

8th Class Minutes / Class Notes (5th February 2026, Thursday)

Understanding Pitta: Gunas, Karmas, and Types

Pittam sasneha-tikṣṇoṣṇam laghu visramḥ saram dravam ||11||

If Vata is the wind that moves, Pitta is the fire that "cooks" and converts everything—food into energy, and information into knowledge

The **"FIRE" OF TRANSFORMATION**

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**PITTA REPRESENTS METABOLISM, THERMOGENESIS (BODY HEAT), AND ENZYMATIC/BIOCHEMICAL REACTIONS.**

Imagine a kitchen. Without a stove, the raw rice never becomes a meal. Pitta is that "Internal Stove," the principle of Transformation.




Giggling Platypus Co

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**USHNA & TEEKSHNA (HEAT & SHARPNESS)**

**Ushna (Hot)**

- Maintains our 37 degree C (98.6 F) core temperature. It fuels the "combustion" of calories.
- **Experience:** Feeling warm after a heavy meal; the "flush" of the skin.

**Teekshna (Sharp/Penetrating)**

- **"Sheegrakari Suchiva bhinatti"**—it pierces or breaks through fast like a needle.
- **Clinical Physical:** Digestive acids (HCl) and enzymes that "cut" through complex proteins and fats.
- **Mental:** A sharp, focused intellect that "cuts" through confusion.





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**SASNEHA & DRAVAM (SLIGHTLY OILY & LIQUID)**

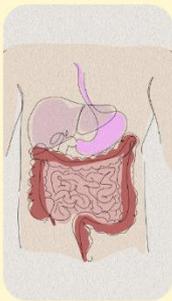
**Sasneha (Slightly Oily)**

- **“Ishat-snigdham”**—not thick like oil, but slightly unctuous.
- **Example:** Think of a detergent or a digestive enzyme solution. It’s not bone-dry like Vata, but not heavy like Kapha.
- **Purpose:** This slight oiliness protects your stomach lining from being “burnt” by its own acid.

**Dravam (Liquid)**

- **Clinical:** The flow of bile, saliva, and gastric juices.
- **Example:** Pitta is like **Lava**. It is fire, but it is in a liquid, flowing form.

**Saram, Visram & Laghu (Flowing, Smelly & Light) →**



**Saram (Mobile/Spreading)**

It doesn’t stay still (**Na sthiram-aste**). It moves upwards (acid reflux) or downwards (bowel movement).

**Clinical:** Peristalsis and the spread of inflammation or a rash across the skin.



**Visram (Foul Smelling)**

**Commentary Example (Sarvangasundari):** “Matsyamagandhi”—smells like raw meat or fish.

**Clinical:** The sulfurous or pungent odor of sweat, urea, or metabolic waste.



**Laghu (Light)**

**Experience:** Digestion is a “lightening” process—turning heavy food into light energy.



**PITTA GUNA**

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When your "Internal Stove" is burning perfectly, it doesn't just digest your lunch—it powers your vision, your skin's glow, and your very intelligence.



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# PITTA – YOUR INTERNAL ALCHEMIST (NORMAL KARMA) →

**Pakti (Digestion)**

Converting food to nutrients without gas or heaviness or acidity.

**Ushma (Temperature)**

Keeping your "engine" at a steady 37 deg C.

**Darshanam (Vision)**

Pitta lives in the eyes! Allows to process light and see the world.

**Kshut & Trut (Hunger & Thirst)**

These are metabolic signals. Balanced Pitta tells you exactly when your body needs fuel or hydration.

**Prabha (Luster/Glow)**

That healthy "radiance" on your face and skin is the result of clean metabolic fire.

**Medha & Dhee (Intellect & Wisdom)**

**Medha:** The "digestive power" of the brain—how fast you learn and retain info.  
**Dhee:** The "Discrimination"—knowing the difference between right and wrong.

Pituitary gland – TSH

Morning and night urine messenger who gives - hormone (Anti diuretic hormone)



**Experience: Healthy endocrine function (hormones) and a robust metabolism →**

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## TRAFFIC SIGNALS



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## WHEN PITTA IS BALANCED (PRAKRITA), IT IS LIKE A STEADY BLUE FLAME ON A GAS STOVE

"Have you ever noticed that when you are hungry (High Kshut), your eyes get sensitive or you can't think clearly? Why do you think that is?"

Sharp (Tikshna) and Hot (Ushna) qualities demanding fuel! Because the same "Pitta energy" fuels your stomach, your eyes, and your brain!



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When Pitta increases too much (Vridhhi), it stops cooking and starts burning.



**WHEN THE FIRE TURNS INTO A WILDFIRE (ABNORMAL KARMA)**

Clinical/Practical Signs (Abnormal)



**Burning (Daha)**

Heartburn, burning eyes, or "burning" sensations in the feet.

**Systemic Inflammation**

Redness on the skin, rashes, or "itis" (Gastritis, Arthritis).

**Acidic Waste**

Yellowish urine, loose stools, or excessively sour sweat.

**Mental Fire**

Anger, irritability, and a "judging" mindset.

