

Fire & Water



pitta

The Pitta dosha brings the energy of fire into your body and mind. Pitta also comes with the energy of water to balance the fire, but most of its activities are centered around the fire element.

As someone with a lot of Pitta energy, you're quick-witted and likely very organized and intelligent. Your mind is sharp, and you make a great leader. At times your fire may get the best of you, creating impatience and sometimes anger, but when your Pitta is in balance, nothing can stop you from achieving your goals.

Pitta Imbalance

Pitta energy is vital to every action of transformation that happens within your body. This shows up as the transformation of nutrients from the food you eat into energy, the transformation of impressions in your mind into thoughts and ideas, and the transformation of light waves in your eyes into what you see and experience in the world.

When Pitta is in balance, your body is able to take in sensory information and process it fluidly. However, several lifestyle factors can result in a Pitta imbalance, including:

- Too much hot/ spicy food
- Sexual overindulgence
- Intellectual overstimulation
- Hot weather (Summer)
- Perfectionism
- Overexposure to the sun
- Smoking, alcohol, and recreational drug use
- Excessive competition or pressure on yourself

SIGNS OF IMBALANCE

While this list isn't comprehensive, some common signs of Pitta imbalance include:

- Nausea, vomiting, and diarrhea
- Oily skin and acne
- Ulcers, heartburn and acid reflux
- Anger and irritability
- Fevers and infections
- Excessive thirst
- Insomnia
- Sensitivity to heat
- Ringing in ears
- Excessive perspiration

PITTA BALANCING TEA

Ingredients:

- 4 cups of water
- 1 tablespoon mint leaves
- 1 tablespoon spearmint leaves
- 1/8 teaspoon saffron fibers

Heat water in a pot. Add slightly crushed mint and spearmint leaves and boil for 3 minutes. Let cool, and add saffron fiber, strain and serve.

Calming



PITTA BALANCING AROMATHERAPY

The cooling and sweet aromas of essential oils can reduce irritability and anger in Pittas and help to balance your metabolism. Some fantastic Pitta-balancing essential oils include:

- Sandalwood
- Jasmine
- Mint
- Rose

Cooling



Lifestyle Tips

As a Pitta person, your main goal for balance is to keep your cool -- both physically and emotionally. Your gift is your fiery energy, but this can also backfire when there is too much heat in your life. Lifestyle tips for cooling your fire and keeping you balanced include:

- Avoid too many hot and spicy foods
- Self massage (Abhyanga) with cooling oils like sunflower or coconut oil
- Practice self-compassion meditation
- Exercise during the cooler times of day (early morning or evening)
- Avoid over-working, and finding space for some "down time"
- Avoid hot and humid temperatures, and too much sun exposure
- Practice cultivating patience for yourself and others

