

## HOW TO RECOGNISE HEALTHY PITTA AND IMBALANCED PITTA?

**PITTA DOSHA** (tejas and jala – fire and water are the dominant elements)  
Giving the following characteristics to **PITTA: HOT, SHARP, LIGHT, PUNGENT, LIQUID, SOUR, FLUID, STRONG SMELL**

Healthy PITTA is mainly located in the SMALL INTESTINE and second half of the stomach, liver, gall-bladder, spleen, blood, grey matter of the brain, heart, skin, sweat, sebaceous secretions, eye (organ of sight)

Pitta is directly linked to the DIGESTIVE SYSTEM and ENDOCRINE SYSTEM

<b>NORMAL – BALANCED PITTA</b> <b>PITTA sits in the small intestine</b>	<b>IMBALANCED – TOO MUCH PITTA</b> <b>Fire element is too strong, burning and consuming everything</b>
<p><b>What keeps PITTA balanced?</b></p> <ul style="list-style-type: none"> <li>- proper appetite, digestion, evacuation of wastes</li> <li>- spend time under the moonlight, in nature, parks, garden, shade of neem trees</li> <li>- water activities</li> <li>- maintain clarity, calm and quiet mind</li> <li>- meditation, Yoga, Pranayama, Tai chi, QiGong etc</li> <li>- Implement attitude of peace, restraint and moderation, sweetness of speech</li> <li>- apply paste of cooling herbs on body and head (sandalwood, vetiver, camphor etc)</li> <li>- wear perfumes that are pleasant and cooling</li> </ul> <p><u>In the food:</u></p> <ul style="list-style-type: none"> <li>- Food and drinks should be dominant in bitter, astringent and sweet tastes</li> <li>- cooling and digestive with fresh green aromatic herbs (eg. coriander, mint, fennel seeds)</li> <li>- Eating certain amount of raw food at breakfast or lunch</li> </ul>	<p><b>Causes for too much PITTA?</b></p> <p><u>General causes:</u></p> <ul style="list-style-type: none"> <li>- fatigue</li> <li>- sitting next to a source of heat, under the sun</li> <li>- too much use of computer/tablet/mobile</li> <li>- exposure to chemicals</li> <li>- hot climate and weather</li> <li>- aggravates easily during middle age of adulthood, 10 to 2 (am&amp;pm), summer, rainy season and sharat (between rainy season and winter)</li> </ul> <p><u>In the food:</u></p> <ul style="list-style-type: none"> <li>- pungent, sour, salty tastes</li> <li>- sharp, hot food</li> <li>- reheated, fermented food</li> <li>- not eating enough</li> <li>- fasting for too long</li> <li>- alcohol</li> </ul> <p><u>Mental/Vital Disturbance:</u></p> <ul style="list-style-type: none"> <li>- anger, irritation, aggressivity, violence</li> <li>- jealousy, envy</li> <li>- self-centred, egoism</li> <li>- impatience</li> </ul>

**How PITTA manifests physically:**

- medium body frame
- feeling warm, strong body odour
- regular and constant weight
- can be bald or with grey hair early
- teeth slightly yellow, sensitive gums
- flexible joints

**And physiologically:**

- good or strong appetite, difficult to skip a meal, eats large portions
- quick digestion, tendency to acidity
- very regular in passing stool

**In the body PITTA helps with:**

- proper appetite, thirst and taste
- absorption and assimilation of food
- bodily metabolism
- body temperature
- complexion, lustre, blood colour

**The 5 Parts of PITTA:**

- **Paachaka Pitta:** the digestive fire: located in the small intestine, 2<sup>nd</sup> half of stomach and large intestine. Responsible for the digestion, absorption and assimilation of foods, gives strength and nourishment to the other Pitta.
- **Ranjaka Pitta:** the colouring fire: located in the liver, spleen and stomach. Gives the colour to the red blood cells, stool, urine
- **Saadhaka Pitta:** the fulfilling fire: located in the heart, gives consciousness, conscious thinking, digests emotions, comprehension, knowledge, wisdom
- **Aalochaka Pitta:** the fire for the vision: located in the eyes, gives visual perception, maintains the iris colour, normal sight, helps to recognize things seen before
- **Bhraajaka Pitta:** the glowing fire: located in the skin, maintains the skin colour, texture, complexion and temperature, absorbs oily substances

**SYMPTOMS:**

- yellowish discolouration of skin, stool, urine, nails, sweat, bodily secretions
- excess thirst
- excess appetite, fast metabolism
- burning sensation
- increase of body temperature, heat
- body has a strong/foul odour
- excessive sweating
- desire for something cool/cold
- weakness, fatigue, chronic fatigue
- fainting or giddiness

