, radishes (except daikon), chilies, garlic, and raw onions should all be avoided. In fact, any vegetable that is too sour or hot will aggravate Pitta, but most other vegetables will help to calm it. Salads and raw vegetables are good for Pitta types in the spring and summer, as are any sweet fruits. Sour fruits should be avoided with the exception of limes, used sparingly.

Pitta types should only take animal foods, especially seafood and eggs, in moderation. Chicken, turkey, rabbit and venison are all right. All legumes except red and yellow lentils are good in small amounts, with black lentils, chickpeas and mung beans being the best.

Most nuts and seeds have too much oil and are heating for Pitta. However, coconut is cooling and sunflower and pumpkinseeds are all right occasionally. Small amounts of coconut, olive and sunflower oils are also good for Pitta.

Sweet dairy products are good, including milk, unsalted butter, and ghee, and soft unsalted cheeses. Yogurt can be used if it is blended with spices, a little sweetener and water. In fact, Pitta people can use a sweetener better than the Kapha or Vata because it relieves Pitta. However, they should avoid hot spice, using cardamom, cinnamon, coriander, fennel and turmeric predominantly, with small amounts of cumin and black pepper.

Coffee, alcohol and tobacco should be completely avoided although the occasional beer may be relaxing for a Pitta person. Black tea may also be used occasionally with a little milk and a pinch of cardamom.

MANIFESTATIONS OF PITTA

Pitta needs cooling and soothing

Pitta In Balance

- Well balanced physique
- Warm body temperature
- Strong metabolism
- Radiant complexion
- Luster in the eyes
- Sensitive
- Assertive
- Sharp
- Perceptive
- Contented

Pitta Out of Balance

- High blood pressure
- Excessive body heat
- Sensitive skin, outbreaks
- Excess sweating, inflammation
- Hyper-sensitive digestion
- Aggressive, over-bearing, intense
- High maintenance, demanding
- Volatile, angry, keeps late hours
- Easily agitated, irritable