**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

<table>
<thead>
<tr>
<th>NORMAL – BALANCED PITTA</th>
<th>IMBALANCED – TOO MUCH PITTA</th>
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<tbody>
<tr>
<td><strong>PITTA sits in the small intestine</strong></td>
<td><strong>Fire element is too strong, burning and consuming everything</strong></td>
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<tr>
<th>What keeps PITTA balanced?</th>
<th>Causes for too much PITTA?</th>
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<tbody>
<tr>
<td>- proper appetite, digestion, evacuation of wastes</td>
<td><strong>General causes:</strong></td>
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<tr>
<td>- spend time under the moonlight, in nature, parks, garden, shade of neem trees</td>
<td>- fatigue</td>
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<td>- water activities</td>
<td>- sitting next to a source of heat, under the sun</td>
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<td>- maintain clarity, calm and quiet mind</td>
<td>- too much use of computer/tablet/mobile</td>
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<td>- meditation, Yoga, Pranayama, Tai chi, QiGong etc</td>
<td>- exposure to chemicals</td>
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<td>- Implement attitude of peace, restraint and moderation, sweetness of speech</td>
<td>- hot climate and weather</td>
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<tr>
<td>- apply paste of cooling herbs on body and head (sandalwood, vetiver, camphor etc)</td>
<td>- aggravates easily during middle age of adulthood, 10 to 2 (am&amp;pm), summer, rainy season and sharat (between rainy season and winter)</td>
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<td>- wear perfumes that are pleasant and cooling</td>
<td><strong>In the food:</strong></td>
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<td><strong>In the food:</strong></td>
<td>- pungent, sour, salty tastes</td>
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<tr>
<td>- Food and drinks should be dominant in bitter, astringent and sweet tastes</td>
<td>- sharp, hot food</td>
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<tr>
<td>- cooling and digestive with fresh green aromatic herbs (eg.coriander, mint, fennel seeds)</td>
<td>- reheated, fermented food</td>
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<tr>
<td>- Eating certain amount of raw food at breakfast or lunch</td>
<td>- not eating enough</td>
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<td></td>
<td>- fasting for too long</td>
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<td></td>
<td>- alcohol</td>
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**Mental/Vital Disturbance:**
- anger, irritation, aggressivity, violence
- jealousy, envy
- self-centred, egoism
- impatience

For further queries, please contact Berengere @ Santé Clinic, Auroville Institute for Integral Health or be.ayurveda@auroville.org.in
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, 2nd 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

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<th>Pitta manifests in the 5 senses:</th>
<th>Too much Pitta in the 5 senses:</th>
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<td>- smooth, slightly oily, warm skin</td>
<td>- impaired vision (short-sighted, farsighted)</td>
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<tr>
<td>- penetrating, bright, sensitive eyes</td>
<td>- conjunctivitis, sties, iritis</td>
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**Pitta helps with:**
- providing the vision
- giving lustre to the eyes, hair, skin
- maintaining transparency and translucence of cornea and lens
- maintains temperature of eye
- maintains skin colour, texture and temperature
- gives the proper taste

**Too much PITTA in the mental:**
- loss of perspectives, over-activity, agitation
- loss of values
- opinionated, preconceived ideas
- hypersensitivity
- distorting thoughts
- feeling to be all powerful, invincible
- psychological issues (schizophrenia, manic-depression, psychoneurosis, psychosis)

**Balanced PITTA in the mental:**
- openness, receptivity
- discipline
- discernment
- mastery, proficiency
- clarity of mind, acceptance
- observation power
- analysis, organisation ability
- concentration
- ethical clarity: at the service of a cause or people
- memory: visual and methodical

**General line of treatment:**
- AIM: CENTERING, CALMING, NOURISHING
- avoid the above causes
- restore causes of healthy Pitta (top left column - NORMAL – BALANCED PITTA)
- body massage with coconut oil
- oil massage on head, ears, hands, feet with coconut oil
- Panchakarma treatment: *virechana* (purgation therapy), *nasya* (administration of medicines through the nose), *raktamokshana* (blood letting), *shirodhara* (oil on forehead), *abhyanga* (body massage)
- seek medical advice if needed

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