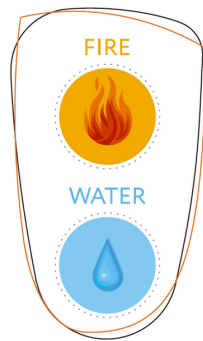


# PITTA

## D O S H A



AYURVEDA  
BODY TYPES



### IN BALANCE

excellent agility,  
dry skin and hair,  
thin frame,  
creative,  
energetic,  
flexible,  
love excitement  
and new experiences

### OUT OF BALANCE

skin rashes,  
in digestion,  
excessive body heat,  
burning sensations,  
short-tempered,  
argumentative

- Pitta governs TRANSFORMATION & METABOLISM.
  - Governs Digestion: assimilation of food; integration of thoughts, emotions, events; responsible for body temperature, hunger, and thirst.
- Elements: Fire and small amount of Water.
- Season: Summer.
- Qualities: hot, oily, acrid, penetrating, light, mobile, sour, liquid and pungent.
- Vata Areas of the body: small intestine, liver, gallbladder, spleen, stomach, eyes, sight.
- Body: tends to be medium build and muscular, naturally athletic, good circulation, flexibility and good digestion. Strong mental fire.
- Personality: Type 'A' that seems to dominate Western society and ideals. Competition, drive, will and intellect are a central focus; ambitious and like to be teachers, masters at their craft, and leaders. Outgoing, expressive, intense, confident, courageous, enthusiastic. Strong appetite for food, knowledge, power, success, sensual pleasures.
- Imbalances: inflammation, indigestion, diarrhea, ulcers, skin rashes. Can have difficulty with heat and bright sunlight.
- What you might notice: Impatience, sarcasm, sharp, cutting, stubborn, self-righteous, critical, anger, frustration, resentment, hostility, stressed.
- Keys To Balance: Increase Water Element to cool. Add Air and Ether Elements to uplift, expand and become more heart-centered. Do 'everything in moderation' and 'try softer'. Reduce: overheating, overeating, stress, sour and spicy foods, alcohol, caffeine, and intense activities.
- Pitta In Balance: ambitious, confident, intelligent, orderly, thoughtful, compassionate, passionate and decisive. Great organizers, community leaders, and managers. Good digestion and emotionally integrated.