

A Pitta type person has a predominance of the elements fire & water in their constitution. Qualities that constitute what ayurveda calls Pitta are: hot, oily, light, mobile, liquid

In excess these qualities imbalance Pitta while their opposites will calm Pitta.

An understanding of what Pitta is & where it sits in the body enables us to balance this *dosha.

To see the Pitta constitution or a Pitta imbalance it helps if we can relate to these qualities & how they manifest in both people & the environment. Pitta is associated with the fiery quality that we see in ourselves or others - those with a predominance of Pitta in their constitution are strong willed & determined, creative creatures who possess the ability to make things happen - they are also blessed with strong agni or digestive fire & usually have fabulous appetites, volumes of energy & tolerate a wider variety of foods than their Vata or Kapha friends.

To understand how to recognize a Pitta imbalance - one need only think about the relationship between the elements of fire and water. Too much water puts a fire out & not enough water allows a fire to blaze unchecked; hence too much fire will dry up the water element of the body & may firstly show up as fever, sore throat, skin rashes, ulceration, inflammation, irritation, anger & jealousy.

On the other hand, an excess of water can result in our digestive fire or agni going out. The result - a damp & sluggish digestion - which leads to indigestion & an inability to absorb the nutrients in the foods we eat, often resulting in a loss of appetite. Ultimately an excess of the water element of the body will show up as excessive urination with the kidneys losing their spark, the result - a loss of your remarkable Pitta stamina & an inability to sustain sexual desire.

Pitta is found in abundance in the eye, skin, blood, sweat glands & fat. The Pitta dosha's primary residence in the body is the stomach & small intestine. Pitta is most predominant in a person's life between the ages of 18 to 45. It is therefore important that this fiery creative energy be expressed outwardly during this time of life.

Those with a predominance of Pitta in their constitution - are likely to have light, fine or red hair, prone to oiliness & premature grey; fair or freckly skin with beauty marks, burn easily & be prone to oiliness in the T-zone. In balance their nails are pink & smooth, & their lips are soft, pink & medium in size. Pitta types have penetrating eyes that are usually, light green, grey or amber.

Medium in stature & bone structure, they gain & lose weight easily once they apply their Pitta determination to the task.

Imbalances in this dosha show up more readily in late spring & summer when Pitta is at its peak, as the weather is hot & light (& wet, if in a humid climate)

Pitta is most active between 10am & 2pm & from 10pm to 2am

Balance Pitta by:

- Staying cool & keeping your cool - add a cool rinse at the end of your shower, sit in the shade when outdoors - this is as much about protecting you from the sun, as it is about protecting you from, irritation, anger or jealousy.
- Avoiding excessively hot, steamy environments (i.e. bikram yoga, sauna's & the beach at noon)
- Steering clear of oily & fried foods, caffeine, salt, alcohol, hot spicy food, red meat, tuna & garlic (If you feel cheated take consolation knowing that you of all 3 doshas can approach ice-cream with abandon)
- Bringing on fresh fruits & vegetables, especially the bitter green leaves like dandelion greens, beetroot leaves, water cress & parsley and chlorophyll rich plants or supplements which support Pitta's active liver
- Eating high protein foods, like tofu, tempeh, cottage cheese; organic cows, goats & soy milk seem to benefit the Pitta constitution, who require more protein than other doshas, (most beans & legumes are tolerated by Pitta digestion - however lentils can be too heating)
- Cooking with ghee, unsalted butter or organic sunflower oil (remember chemically processed oils are heating in nature) & always choose cold pressed oils
- Remembering to add cooling spices such as coriander, dill, cumin, saffron, mint & fennel to your diet. Cinnamon, cardamom, turmeric & fresh black pepper are also supportive in small amounts (spices should be fresh & organic)
- Adding flavours that balance Pitta to your meals - bitter, sweet & astringent
- Being aware that processed sweeteners can also be heating for Pitta types. Stick to maple syrup, barley malt, organic raw sugar & young honey (it becomes heating after 6 months of age)
- Most of all eat moderately
- Applying Pitta Hydrating Mist (contains rose water) to your face liberally in the summer
- Masking with Rasasara's Rasa Aloe Gel to cool sunburn & heat rash
- Twice daily cool skin inflammations e.g. heat rash, rosacea, sunburn, insect bites -with Rasasara Pitta Face Nourishing Oil (with rose & sandalwood oil) mixed with Pitta Hydrating Mist.
- After the a day at the beach always applying Rasasara's cooling & Moisturising Body Milk
- Taking walks in the moonlight (moon baths)
- Taking time to become aware of others needs & give generously without a need for anything in return
- Remembering that a compassion & understanding are the best antidotes to anger, jealousy & irritation

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Pitta Beauty Rituals / Harmonise / Normal - Sensitive

Pitta Morning Ritual

Cleansing Compress - fill a basin with warm to hot water & add 5 - 8 drops of the Cleansing Compress Drops - submerge a clean face cloth in the basin & wring out well - compress your face firmly with the cloth, breathe deeply, inhaling the herbaceous smells of the essential oils. Apply pressure to any areas of tension on the face - focus on areas that are prone to blackheads, pimples & congestion or deep lines.