In the liver/gall bladder:

- pain
- nausea
- malaise
- metallic taste in mouth
- foul smell in throat and mouth
- mononucleosis
- jaundice, hepatitis
- high cholesterol
- gall stones

In the digestive tract:

- hyperacidity
- hypoglycaemia
- craving for sugar
- diarrhoea
- sour belching
- bitter, pungent and sour tastes in mouth
- excessive appetite with no satisfaction after eating
- nausea, vomiting bile
- gastritis, peptic ulcers and stomatitis
- pharyngitis

Other:

- bleeding (external or internal), haemorrhage
- hot flashes
- strong fever
- burning sensation in anus or urethra, feet and hands
- redness, red patches, red blisters or boils
- sensation of fuming
- skin diseases (eczema, dermatitis, acne, leucoderma, cracking, itching, urticaria, blue moles etc)
- herpes, zona
- inflammations, suppuration
- conjunctivitis

<p><b>Pitta manifests in the 5 senses:</b></p> <ul style="list-style-type: none"> <li>- smooth, slightly oily, warm skin</li> <li>- penetrating, bright, sensitive eyes</li> </ul> <p><b>Pitta helps with:</b></p> <ul style="list-style-type: none"> <li>- providing the vision</li> <li>- giving lustre to the eyes, hair, skin</li> <li>- giving colour to the iris</li> <li>- maintains transparency and translucence of cornea and lens</li> <li>- maintains temperature of eye</li> <li>- maintains skin colour, texture and temperature</li> <li>- gives the proper taste</li> </ul>	<p><b>Too much Pitta in the 5 senses:</b></p> <ul style="list-style-type: none"> <li>- impaired vision (short-sighted, farsighted)</li> <li>- conjunctivitis, sties, iritis</li> <li>- burning, boiling sensation, yellow eyes</li> <li>- photophobia</li> <li>- less sleep and light sleep</li> <li>- vertigo, black outs</li> <li>- loss of consciousness</li> </ul>
<p><b>Balanced PITTA in the mental:</b></p> <ul style="list-style-type: none"> <li>- openness, receptivity</li> <li>- discipline</li> <li>- discernment</li> <li>- mastery, proficiency</li> <li>- clarity of mind, acceptance</li> <li>- observation power</li> <li>- analysis, organisation ability</li> <li>- concentration</li> <li>- ethical clarity: at the service of a cause or people</li> <li>- memory: visual and methodical</li> </ul>	<p><b>Too much PITTA in the mental:</b></p> <ul style="list-style-type: none"> <li>- loss of perspectives, over-activity, agitation</li> <li>- loss of values</li> <li>- opinionated, preconceived ideas</li> <li>- hypersensitivity</li> <li>- distorting thoughts</li> <li>- feeling to be all powerful, invincible</li> <li>- psychological issues (schizophrenia, manic-depression, psychoneurosis, psychosis)</li> </ul>
<p><b>Balanced PITTA in the vital:</b></p> <ul style="list-style-type: none"> <li>- cheerfulness</li> <li>- lightness of being</li> <li>- braveness, courage</li> <li>- non-expectation of outcomes</li> <li>- aspiration</li> <li>- feeling of love, universal love</li> <li>- energy for service, voluntary</li> <li>- good will</li> </ul>	<p><b>Too much PITTA in the vital:</b></p> <ul style="list-style-type: none"> <li>- impatience, intolerance</li> <li>- demands instant results, frustration, never satisfied</li> <li>- irritability, moodiness, anger, hatred</li> <li>- envy and jealousy</li> <li>- superiority complex</li> <li>- arrogance, vanity</li> <li>- judgmental, leading to control and manipulation, exclusivism, wanting to dominate</li> </ul>
<p><b>General line of treatment:</b></p>	<p><b>AIM: CENTERING, CALMING, NOURISHING</b></p> <ul style="list-style-type: none"> <li>- avoid the above causes</li> <li>- restore causes of healthy Pitta (top left column - NORMAL – BALANCED PITTA)</li> <li>- body massage with coconut oil</li> <li>- oil massage on head, ears, hands, feet with coconut oil</li> <li>- Panchakarma treatment: <i>virechana</i> (purgation therapy), <i>nasya</i> (administration of medicines through the nose), <i>raktamokshana</i> (blood letting), <i>shirodhara</i> (oil on forehead), <i>abhyanga</i> (body massage)</li> <li>- seek medical advice if needed</li> </ul>