



LITERARY STUDY OF IMBALANCED *PITTA DOSHA* AND ITS MANAGEMENT THROUGH *YOGA*

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ABSTRACT

Ayurveda concepts and theories are time tested and stood to the need of mankind. The basic principle of *Ayurveda* is *Tridosha* (*Vata*, *Pitta* and *Kapha*). They are responsible for maintaining psycho- physiological functions in our body so any disturbance in any one of them leads to vitiation causing disease. Among this three, *Pitta Dosha* perform activities such as digestion, metabolism and production of heat. Vitiation of *Pitta Dosha* leads to imbalance in homeostasis and abnormal digestive processes. *Yoga* is an ancient system of physical, mental and spiritual practice whose aim is to create union between mind, body and spirit. Among *Ashtang Yoga* that is eight limbs of *Yoga*, *Asana* is one of them which improve physical health. *Asanas* provide both physical and spiritual benefits to the human body by improving flexibility, strengthen and balancing and by reducing all mental disturbances. When it is done in continuous manner then it becomes steady and pleasant. Through this paper an effort is made to understand through literary study how aggravated *Pitta Dosha* can be normalizing with the help of *Ayurveda*. As in present scenario, *Yoga* and various *Asanas* practices are important and effective method for the prevention and treatment of medical conditions.

Keywords: *Ayurveda*, *Tridosha*, *Pitta*, *Asanas*

INTRODUCTION: *Ayurveda* is comprehensive science of life developed with two objectives i.e., to preserve the health of the healthy and to relieve the disease of the ailing.¹ The basic principle of *Ayurveda* is applicable to each and every human beings. As per *Ayurveda*, *Dosha*, *Dhatu* and *Mala* are the basis of body. According to *Acharya Sushruta*, *Vata*, *Pitta* and *Kapha* (*Tridosha*) are the three principles responsible for physiological as well as pathological states for all the biochemical and biophysical activities going on in the *Dhatu*.² Amongst all *Dosha*, *Pitta* is the basis of *Agni* which causes more numerously and

instantaneously in comparison to *Kapha Dosha*.

Pitta Dosha is predominantly present in the middle portion of the body. It is present in sweat, body fluid, lymph, blood and mostly situated in the *Amashaya* (stomach).³ Meanwhile *Acharya Vagbhata* mentioned that *Nabhi* (umbilicus), *Amashaya* (stomach and small intestine), *Sweda* (sweat), *Lasika* (watery discharge from the surface of soft tissue and membranes such as lymph), *Rudhira* (blood), *Rasa* (tissue that is absorbed after digestion), *Drik* (Eyes), *Sparshan* (skin) are the site of *Pitta Dosha*.⁴ Characteristics of *Pitta Dosha* dominant individual

includes Oily (*Sneha*), Sharp (*Teekshna*), Hot or warm (*Ushna*), Lightness (*Laghu*), offensive odor (*Visra*) and fast movement (*Sara*). *Sneha* or *Snigdha* is responsible for bio transformation for the production of soft body entities. *Teekshna* is responsible for nourishing *Pitta Dosha*. *Sara* is responsible for *Pitta* movement and help in the process of digestion.⁵ Maintenance of constant body is done by *Pitta Dosha*.

Functions of *Pitta Dosha* are innumerable but some functions are –

- It increases the catabolic processes in the body i.e., breaks the bigger *Kapha* molecules into smaller ones and also increases the motion of *Vata* molecules.
- It regulates body temperature by which all cellular or tissue functions works in a particular temperature – *Matravat Ushama*.
- It increases appetite and thirst.
- It maintains color, complexion (*Prakrut Varnam*) and luster of skin.
- It maintains the vision intact - *Darshanam*.
- It increases the metabolism of brain to improve mental activities.
- Qualities of *Satvika* and *Rajasika* like emotions (joy, fear, anger and courage) depend on the action of *Pitta Dosha*.

