

PITTA TIP SHEET

FIRE + WATER

Pitta's Qualities

hot, oily, sharp, light...like a blazing hot fire

What pushes Pitta?

heat, intensity, overworking, spicy foods, alcohol, coffee, competition

When unbalanced...

hot headed, angry, critical, judgmental, diarrhea, indigestion, inflammation, rashes, sunburn, hangry, crabby, irritable

To restore balance...

cool down, slow down, calm down, play. try non-spicy foods and things that are cooling, swimming, a stroll, peppermint tea.

Pitta's strengths are...

productivity, efficiency, order, organization, strength, perseverance

Pitta's affirmation...

"I embody ease, I am cool, calm and collected."



About Pitta

The Pitta constitution is composed of the elements of fire and water. It's energy can be described as fiery, hot, sharp, intense, penetrating, acidic, and pungent. A pitta individual shows up as determined, passionate, perceptive, and strong. Pittas flourish as lawyers, scientists, doctors, engineers, etc. Pitta's are productive and get it done! Pitta relates to summertime, adulthood, and the middle of the day and midnight, when the body/mind are highly active. It is active from 10am-2pm and 10pm -2am.

In the body

Pitta governs transformation in the body including digestion, metabolism, and energy production. Those with pitta predominance usually have a moderate frame, sharp, angular features, light colored eyes, red/balding/thinning hair, an intense gaze, and skin moles/freckles. They have excellent digestion, a warm body temperature, a strong sex drive, and they sleep deeply. When they are out of balance they suffer from rashes and burning

sensations. These burning sensations include peptic ulcers, excessive body heat, heartburn, indigestion, loose stools, and headaches. Acne and inflammation are also caused by excess pitta.

Personality

Pittas are smart and focused. When they are in balance they are great decisions makers, teachers, and speakers, they are direct and productive. When out of balance they can be hot headed, argumentative, critical.

To Balance

To restore balance to Pitta dosha, cultivate the opposite of its qualities of heat: hot sharp, sour, pungent, and penetrating. Cool it down, calm it down, and slow it down with choices that are cooling, sweet, and stabilizing.

Lifestyle Routines for Balance

- **Allow free time to avoid burnout.** Do less.
- **Take a back seat.** Let others lead the way.
- **Slow down.** Take time out to chill out and appreciate all the little things in life.
- **Stay cool.** Relax in the shade. Wear light clothes, favor blues and greens.
- **Hydrate** with water, and cooling teas (i.e. peppermint, rose).
- **Take a walk in nature. Stroll.**
- Keep **fresh plants and flowers** in your home and office.
- **Walk in the moonlight.**
- **Try abhyanga**, self-massage with cooling coconut, olive, or sunflower oil.
- **Try some soothing, calming music.**
- **Laugh. Have fun.**
- **Try a diffuser** with sweet cooling aromas. Sandalwood, rose, jasmine, mint, lavender, fennel, and chamomile.
- Enjoy Sitali pranayama, gentle yoga, and meditation.

Nutritional Guidelines for Balance

- **Favor foods that are** cool and liquid. Flavors that are sweet, bitter, and astringent. Reduce foods that are pungent, salty, and sour.
- **Create a routine** around your eating, eating at the same time each day with lunch as the biggest meal. Include some fat and protein in your lunch, you have a lot of energy to burn!
- Leafy greens, lentils, dried beans, pomegranates, potatoes, nuts and seeds, fish, shellfish, and aloe vera are good for pitta. Sweeter fruits, maple syrup and dates. Lime and cucumbers. Whole grains such as wheat, rice, and oats, dairy, meet, and roots. Ghee, coconut oil, sunflower oil and olive oil. Chicken, pheasant, turkey.
- **Avoid heating foods:** coffee, chocolate, alcohol. Avoid sour fruits and acidic veggies.
- **Spices that pacify pitta:** cilantro, coconut, peppermint, dill, fennel, cumin, coriander, lemongrass, cardamom. Avoid cayenne, chili, and powdered ginger.
- Keep the liver healthy. It helps you detoxify. Eat the last meal at least 3 hours before bedtime making bedtime start at 9:30pm the latest.