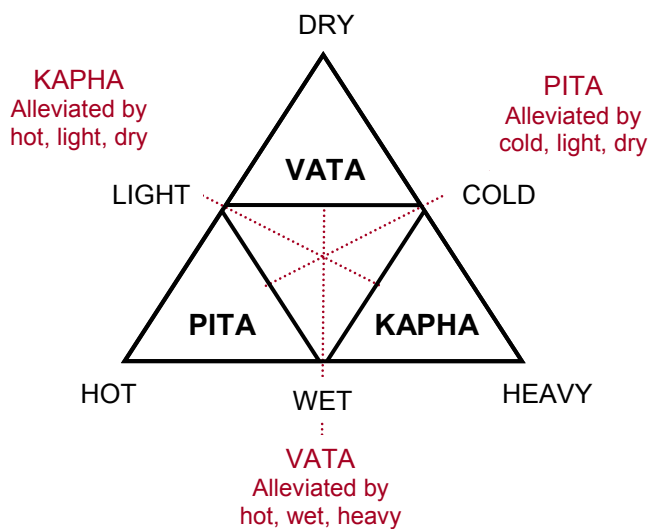


Wellbeing Natural Medicine

Wellbeing Natural Medicine Practice
3 Wells Street
Inverness
IV3 5JT

Pitta dosha governs all transformations in the physiology, from the digestion of food to the metabolizing of feelings, emotions and sensory perceptions. Pitta dosha governs all transformations in the physiology, from the digestion of food to the metabolizing of feelings, emotions and sensory perceptions.

Pitta dosha governs all transformations in the physiology, from the digestion of food to the metabolizing of feelings, emotions and sensory perceptions.



Pitta is made up of the two elements fire and water.

The most revered ayurvedic text, the Charaka Samhita, defines the characteristics of Pitta dosha:

Hot and a little unctuous	(sahasnehamushnam)
Sharp, burning	(tikshnam)
Liquid and acidic	(dravamlam)
Flowing in an unbounded manner	(saram)
Pungent and sharp	(katuhu)

Pitta contains fire, but it also contains water. It is the source of the flame, but not the flame itself. Compare Pitta to gasoline—it is not hot to the touch, but it can be the source of flames. People with more Pitta in their constitutions tend to be of medium proportions, with a frame that is neither petite nor heavy, warm skin that is very fair or ruddy and may be sensitive, and fine hair that tends towards premature graying or thinning. They are sharp and determined in thought, speech and action. There is an element of purpose to their step, an intensity to their voice. Ambition is usually their second name. They are moderate sleepers and gravitate towards cooler environments. Self-confidence and an entrepreneurial spirit are hallmarks of balanced Pitta.

PITTA DOSHA

The five sub-doshas of Pitta

Alochaka Pitta functions in the eye region and governs vision.

Bhrajaka Pitta is located in the skin and regulates the biochemical processes that occur in the skin. Complexion and skin glow are regulated by Bhrajaka Pitta.

Sadhaka Pitta resides in the heart and the brain. Emotional balance, contentment, intelligence and memory are examples of functions governed by Sadhaka Pitta.

Pachaka Pitta is located in the duodenum and small intestine. Transformation of food into nutrients and wastes through the process of digestion is governed by Pachaka Pitta.

Ranjaka Pitta resides in the liver and the spleen and is responsible for blood composition and the distribution of nutrients to cells and tissues through the blood.

Signs that you need to balance Pitta

Are you constantly critical, impatient, irritable?

Do you feel obsessed by work or a project, unable to stop for a break?

Do you wake up in the very early hours of the morning and then find it difficult to get back to sleep?

Is your skin feeling irritated or more sensitive than usual, breaking out or feeling inflamed?

Is your hair falling when you shampoo or comb it?

Do you have problems with heartburn or excess stomach acid?

Is your tolerance of other people or provoking situations lower than usual?

Do you have temper outbursts over minor aggravations? Do you often feel frustrated?

Do you feel hot even when you are indoors? Do you feel thirsty all the time? Are your eyes red?

Is your speech often biting and sarcastic? Do you find yourself getting into arguments easily?

Booking: 01463 226622