

The Pitta Dosha

diet and lifestyle tips to
pacify pitta dosha

OVERVIEW

The pitta dosha is made up of fire and water. The pitta dosha is primarily characterized by TRANSFORMATION. The pitta dosha is hot, sour, light, liquid, sharp, and penetrating.

When in balance, people who are primarily pitta-type are of average weight/build, have well-defined musculature, elastic skin, a strong metabolism, and good circulation. They tend to be sharp, organized, driven, hard-working, structured, goal-oriented, and clear thinking.

When out of balance, pitta-types can develop inflammation, are prone to skin rashes, acne, rosacea, hyperacidity, premature balding, intolerance to heat, and have excess sweat with foul odor. They might become jealous, impatient, intolerant, aggressive, angry, overly competitive, judgmental, overly structured, or have difficulty relaxing.

To restore balance of pitta dosha, you may benefit from the following diet and lifestyle suggestions (even if pitta is not your predominant dosha).

QUALITIES TO FAVOR

To pacify pitta dosha, choose foods and activities that are cooling, soothing, and heavy, as these qualities are opposite of its own.

PITTA SEASON

Pitta tends to go out of balance more easily when the climate is hot and sunny.

QUALITIES TO LIMIT

Limit foods and activities that are hot or acidic. For example, limit foods like caffeine, alcohol, citrus, dark chocolate, spicy foods, and tomatoes. Minimize salty and sour foods.

Limit activities that are heating or competitive like competitive sports, competitive work environment, excess exercise, sunbathing, being outside in hot weather, overworking/working at night.

PITTA SHOPPING LIST

Vegetables: artichoke, asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cucumber, green peppers, leafy greens, lettuce, peas, pumpkin, zucchini (*cooked vegetables are easier to digest in winter, raw veggies great in the summer, green vegetable juices are very good*)

Fruits: apples, avocados, sweet berries, dates, grapes, limes, nectarines (*avoid sour, unripe, or acidic fruit. note: limes are less acidic and more cooling than lemons so are a better choice for pitta-type folks*)

Grains: barley, rice, millet, oats, whole wheat, quinoa

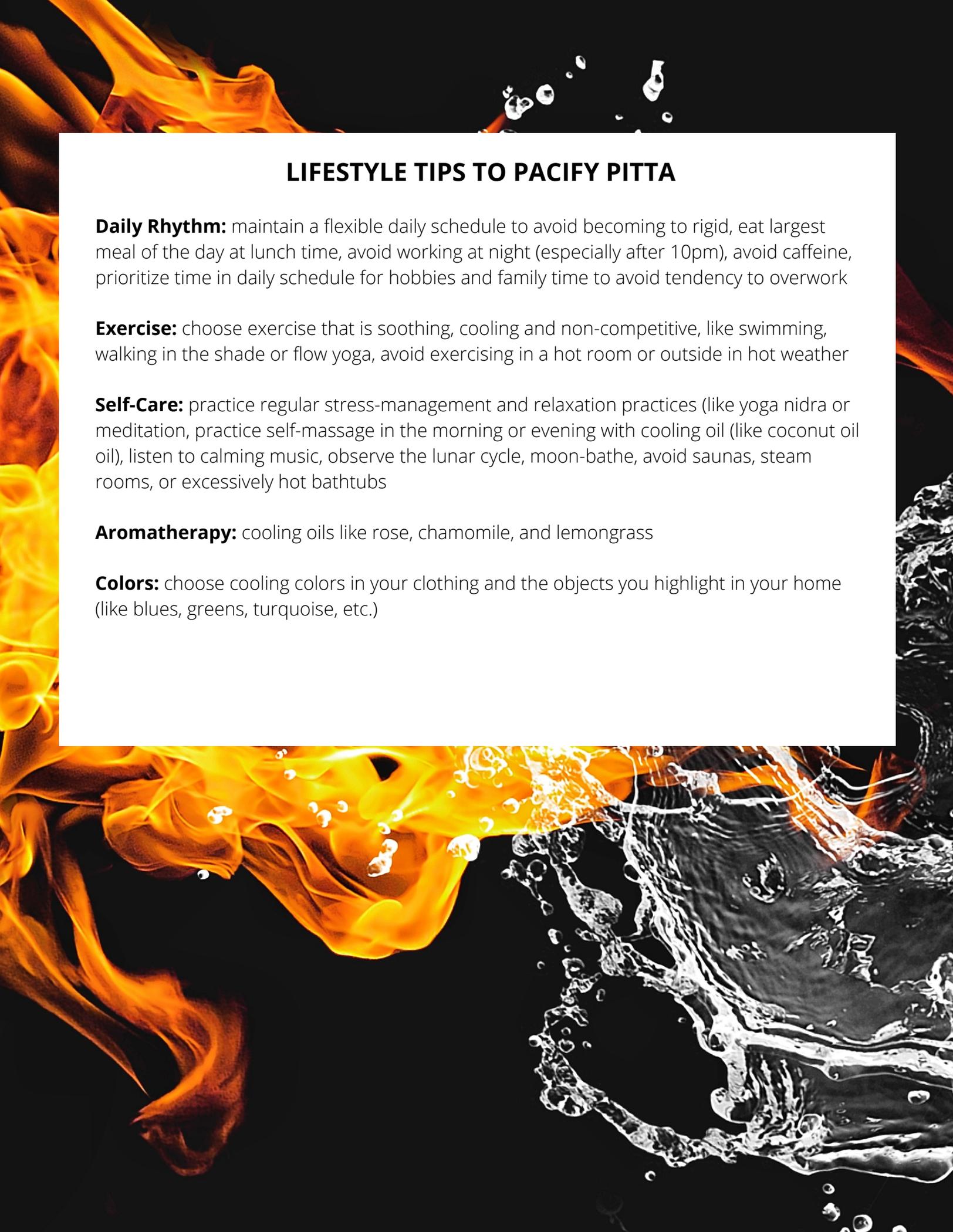
Legumes: lentils, chickpeas, mung beans, split peas, soy products

Meat, Eggs, and Dairy Products: milk, chicken, turkey, eggs, fish (*limit acidic red meat, limit sour dairy and hard cheese*)

Nuts, Oils, and Fats: coconut oil, sunflower seeds, pumpkin seeds, ghee, olive oil

Spices: cardamom, chamomile, cilantro, coconut, coriander, cumin, dill, fennel, peppermint, spearmint, small amounts of turmeric (*minimize extra spicy foods*)

Extras: maple syrup, carob (*avoid alcohol, caffeine, dark chocolate, and honey*)



LIFESTYLE TIPS TO PACIFY PITTA

Daily Rhythm: maintain a flexible daily schedule to avoid becoming too rigid, eat largest meal of the day at lunch time, avoid working at night (especially after 10pm), avoid caffeine, prioritize time in daily schedule for hobbies and family time to avoid tendency to overwork

Exercise: choose exercise that is soothing, cooling and non-competitive, like swimming, walking in the shade or flow yoga, avoid exercising in a hot room or outside in hot weather

Self-Care: practice regular stress-management and relaxation practices (like yoga nidra or meditation, practice self-massage in the morning or evening with cooling oil (like coconut oil), listen to calming music, observe the lunar cycle, moon-bathe, avoid saunas, steam rooms, or excessively hot bathtubs

Aromatherapy: cooling oils like rose, chamomile, and lemongrass

Colors: choose cooling colors in your clothing and the objects you highlight in your home (like blues, greens, turquoise, etc.)