

# AYURVEDIC DOSHA READING



## PITTA

### Typical Pitta Body:

- ✓ Medium frame + weight
- ✓ Athletic
- ✓ Moderate stamina + strength
- ✓ Warm body temperature
- ✓ Sound sleep for short periods
- ✓ Excellent digestion

### Typical Pitta Mind:

- ✓ Precise + sharp-witted
- ✓ Direct + Outspoken
- ✓ Decisive + focused
- ✓ Naturally joyful
- ✓ Quick to learn, sharp memory
- ✓ Irritable + impatient

### Your primary dosha is Pitta!

By learning about your natural composition and tendencies as a Pitta type, you can balance your body into a state of optimal health.

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## PITTA

### Pitta In Balance:

- ✓ Friendly + Bright
- ✓ Strong Digestion
- ✓ Decisive
- ✓ Natural Leader

### Pitta Out of Balance:

- ✓ Impatient
- ✓ Irritable
- ✓ Judgemental
- ✓ Indigestion
- ✓ Inflammation



**Pitta** is comprised of the elements fire + water. So it's the natural tendency for Pitta to overextend and overwork themselves. Because of this, Pitta can often become imbalanced with lack of rest, downtime, and sleep.

**Reflection:** Look at your current schedule. Which activities are necessary? Which ones bring you the most joy? What is left (excess) that you can cut back on? Marie Kondo it out!

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### Foods for Balance:

- ✓ Start the day with a green smoothie (add spinach or kale) to energize + balance natural internal fire
- ✓ Eat 3 meals per day, including cooling salads and grains (bread + rice okay for Pitta!)
- ✓ Snack on fruit or dry grains, like granola or crackers, for extra fuel

### Movement for Balance:

- ✓ Restorative yoga with supportive props and restful postures
- ✓ Yin Yoga with deep breaths and long holds
- ✓ Walking barefoot at the beach or a park
- ✓ Get a massage or practice Abhyanga (self-massage) with warm coconut oil up to 4x/week

### Other things to try:

- Listen to light, calming music before bed, like Indian flutes and nature sounds
- Enjoy aromatherapy of cooling, soothing, and sweet scents
- Try to incorporate the tastes of bitter, astringent, and sweet for extra healing + grounding, minimizing sour, salty, and pungent foods