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## Summary Table



**Pitta - Guna + Karma**

Quality (Guna)	Normal Action (Prakrita)	Abnormal Action (Vridhhi)
Ushna (Hot)	Healthy Body Temp	Fever, Heartburn, Inflammation
Tikshna (Sharp)	Sharp Appetite/Focus	Ulcers, Irritability, "Cutting" words
Drava (Liquid)	Healthy Blood/Bile	Diarrhea, Excessive Sweating
Visram (Smelly)	Normal Body Odor	Strong/Sour Body Odor, bad breath
Saram (Moving)	Timely Digestion	Acid Reflux, Spreading Rashes



**Pitta States - Vridhhi, Kshaya**

State	Digestion	Mental State	Skin/Eyes
Balanced (Prakrita)	Strong & Regular	Intelligent & Brave	Lustrous & Bright
Increased (Vridhhi)	Heartburn/Loose stools	Angry & Critical	Rashes/Redness
Decreased (Kshaya)	Indigestion/Sluggish	Confused/Low Drive	Dull Skin/Coldness

## Closing – The "Cooling" Strategy

You cannot "extinguish" Pitta (that would be the end of digestion), but you must **regulate** the flame.

**Question 1:** "If Pitta is 'Hot' and 'Sharp,' what mental habit can act as a 'Cooling Mist'?"

**Answer:** **Patience and Forgiveness** (adding Kshama or softness to the sharp mind).

**Question 2:** "If your internal stove is too high (Acidity/Anger), what is the best 'Fire Extinguisher' from your kitchen?"

**Answer:** **Ghee or Coconut Oil.** They are Sweet (Cooling) and Oily (opposite of Pitta's sharp, acid-like heat).










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# HOMEWORK



### Pitta in nature, Pitta in your body

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- Pitta in Nature: Note 3 things outside that "transform" (e.g., the sun ripening a fruit, a candle burning).
- Pitta in You: Note 3 things inside (e.g., your hunger timing, the "heat" you feel when angry, or how clear you think after a good meal).



### Introduction to Pitta Dosha

Pitta is likened to fire, the principle of **transformation and metabolism** in the body. It is responsible for converting **raw food into energy, information, and knowledge.**

**Analogy of Fire:** Pitta is compared to a stove that cooks food, turning raw ingredients into a meal. Without the stove, transformation cannot occur.

**Kitchen Metaphor:** A kitchen without a stove cannot convert raw rice into cooked rice, symbolizing Pitta's role in metabolic transformation.

**Car Components:** The analogy of a car's different components (tires, engine, brakes) is used to explain how Vata, Pitta, and Kapha and their types are distinct yet interconnected functions of the human body.

- **Qualities (Gunas) of Pitta**

**Ushna (Heat) & Tikshna (Sharp/Penetrating):** Maintains optimal body temperature, helps in calorie burning. **Tikshna** is rapid-acting and piercing, like salt penetrating food, or sharp focus in the mind. It relates to digestive acids and enzymatic reactions.

**Body Temperature:** Pitta maintains the 37-degree Celsius core body temperature, preventing hypothermia or hyperthermia.

**Salt Penetration:** The Tikshna guna is illustrated by how salt rapidly penetrates food.

**Needle (Suchi):** Tikshna guna is compared to a needle's sharp, piercing action.

- **Sa Sneha (Slightly Oily) & Drava (Liquid):** Provides a protective, slightly oily lining to the stomach and intestines (like a detergent liquid). **Drava** refers to all bodily fluids like bile, saliva, and gastric juices, crucial for transformation.

**Detergent Liquid:** Sa Sneha guna is explained by the slightly oily yet not overly oily nature of detergent, which provides a protective film.

**Lava Flow:** Pitta's Ushna (hot), Tikshna (penetrating), and Drava (liquid) qualities are likened to flowing lava.

**Sara (Flowing/Mobile/Spreading) & Visra (Foul Smelling):** Sara indicates constant movement and spreading (e.g., rashes spreading quickly). **Visra** signifies a foul smell, akin to raw meat or fish, evident in metabolic waste like smelly sweat or urine.

**Spreading Rash:** Sara guna can be seen by how a skin rash (e.g., herpes) quickly spreads from one area to the entire body.

**Raw Fish Smell:** Visra guna is described by the foul, sulfurous smell of raw meat or fish.

- **Laghu (Light):** Pitta is light, facilitating digestion and converting heavy food into light energy.

**Raw to Cooked Rice:** Laghu guna is shown by how heavy raw rice becomes light and digestible after cooking.

- **Composition of Pitta**
- Pitta is composed of **Agni (fire) and Apa (water/Jala)** Mahabhutas.

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- **Functions (Karmas) of Pitta**

**Digestion (Paka):** Converts food into nutrients without causing gas, heaviness, or acidity.

**Ushma (Temperature Maintenance):** Regulates optimal body and organ temperatures.

**Vision (Darshana):** Pitta is present in the eyes, enabling sight.

**Hunger (Kshut) & Thirst (Trishna):** Signals the body to eat and drink.

- **Prabha (Luster/Glow):** Contributes to radiant skin and a glowing complexion.
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- **Medha (Intellect/Grasping Power) & Dhi (Wisdom/Discrimination):** Helps in processing information quickly and making discerning judgments.