Tone & Hydrate - Mist the entire face with Aromatic Hydrating Mist. If experiencing Pitta breakout or imbalances indicated by inflammation or redness apply 2 pumps of rasa aloe to the entire face.

Moisturise - In the palm of your hand mix *3 - 4 drops of Pitta Nourishing Oil + *2 sprays of Pitta Aromatic Mist into a light cream. Press onto & massage into the face & neck, using upward strokes & gentle circular motions around the cheeks. * Adjust your oil to water ratio with the seasons, your skin will need more oil in the dryer months & more Pitta Aromatic Hydrating Mist in the hotter months, as you reconnect with your skins needs you will become more attuned to your bodies needs.

Enjoy - cherish the experience of being gentle & loving. Take a gentle breath & connect deeply with loving kindness.

Pitta Evening Ritual

Cleanse - in balance (not inflamed or sensitive) gently cleanse the face & neck using the Cleansing Bar of *choice, lather into a rich cream either in the shower or over a basin, avoiding the delicate eye area. Pat face dry with a soft towel. *Cleansing Bars will vary according to your skins needs i.e. you may be a combination of both Pitta & Vata Or Pitta & Kapha, therefore Vata cleansing is appropriate during the drier months of autumn & winter, Pitta cleansing during summer & Kapha cleansing during spring when breakouts are more likely to occur.

Imbalanced - When Pitta skin is aggravated or inflamed & make up needs to be removed - Gentle Eye Gel & Makeup Remover should be used in place of the Cleansing Bar simply smooth over the face & remove with a warm face washer or cotton pads.
for skin without make up - follow the cleansing compression ritual

Tone & Hydrate - spray the entire face & neck with * Pitta Aromatic Mist + rasa aloe gel if skin is aggravated or inflamed.

Moisturise & Revitalise - in the palm of your hand place 2 drops of Chandra Revitalising Oil with 3 drops of Pitta Nourishing Oil + 3 sprays of Pitta Hydrating Mist (again adjust to your skins changing needs). Press gently onto the face & gently massage into your skin, using upward strokes & gentle circular motions around the cheeks.
(Natural face lift - link).

Enjoy - cherish the experience of being gentle & loving. Take a gentle breath & connect deeply with loving kindness, directed towards the self & others.

Pitta Weekly Nourishing Mask

Compress - follow the compressing ritual provided in the daily morning ritual only this time include the entire décolletage.

Deeply nourish for dehydrated Pitta skin gently apply a layer of Rasa skin balm to the entire face, neck & décolletage. Now repeat the compression ritual above using a hot face washer & quick compressions so as not to burn the skin - the aim is to steam the skin balm into the skin. This treatment can be applied when your skin is in need of a quick lift in a hurry.

Mask - rejuvenating & hydrating this mask will yield maximum results when applied after the above nourishing treatment. Take 1- 2 scoops of Pitta Exfoliant/ Mask & mix with 2 tbs of organic milk or cream (enough to make a smooth thick paste). Apply to the entire face using fingers or cosmetic brush. The mask stays active whilst wet/spray mist with Aromatic Mist.

Enjoy - use this time to rest the mind & listen to sounds of nature. Leave for 10 - 20 min & gently remove with tepid water.

Pitta Bi- Weekly Exfoliation

(When Pitta skin is balanced exfoliation is recommended to remove dead skin cells & allow Pitta Nourishing Oil in).

Exfoliate - Using the scoop provided place 1 scoop of in small bowl & mix with enough water or milk to make a light paste in the palm of your hand, gently massage using circular motions your entire face & under the chin avoiding the cheeks if broken capillaries are present; this can be performed in the * shower or over a basin (utilizing your compressing water to rinse off).* If exfoliating in the shower avoid taking the whole jar into shower as moisture will eventually cause the exfoliant to deteriorate. Towel pat dry.

Daily Self Massage during the warmer months or in hot climates.

Massage Pitta Body Moisturising Milk into clean damp skin after showering to alleviate symptoms of mild sunburn & heat rash or inflammation - for severe sunburn apply rasa aloe gel liberally to the inflamed areas

Pitta Bi - Weekly - self massage - during the colder months

This treatment is highly recommended for Pitta types of any age throughout the colder months of the year & for anyone suffering from Vata imbalances (see Vata dosha)

Warm 30 to 50 mls of Vata Body Nourishing Oil in a small basin of boiling water for 3 minutes by placing it in a small container that can sit in the basin of boiling water.

Massage - In a warm comfortable place with a towel underneath you begin the massage starting with each foot using circular motions around the joints & working up and down along each limb.

Mantra - use this meditative time to focus on the breathe & repeat the mantra Om Nama Shivaya, this means, I honor the divinity that resides in me. Allow 10 -30 minutes for this highly rejuvenating practice

Bath - relax in a warm bath to enable the oils & herbs to penetrate deeply into the tissues loosening toxins & allowing them to be released via the GI tract.

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