The word *Yoga* refers for joining, union and it is the science of uniting the mind and body. It brings body, mind, consciousness and soul into balance. Whenever a person becomes physically, mentally and spiritually unbalanced, then he/ she become anxious, feeling unrested and grieved. Similarly, when a particular substance or emotion is adversely affected by the mind then its condition becomes disorganized and disturbed which further cause disturbance of mind. Here *Yoga* is for resolving the disturbance of mind.⁶ The

Asanas bring harmony to the physical body, accelerates healing processes, adds vitality, enhances the life force, brings suppleness and toning to the muscular system enhances the functions of all the internal organs. *Yoga* and *Ayurveda* are inter-related in such a close relationship that it is hard to imagine travelling down one of these without knowledge of the other.

RESULTS AND DISCUSSION

Pitta Dosha is predominantly composed of *Agni Panchmahabhoota*. *Pitta Dosha* is responsible factor for generation of heat to yield energy, digestion and metabolism, transformation of tissue from one stage to another.⁷ As it is composed of *Agni Mahabhoota* and so in our body it is mainly responsible for digestion of food. Imbalance is not only caused by increase or decrease in the state of *Dosha* but also due to change in their physiological state. For example *Pitta* in normal range led to other places where there is actual increase in *Dosha*. Here main reason for the cause of disorder is due to the change in the place of *Dosha* not the normal stage.⁸ Five types of *Pitta Dosha* performs various metabolic activities of the body resembling the action of enzymes. Symptoms mostly seen in aggravated *Pitta Dosha* are infection, inflammation, rashes, heart burn and fever. Psychological imbalanced *Pitta Dosha* can cause feelings of anger, fear, hatred and jealousy. Persons with *Pitta Prakriti* are prone to mental disorders like uncontrollable anger, anxiety and dead rooted emotional problems.

Activities in the body

- Hot: It directly related with digestion, hunger, normalizes body temperature.
- Sharp: It clears communication, sharp memory, sharp pain and sharp words and it helps to reach molecular level of food.

- Oily: It helps to make food soft, process of digestion and transformation and regulates temperature.
- Liquid: It governs various digestive juices, assists digestion and assimilation.
- Mobile: It extends, stretches the warmth, circulation and temperature of the body.
- Light: It maintains the fire, glowing skin and hair, sharp vision.
- Taste: It strengthens the digestive fire and stimulates digestion.

Some of the causes of imbalance *Pitta Dosha* are intake of alcohol and

hallucination drugs, tobacco and smoking, hot spicy foods, high exposure to the sun, excessive competition and sexual indulge. Abnormal increase in the *Pitta Dosha* causes yellowish coloration (of urine, Feces, eyes and skin), Excess appetite and thirst, burning sensation and less sleep. Abnormal decrease in the *Pitta Dosha* causes digestive fire becomes dull which may leads acid indigestion, body temperature may be lowered, decrease in glow or lustre.⁹

Table 1 - Physical and psychological sign and symptoms of aggravated *Pitta Dosha*¹⁰

Physically	Psychologically
Skin rashes	Unable to judge
Fever	Hate
Acid indigestion	Anger
Gastritis	Jealousy
Peptic ulcers	Separation
Diarrhea	Manipulation
Excessive thirst and urination	Division
Hyperacidity	Excess bravery
Epileptic seizures	Slavery
Burning sensation of eyes	Intolerance
Hepatitis	Egocentric

Yoga is the state of cessation of all the fluctuations in mind. *Yoga* can help physically as improving body flexibility, improve cardiovascular in durance, enhance muscle strength, relax muscle strain, weight control; mentally as relief of stress, prevention and relief from stress related disorders, improve decision making skill; spiritual as life with meaning, purpose and direction.¹¹

Yoga deals with eight constituents which can be considered as three heads namely¹²

1. YOGA ETHICS OR WAY OF LIFE (*Yoga- Charya*)

- *Yama* (Abstentions like non – injury, non – stealing to promote external energy)

- *Niyama* (Purity, positive attitudes to promote internal ecology)

2. YOGA PRACTICES – External (*Bahiranga Yoga*)

- *Asana* (Adoption of body posture)
- *Pranayama* (Control of energy cycle particularly breathing)
- *Pratyahara* (Practice of relaxation through withdrawal of the senses)