**Scientific example: Hormonal Regulation:** Acts like a traffic signal, regulating endocrine systems and hormone functions (e.g., TSH, ADH).

Pituitary gland releasing TSH to optimize the thyroid gland is an example of Pitta's signaling function.

**Traffic Signal Analogy:** Pitta is compared to a traffic signal, regulating the body's systems (hormones, brain, gut, limbs) to ensure smooth functioning. Malfunctioning signals lead to chaos (Vata increase) and blockages (Kapha).

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- **Pitta Imbalance (Vridhhi/Abnormal Karma)**

**Excess Pitta:** Leads to burning sensations, hot flashes, inflammation (gastritis, arthritis), acidic waste, foul-smelling excretions, anger, irritability, and a judgmental mentality. It can burn food instead of cooking it and deplete Ojas (immunity).

**Decreased Pitta:** Results in indigestion, mental confusion, dull skin, and paleness.

**Forest Fire:** Uncontrolled Pitta is likened to a wildfire burning down a forest, destroying everything, including the body's Ojas.

**Hunger Panic:** The experience of extreme hunger leading to red eyes, inability to think, and panic demonstrates aggravated Pitta's Ushna and Tikshna qualities demanding fuel.

**Regulating Pitta:** Mental habits like forgiveness and physical interventions like consuming sweet items, ghee, and coconut oil can help cool Pitta.

- **Five Types of Pitta**

**Ranjaka Pitta:** Located in the Amashaya (abdomen, including liver, spleen, upper stomach, gallbladder). Converts Rasa Dhatu (first-formed nutrient fluid) into Rakta Dhatu (blood), imparting its red color. Modern correlation: liver's role in producing blood cells and chemical transformations.

**Alochaka Pitta:** Located in the eyes. Responsible for the perception of vision by transforming light rays into electrical signals for the brain.

**Bhrajaka Pitta:** Located in the skin. Responsible for skin complexion, digestion, and absorption of topical applications (e.g., oils, balms). Plays a role in melanin pigment and vitamin D conversion. Warned against overuse of chemical beauty products that can disturb endocrine systems.

**Beauty Industry:** The Bhrajaka Pitta's function of skin absorption is linked to the vast beauty product industry and the importance of chemical-free products. Use chemical-free beauty products to avoid hormonal imbalances.

**Sadhaka Pitta:** Located in the Hridaya (brain, specifically the frontal lobe). Controls intellect (Buddhi), grasping power (Medha), self-control, reasoning, planning, and emotional functions (e.g., courage, confidence).

**Brain Cells Network:** The brain's billions of interconnected cells and the chemical reactions at their junctions illustrate how Sadhaka Pitta facilitates information transfer.

**Pachaka Pitta:** Located between Amashaya and Pakwashaya (small intestine). Responsible for the digestion and assimilation of food, separating nutrients (Sara) from waste (Kitta). Utilizes Tikshna and Drava gunas for enzymatic actions.

### Participant Questions and Discussion

- **Pimples with Good Digestion:** A participant inquired why individuals with good digestion might still experience pimples. The answer explained that while digestion in the *kostha* (digestive tract) might be optimal, an imbalance of Pitta (excess heat or sharpness) at the skin level (Rasa Dhatu) can still cause pimples. Too much *sneha* (oiliness) in the skin can also lead to issues.
- **Saraguna and Vata:** A participant asked if Saraguna only works when combined with Vata. It was clarified that Vata provides the movement, but Pitta's Saraguna helps to enhance or direct that movement.
- **Visibility of Pitta:** A question was raised about whether Pitta is directly visible. It was explained that while not directly visible like an organ, its effects are visible in digestive juices, body redness, and specific procedures like *virechana*, where the color and smell of Pitta are observed.
- **Acidity Remedies (Gelusil/Digene):** The use of antacids was discussed as a way to transform the stomach's pH and reduce acidity.
- **Mental Habits to Cool Pitta:** Meditation and forgiveness were suggested as mental habits to reduce Pitta's sharp and hot qualities.
- **Kitchen Remedies for Acidity:** Ghee and coconut oil were recommended for their cooling (*sheeta*) and sweet qualities to counteract Pitta's Ushna and Tikshna properties.
- **Traditional Pitta Removal:** A participant mentioned old practices of induced vomiting to expel Pitta. This was clarified as a potentially harmful method due to the acidity of stomach contents burning the esophagus. Ayurvedic *virechana* (purgation) from the lower tract is the recommended method for Pitta removal, as Pitta's primary location is lower than the mouth.
- **Castor Oil on Head for Pitta:** The practice of applying castor oil to the head was discussed. It was explained that *shiro pichu* (applying oil to the head) primarily controls Vata, which can decrease Pitta. It may also help reduce Pitta's heat due to oil's cooling nature, but is not a direct Pitta remedy unless Vata is involved.
- **Lemon Juice and Pitta:** It was clarified that acidic lemon juice, due to its *amla* (sour) quality, actually increases Pitta, rather than decreasing it. Alternatives like **Sogade Beru (Sarsparilla) or Kokum juice** were suggested.
- **Connection Between Pitta and Talkativeness:** A participant shared an anecdote about their grandfather's increased talkativeness being attributed to high Pitta. It was explained that talkativeness is often linked to aggravated Vata. **Jeerige kashaya (cumin decoction) helps calm Vata**, which might indirectly reduce talkativeness.
- **Saliva's Taste and Pitta:** It was clarified that while saliva's *action* of transformation is due to Pitta, saliva itself is primarily associated with Kapha. The taste of saliva can indicate dosha imbalances (e.g., **bitter for Pitta, sweet for Kapha**).

