

MIND

BODY

SPIRIT

PITTA DOSHA QUICK GUIDE



ASTROLOGY
& AYURVEDA

KEY TRAITS

Pitta is defined by heat, intensity, and focus, making it a dosha of transformation and drive. Individuals with a predominant Pitta dosha tend to be ambitious, organized, and highly focused, often setting high standards for themselves and others. They are natural leaders with a strong sense of purpose and a keen ability to manage tasks efficiently. Pitta individuals thrive on precision, seeking perfection in their work and personal lives. Their intense nature often drives them to achieve goals with determination, although this can sometimes lead to stress or impatience if balance is not maintained.

FIRE

WATER

OUT OF BALANCE SYMPTOMS

When Pitta is out of balance, it can manifest as irritability, anger, and impatience, creating a sense of internal heat and emotional volatility. This excess heat can also lead to over-competitiveness or a need for control, making it difficult to relax or take a step back. On a physical level, inflammation, skin rashes, acid reflux, indigestion, and an increase in body heat are common signs of Pitta's imbalance. Managing Pitta involves cooling practices and balancing both the mental and physical aspects of this dosha.

FIRE

WATER

PITTA

NUTRITION TIPS

To balance Pitta, focus on cooling, hydrating foods that soothe its fiery nature. Emphasize sweet, bitter, and astringent tastes while minimizing spicy, salty, and acidic foods that can exacerbate Pitta's heat.

Incorporate fresh fruits and vegetables, particularly those with high water content, such as cucumbers and melons, as well as whole grains like oats and quinoa. Opt for dairy alternatives (such as almond or coconut milk) to avoid excess heat from animal dairy.

FIRE

WATER

MINDFUL MOVEMENT

To balance Pitta, engage in moderate, cooling exercises that promote relaxation and help release excess heat. Practices like swimming, which naturally cools the body, and gentle yoga, such as restorative or yin yoga, can help calm Pitta's fiery energy. Walking in nature and tai chi are also excellent choices, as they foster grounding and serenity while avoiding intense physical exertion that could trigger overheating.

FIRE

WATER

PRANAYAMA

Sheetali Pranayama (Cooling Breath) is a simple yet powerful technique to calm Pitta's fiery energy. Begin by inhaling through a rolled tongue or pursed lips, followed by a gentle exhalation through the nose. This breathwork helps cool the body, reduce internal heat, and ease stress, bringing clarity and emotional balance.

FIRE

WATER

SAVE THIS MINIGUIDE
FOR FUTURE REFERENCE!



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