



Pitta dosha during times of intensity

Pitta governs all bodily functions concerning transformation, metabolism, and digestion. Pitta's theme is intensity. Pitta dosha influences all the other doshas.

Pitta dosha can become imbalanced during times of intensity, heat, and pressure.

Qualities of Pitta

Hot | Sharp | Light | Oily | Liquid | Spreading | Intense

Practices to balance Pitta dosha

To balance Pitta dosha, bring in the opposite qualities of cool, mild, heavy, dry, contained, and calm

- **Follow a cooling routine:** Take breaks during the day; avoid working through meals; spend time in nature during cooler parts of the day
- **Meditate daily** with a focus on cooling breathwork techniques
- **Do calming moonlight breathwork** in the evening to release accumulated heat
- **Drink cool (not iced) liquids** and eat cooling, freshly prepared foods with mild spices
- **Perform a daily oil massage** using cooling oils, such as coconut or sunflower oil
- **Be cool & comfortable;** surround yourself with soothing colors like blue, green, and silver
- **Favor calming music** and the gentle sounds of water
- **Favor aromas that are cooling and sweet** such as rose, jasmine, mint, sandalwood, and vetiver
- **Spend time near water;** swim, walk along bodies of water, or simply soak your feet
- **Practice moderation in all things;** avoid extremes in temperature, work, and exercise
- **Create space for playfulness and joy** rather than constant productivity and achievement
- **Do gentle breathwork and cooling visualizations** before bed to release the heat of the day
- **Do flowing yoga with a focus on twists and side bends** that release heat from the core; incorporate cooling forward bends and avoid excessive heat-building poses