- **Uncontrollable Hunger During Fasting:** A participant described experiencing intense, uncontrollable hunger during fasting. This was identified as an example of aggravated Pachaka Pitta, which demands fuel and triggers strong signals when its usual routine is disrupted.

### Homework

- Observe and note at least 3 instances of Pitta's manifestations in nature and 3 instances within your own body before the next class.

# PITTA DOSHA

Dr. Laxmi Koppal  
BAMS M D (AYU)

- ❑ The *Dosha* pitta has been considered in second number in the *dosha* triad after *vata* dosha.
- ❑ *Pitta* is derived from the root (*tapa Santapa*) which means to heat or to burn, to warm. Thus *pitta* represents heat or fire in the body.
- ❑ It is responsible for all the metabolic process and transformation that occurs in the body
- ❑ Dominance of *Agni* + *Jala Mahabhoota*

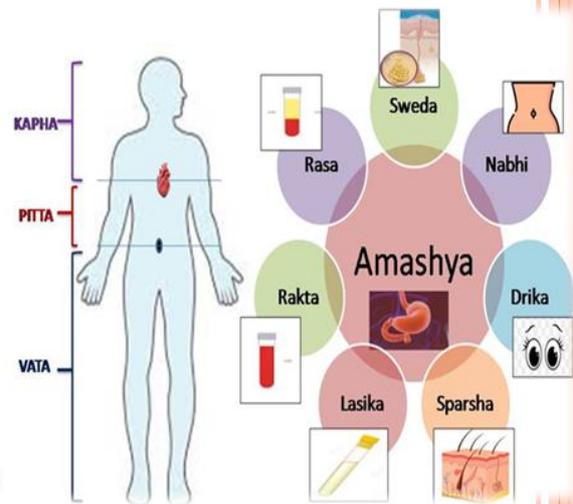


## GUNA OF PITTA DOSHA

- ✓ *SASNEHA* – Slightly oily or unctuous
- ✓ *TEEKSHNA* – Sharp in action /Highly penetrative
- ✓ *USHNA* – Hot /warm
- ✓ *LAGHU* – Light
- ✓ *VISRA* – A particular type of smell
- ✓ *SARA* – Having fluidity/ Spreads quickly
- ✓ *DRAVA* – Liquid
- ✓ Taste is Pungent and Sour

## LOCATION OF PITTA DOSHA

- Nabhi(Umbilical region)
- Amashaya(Stomach)
- Sweda (Sweat)
- *Lasika* (Lymph)
- Rudhira (Blood)
- Rasa(Plasma)
- *Drik*(Eye)
- Twacha(Skin)
- ✓ The special place is the “*Nabhi*”

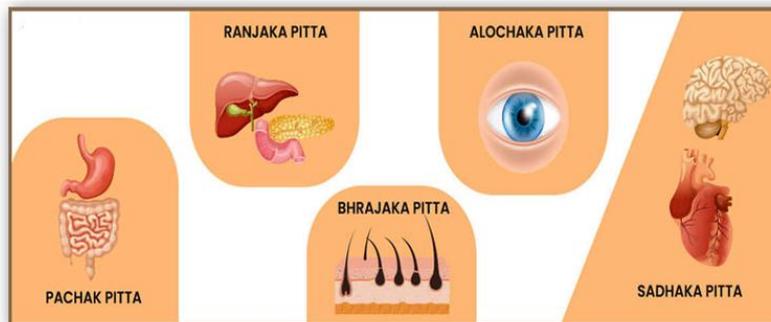


## FUNCTIONS OF *PITTA*

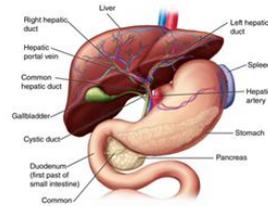
- ✓ *DARSHANA* – Vision
- ✓ *PAKA* – Digestion
- ✓ *KSHUTA* – Feeling of hunger
- ✓ *TRISHNA* – Feeling of Thirst
- ✓ *PRABHA* – Luster of the body
- ✓ *PRASADA* – Cheerfulness
- ✓ *MEDHA / BUDDHI* – Intelligence
- ✓ *DEHA USHMA* – Maintenance of normal body temperature
- ✓ *SHAURYAM* – Courage
- ✓ *DHI* – Discriminative power and understanding
- ✓ *RUCHI* – Perception of taste