3. YOGA PRACTICES- Internal (*Antaranga Yoga*)

- *Dharana* (Concentration of thought force of the mind)
- *Dhyana* (Uni directional flow of thought)

- *Samadhi* (Unitive experience devoid of subject- object duality)

As per *BhagwatGeeta*, *Ashtang Yoga* is the initial effort to enter into meditation by various physical postures (*Asanas*) which are considered as positive actions.¹³ From all the eight constituents of *Yoga*, *Asana* is stable and comfortable body posture. In

Asana, there is no obstruction from dualities like pleasure and pain, heaviness and softness, heat and cold etc. *Asanas* for *Pitta Dosha* should be calming and not overly heating. Calming pose helps to sedate their intensity and ease the emotions of anger.

Table 2 - Yoga and Asana with benefits for vitiated Pitta Dosha¹⁴-

S.No.	Yoga and Asana	Benefits
1.	<i>Bhujangasana</i>	<ul style="list-style-type: none"> • Improves digestion and appetite. • Cures constipation. • Cure abdominal disorder, cervical disorder, frozen shoulder. • Cures menorrhagia, dysmenorrhoea.
2.	<i>Dhanurasana</i>	<ul style="list-style-type: none"> • Cures abdominal disorder such as indigestion, constipation. • Helpful in disease related to liver, spleen, kidney and pancreas. • Cures leucorrhoea.
3.	<i>Matsyasana</i>	<ul style="list-style-type: none"> • Improves the circulation of blood in head region. • Strengthen shoulder and arm. • It makes knee and elbow joint flexible. • It makes spinal cord flexible.
4.	<i>Ushtrasana</i>	<ul style="list-style-type: none"> • Help in stimulating Agni and cure diseases related to abdomen. • Make spine flexible.
5.	<i>Salabhasana</i>	<ul style="list-style-type: none"> • It makes spinal cord flexible. • Cures abdominal disease such as Constipation, indigestion.
6.	<i>Ardhamatsyendrasana</i>	<ul style="list-style-type: none"> • Improves the functioning of the kidneys and liver. • Helps to improve digestive fire. • Strengthen spinal cord. • It increases the quality of life in the perspective of <i>Sharira</i> which results in reduction in the frequencies of flares of <i>Annavaha Srotas</i> diseases, and also improves in clinical symptoms and increase ability to cope up with <i>Annavaha Srotas</i>.¹⁵
7.	<i>Paschimuttanasana</i>	<ul style="list-style-type: none"> • Helps to eliminate excess belly fat. • It helps to improve digestion. • It helps to elongate the muscle of back region. • Constrict the muscles of abdomen and helps to decrease

		<p>fat of abdomen region.</p> <ul style="list-style-type: none"> • This <i>asana</i> tones the abdominal organs and keeps them free from sluggishness; also tones the kidneys, rejuvenates the whole spine and improves the digestion.¹⁶
8.	<i>Pawanmuktasan</i>	<ul style="list-style-type: none"> • Helps in curing indigestion. • Cures constipation. • Stimulate pancreas, liver and spleen.
9.	<i>Halasana</i>	<ul style="list-style-type: none"> • It makes spinal cord flexible. • It helps to improve digestion. • Accelerate the functions of liver, spleen and pancreas.

CONCLUSION: *Ayurveda* makes us to understand the vital role of mind as an etiological factor in the creation of a disease and at the same time it can be a useful means in curing the disease. These *Tridosha* helps in minute differential diagnosis, prognosis and also for prevention of a disease.¹⁷ When *Pitta Dosha* is in excess then we are prone to the diseases of small intestine, diarrhea along with the disease of liver, spleen, thyroid, blood, skin and eyes. *Asanas* directly affect the liver and spleen and helps to regulate the strength of the digestive fire. *Ayurveda* advocates measures like *Swasthivritta*, *Sadvrit*, *Rasayana* and the practice of *Yoga* as positive health measures. In balanced state, *Doshas* protect and help in the growth and maintenance of the body while in imbalanced state same *Dosha* becomes vitiated which perish the body. Hence, the body has to be protected from the imbalanced state of *Doshas* by strictly following the healthy and positive lifestyle.

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