



PROOFREADING/ COPY EDITING/ COPY WRITING SAMPLE 1(PR/CE/CW)

RAW UNEDITED VERSION Pitta Heal

"Pitta-page1

"Pittam sasneha tikshnoshnam laghu, Visram, Saram, dravam"

Pitta is oily, sharp, hot, light, & fleshy, smelling, spreading and liquid. AshtangaHrdyagam: Sutra sthana1:11

This Sanskrit line lists the main qualities of pitta and provides a key to understanding what it means to have a predominantly pitta prakriti.

The main qualities of pitta are oily, sharp, hot, light, fleshy smelling, spreading, liquid, so, having a pitta-predominant prakriti means that these qualities express themselves generously throughout your mental, emotional and physical make up you may find them reflected in your strength and weakness.

The oily quality allows for softness of skin but in excess can, manifest as oily skin, acne or perhaps the quality of being a snake oil salesman"; manipulating situations to your advantage.

The sharp quality may manifest as sharp, bright intellect or, in excess, as a sharp tongue.

"Hotness" can be manifest as a warm, rosy complexion, warm body temperature, strong metabolism and appetite or, in excess, as ulcers, heart burn, or a hot temper.

The light quality may need you to have a slender body or to get light-headed if you miss a meal.

The "fleshy – smelling" quality may manifest as a tendency to spread your name or influence or opinion around the local or global neighbourhood. This quality can also manifest as excess stomach acid.

Decreasing or Balancing Pitta:

A basic tenet of Ayurveda is "like increase like."

Therefore, increasing the inherent qualities of pitta will increase pitta in your body, mind and spirit.

Page 2 For example, because pitta is inherently hot-hot weather, hot foods, the hot season and times of day, and even hot emotions can increase pitta. Likewise humid environments will increase the liquid quality and thereby increase pitta.

Example: you are a pitta individual, Pitta is hot in nature.

If you visit the hot weather place for vacation and you sunbathe for six hours daily and enjoy hot, spicy food daily for one week.

Acute rash and terrible heart burn and find yourself in an awful temper. Ayurveda would say that your heat-increasing indulgences increased the natural heat in your pitta constitution and lead to hot conditions.

"Erupting" in your body and emotions, This is an extreme example to illustrate a point.

Tastes that increase and decrease pitta along with the main qualities of pitta, it is also helpful to know those tastes that increase pitta and those that decrease pitta.

Pungent, sour and salty tastes increase pitta by increasing its hot quality. An example of the pungent taste is chili pepper; of sour, pickles; and of salty, salt. Sweet, bitter, and astringent tastes will decrease pitta by providing the opposite qualities to those of pitta. An example of naturally sweet taste is wheat; of bitter and astringent (which are often coupled) many leafy greens and herbs.

Opposites as Medicine

Each of us has a unique proportion of the three doshas in our prakriti. Ayurveda teaches us that if a dosha increase beyond its original, natural proportion for us, it fosters an environment where disease can flourish.

It is common for our predominant dosha (vat, pitta, or kapha) to increase more quickly than other doshas because we tend to perpetuate what we know the best.

COPY EDITED VERSION Pitta Heal

Each of us has a unique proportion of the three doshas & if anyone increases beyond its original, natural proportion, it can foster an environment conducive to disease.

"Pittam sasneha tikshnoshnam laghu, Visram, Saram, dravam Ashtanga Hrdyagam: Sutra sthana1:11" -- Pitta is oily, sharp, hot, light, & fleshy, smelling, spreading and liquid.

The main qualities of pitta thus reveal by inference what it means to have a predominantly pitta prakriti. So, having a pitta- prakriti means the following:

- The oily quality allows for a soft skin but excess can manifest as oily skin, and acne. (as a personality, manipulating situations to your advantage)
- The sharp quality manifests in personality as someone with a bright intellect with maybe a sharp tongue.
- The Hot quality attribute a rosy complexion, warm body temperature, strong metabolism and appetite but in excess, can manifest as ulcers, heart burn, or/and a hot temper.
- The light quality generally leads to a slender body and they get light-headed on missing a meal.
- The "fleshy – smelling" quality may manifest as excess stomach acid. (Personality wise, people have a tendency to have a name or influence or opinion around the local &/or global neighbourhood.

Decreasing or Balancing Pitta: Opposites in climate, environment, emotions diet and lifestyle in general, act as Medicine :

It is common for our predominant dosha (vat, pitta, or kapha) to increase more quickly than other doshas. Medicines are therefore substances, which decrease the excess dosha by providing the opposite qualities to it. It is helpful to therefore, know what increases & decreases pitta and accordingly, seek out physical and emotional environments, routines, and foods that possess these opposite qualities.

Hot weather, hot foods, the hot season and hot times of the day, and even hot emotions can increase pitta. Likewise, humid environments will increase the liquid quality and thereby increase pitta.

Qualities opposite to pitta are those that are dry, soft, cool, heavy, sweet smelling, and contained. A cool mind, coolness in the weather and dryness in humidity can be a medicine, fresh, cooling foods.

Because the sweet, bitter, and astringent tastes decrease pitta, these tastes should be predominant in your diet. Pungent, sour and salty foods increase pitta by increasing its hot quality. e.g. chili pepper, of sour pickles, and of salty foods and should be avoided. Sweet, bitter, and astringent tastes will decrease pitta. E.g. sweet-wheat; bitter and astringent (which are often coupled) many leafy greens & herbs should be eaten in abundance. Note that this doesn't mean one can eat unlimited, refined sugary foods and drinks. The naturally sweet taste that is found in many grains, squashes, natural sweeteners, and fruits are more appropriate to balance pitta.

Not skipping meals, raw foods (tolerated better than the other doshas) avoiding hot foods, alcohol, caffeine, irritability, high aggression, and anger are some other lifestyle changes needed to be made.

The ideal environment for a pitta individual is cool weather, sports like walking, swimming, cycling, early morning time, sweet scents, melodic music, sweet emotions. (good "medicines" for pitta.) A daily abhyanga is a consistent way to allow time for self-love & rejuvenation. One of the best emotional and spiritual medicines for pitta is surrender, a gentle faith in – or relationship, regular meditation.