### TYPES OF *PITTA* IN THE BODY

- *RANJAKA PITTA*
- *PACHAKA PITTA*
- *ALOCHAKA PITTA*
- *SADHAKA PITTA*
- *BHRAJAKA PITTA*



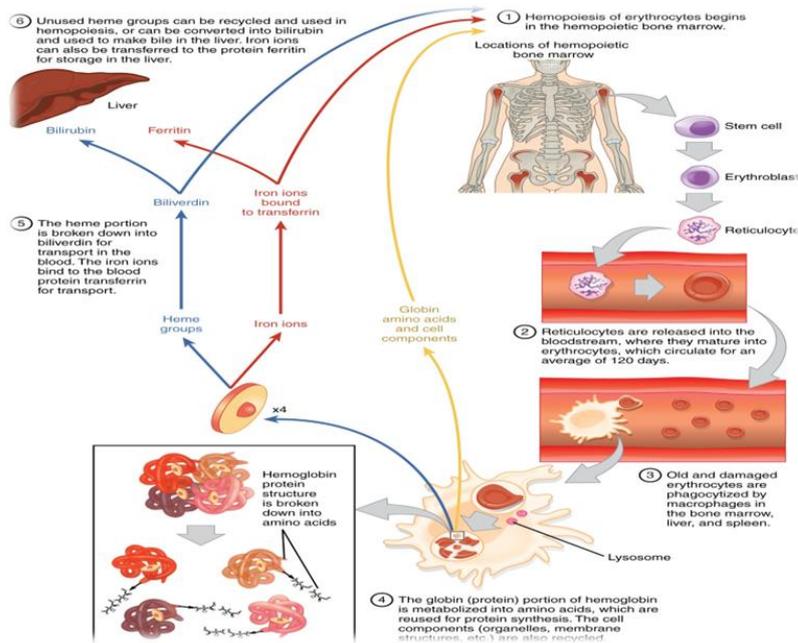
## RANJAKA PITTA



LOCATION :- *AMASHAYA*

FUNCTION

- Helps in conversion of *Rasa dhatu* (plasma) into *Rakta dhatu* (blood)
- Imparts color to *Rakta dhatu* (blood)
- It is situated in liver and spleen and helps in conversion *Rasa* (plasma) to blood (*Rakta*)

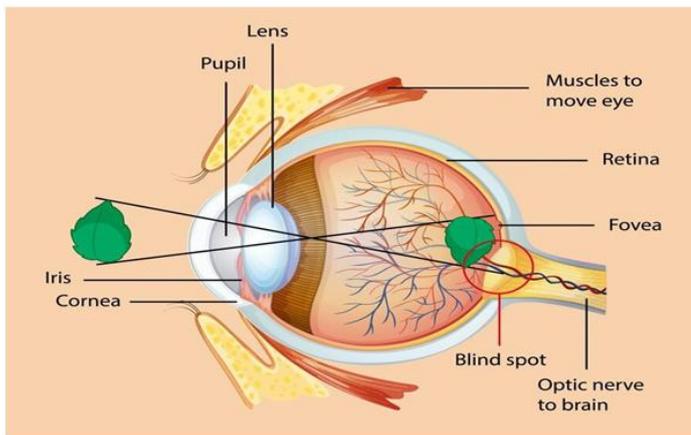


## ***ALOCHAKA PITTA***

Location :- Eyeball

FUNCTION

- Helps in perception of vision



## ***BHRAJAKA PITTA***

LOCATION :- Skin

FUNCTION

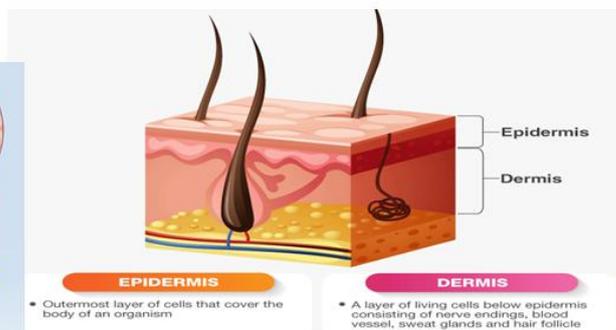
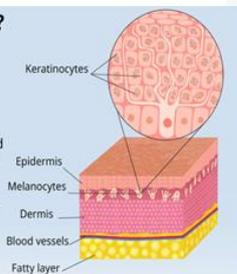
- Development of skin complexion
- Digestion and absorption of contents applied over the skin

### What Is Melanin?

- Melanin is a pigment made by specialized cells in the skin called melanocytes.

