



What is Pitta?

- **Pitta Qualities:**

This dosha represents fire and water. *Pitta* is fiery, hot, quick, sharp, and intense with a strong appetite that digests food quickly and has good elimination.

- **Pitta Diet:**

The tastes that increase *pitta* are sour, salty and pungent. Ayurveda seeks to balance these hot or heating foods with their opposites; therefore, eating cooling foods such as zucchini, a watery vegetable, and sweet juicy fruits (i.e. melons, plums, grapes) as well as foods that taste sweet, bitter and astringent help re-balance and pacify the hot nature of *pitta*.

- **Daily Pitta:**

Ever notice when you miss a meal you become irritable or grouchy, especially around lunchtime? Or when you stay up watching television or working on the computer at 10 pm you get a 'second wind' and cannot manage to fall asleep for hours? This is because from 10-2 (in the morning and the evening) *pitta* reigns the day! When the sun reaches its height at mid-day our internal fire/heat is also at its peak. Remember to eat regular meals so as not to have excess *pitta* on an empty stomach.

- **Seasonal Pitta:**

Pitta prefers cool climates and tends not to like hot weather or does not do well with too much heat during summer, when it is high *pitta* season.

- **Age of Pitta:**

From 18 to 50 – when the body is undergoing the most intense time of activity and transformation, even ambition, is governed by *pitta*. A *pitta* type is prone to acid reflux, ulcers, colitis, gall bladder problems and headaches. It is important for *pittas* to avoid spicy, salty and fermented foods, despite cravings for them, as they all aggravate *pitta*. Being determined and uncompromising can cause a *pitta* type to get too busy to even eat. Be sure to eat regular meals, with lunch being the biggest of the day, along with enjoying organic ghee, cooling teas of mint or fennel and massaging cooling *pitta* oil before you bathe. These are all satisfying ways to cool, calm and re-balance the *pitta* mind.