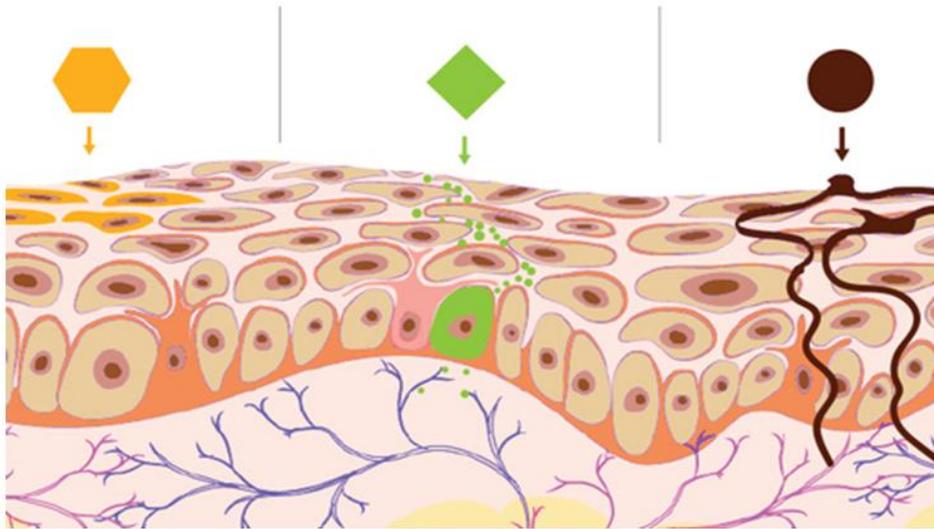
- It determines the tone and color of skin, hair, and iris of the eyes.

- Pale skin has less melanin than darker skin or skin that tans more easily.



### Nutrients and chemicals are both absorbed by the skin

Some ingredients penetrate only at a cellular level, others reach small blood vessels under the skin which is then carried throughout the body. This is the reason why patients with chemical sensitivities may experience both a skin reaction or a whole body reaction.

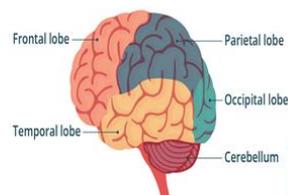
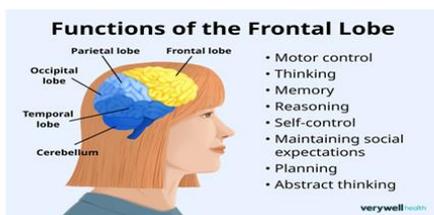


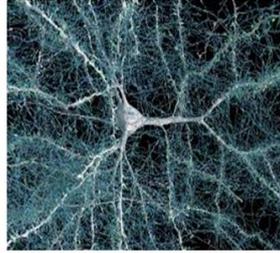
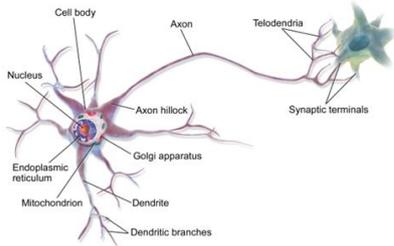
## SADHAKA PITTA

Location :- *Hrudaya*

### FUNCTION

- Helps in developing *Buddhi* ( discrimination of good and bad , intellect , decisiveness )
- Facilitates *Medha* (grasping power)
- Helps in developing *Abhiman* (self confidence / self respect build up )
- Helps in developing courage



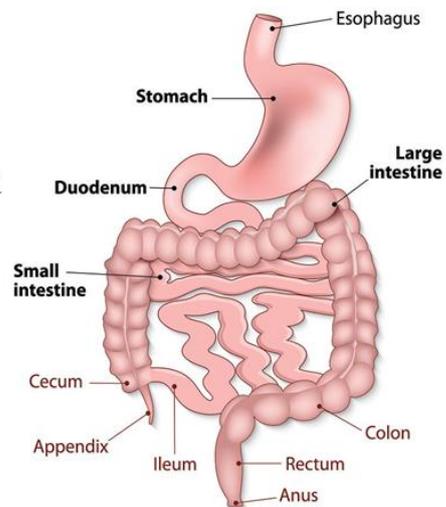


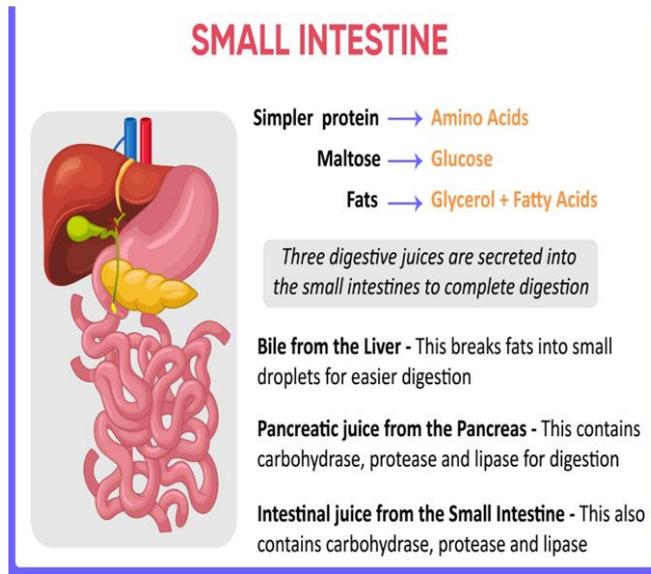
## *PACHAKA PITTA*

Location :- Between *Amashaya* and *Pakvashaya*

### FUNCTION

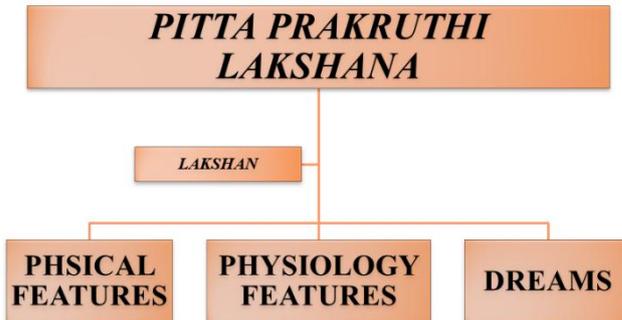
- Helps for digestion of food
- Formation of nutrients
- Segregation of fecal matter
- Responsible for enzymatic actions in the stomach





## ***PITTASYOPAKRAMA***

- *Verachana* (purgation therapy) with drugs which have *Sheeta* (cold) *Madhura* (sweet) properties
- Foods or items which have sweet, bitter and astringent taste and cold in potency
- Milk and ghee are best for *Pitta shamana*
- Cold water sprinkling
- Application of sandalwood, deodorants and scents
- Wearing of jewels or gems and garlands of flower
- Exposure to moonlight, cold breeze with pleasant music
- company of friends, children, wife/husband
- Roaming in gardens, river bank or ponds
- Spending time in picnics to hill station, waterfalls during cool climate ssss



## PHYSICAL FEATURES

### □ HAIR

- Soft , slightly brownish ,scanty
- Early graying of hair , more prone to baldness (in men's mustaches and beard )



❑ **SKIN**

- Fair complexion
- More prone to pimples , hyper pigmentation , black moles
- Early wrinkles



❑ **MUSCLES AND JOINTS**

- Soft muscles
- Loose joints

❑ **NALE , EYE , TONGUE ,LIPS ,PLAM AND SOLES**

- Coppery (reddish white )



❑ **PHYSICAL STRENGTH**

- Moderate

❑ **GUT HEALTH**

- Excessive hunger and thirst
- Excellent digestive power
- Repeated eating habit
- Excess excretion of sweat , urine and feces

❑ **BODY SMELL**

- Excessive foul smell from axilla , mouth and body

❑ **Other**

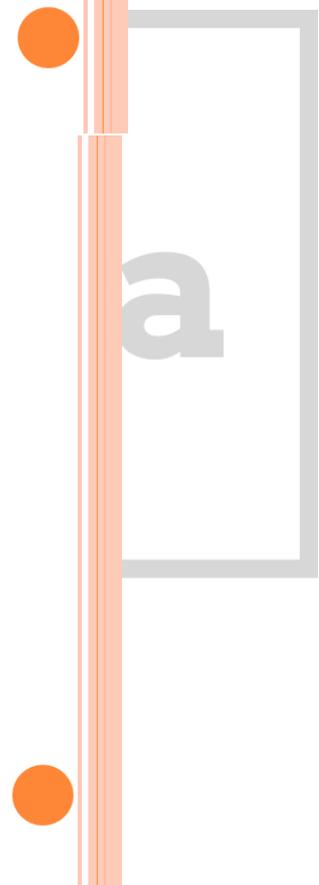
- Intolerance to heat
- Frequent mouth disorders (ulcer)
- Scanty seminal discharge
- Less inclination for sexual activities
- Few progeny

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## PHYSIOLOGY FEATURES

- Intelligent
- Sharp mind
- Dominating behavior
- Intimidating while talking ,tries to control the argument with his words(monopolize conversation ) and hard to beat in debate
- Has an brilliant aura

- Fearless
- Intelligent
- Courageous
- Takes risks
- A person who is not scared and does not give up even when facing strong or frightening opponent





- Gets angry easily and quickly cools down
- Short tempered
- Harsh to the rude people and compassionate to the love ones

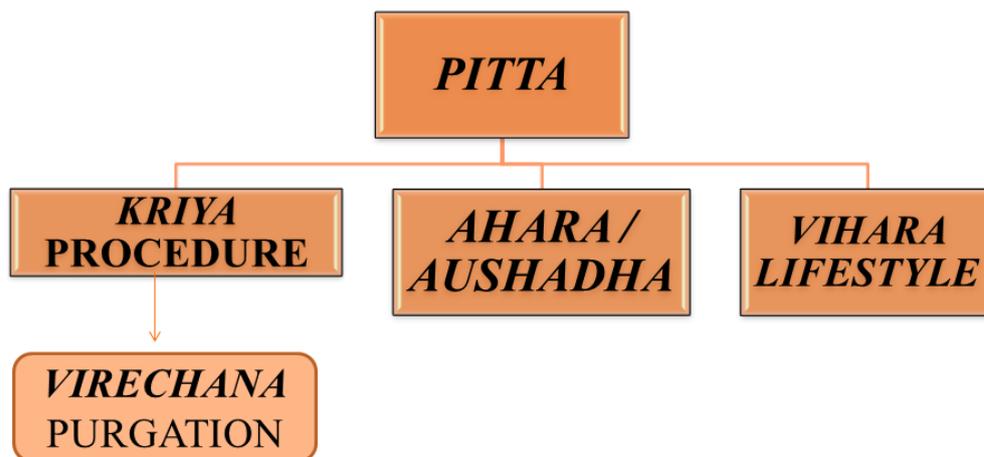
## DREAMS

- Dreams of gold / yellow /red color flowers
- Fire and lightening
  
- Moderate strength , lifespan and wealth

IDENTIFY FEW CHARACTER OF PITTA PRAKRUTHI IN THESE CREATURES



### *PITTASYOPAKRAMA*



#### *AHARA / AUSHADHA*

- Intake of ghee and milk
- Foods with *Madhura* (sweet), *Tikta* (bitter), *Kashaya* (astringent)

***VIHARA LIFESTYLE***

- Exposing to smell which are *Sugandhi* (fragrant ) like sandalwood , jasmine flower in present era deodorants scents, body wash , room freshener , scented candles etc
- Wearing *Hara* (garlands) or necklace made of pearl
- Anointing the body with chandana , Usheera and karpura
- Exposure to moonlight ,cold breeze , hearing to melodious music in the company of
  - Friends providing unlimited happiness
  - Kids
  - Female / wife with good behavior and conduct
- Residing / staying in house where there is flow of breeze , long gardens ,water fountain
- Visiting to hill station , areas which have ponds and lakes with many lotus and other flowers

ಪಿತ್ತದ ತಿಳುವಳಿಕೆ: ಗುಣಗಳು, ಕರ್ಮಗಳು ಮತ್ತು ಪ್ರಕಾರಗಳು

ಅಧಿವೇಶನದ ಅವಲೋಕನ (Session Overview)

ಈ ಅಧಿವೇಶನವು ಆಯುರ್ವೇದದ ಪಿತೃ ದೋಷವನ್ನು ಪರಿಚಯಿಸುತ್ತದೆ. ಪಿತೃದ ಗುಣಗಳು, ಕಾರ್ಯಗಳು ಮತ್ತು ಪ್ರಕಾರಗಳ ಮೇಲೆ ಇದು ಬೆಳಕು ಚೆಲ್ಲುತ್ತದೆ. ದೇಹ ಮತ್ತು ಮನಸ್ಸಿನಲ್ಲಿ ಪಿತೃದ ಪಾತ್ರ ಹಾಗೂ ಅದರ ಪ್ರಾಯೋಗಿಕ ಅನ್ವಯಿಕೆಗಳನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಇದರ ಗುರಿಯಾಗಿದೆ.

### ಪಿತೃ ದೋಷದ ಪರಿಚಯ

ಪಿತೃವನ್ನು ಬೆಂಕಿಗೆ (ಅಗ್ನಿ) ಹೋಲಿಸಲಾಗುತ್ತದೆ. ಇದು ದೇಹದಲ್ಲಿನ ರೂಪಾಂತರ (Transformation) ಮತ್ತು ಚಯಾಪಚಯ ಕ್ರಿಯೆಯ (Metabolism) ಮೂಲತತ್ವವಾಗಿದೆ. ಹಸಿ ಆಹಾರವನ್ನು ಶಕ್ತಿ, ಮಾಹಿತಿ ಮತ್ತು ಜ್ಞಾನವಾಗಿ ಪರಿವರ್ತಿಸುವ ಬವಾಬ್ಬಾರಿ ಇದರದ್ದು.

- ಬೆಂದ ಅನ್ನದ ಉದಾಹರಣೆ: ಅಡುಗೆಮನೆಯಲ್ಲಿ ಒಲೆ ಇಲ್ಲದೆ ಹಸಿ ಅಕ್ಕಿಯನ್ನು ಅನ್ನವಾಗಿ ಬದಲಾಯಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ಹಾಗೆಯೇ ದೇಹದಲ್ಲಿ ಪಿತೃವಿಲ್ಲದೆ ಯಾವುದೇ ಚಯಾಪಚಯ ಕ್ರಿಯೆ ನಡೆಯುವುದಿಲ್ಲ.
- ಕಾರಿನ ಭಾಗಗಳ ಹೋಲಿಕೆ: ಒಂದು ಕಾರಿನಲ್ಲಿ ಚಕ್ರಗಳು, ಇಂಜಿನ್ ಮತ್ತು ಬ್ರೇಕ್‌ಗಳು ಹೇಗೆ ವಿಭಿನ್ನವಾಗಿದ್ದರೂ ಪರಸ್ಪರ ಅವಲಂಬಿತವೋ, ಹಾಗೆಯೇ ದೇಹದಲ್ಲಿ ವಾತ, ಪಿತೃ ಮತ್ತು ಕಫಗಳು ವಿಭಿನ್ನ ಕಾರ್ಯಗಳನ್ನು ಹೊಂದಿದ್ದರೂ ಒಂದಕ್ಕೊಂದು ಪೂರಕವಾಗಿವೆ.

### ಪಿತೃದ ಗುಣಗಳು (Gunas)

1. ಉಷ್ಣ (Heat) ಮತ್ತು ತೀಕ್ಷ್ಣ (Sharp/Penetrating): ಇವು ದೇಹದ ಉಷ್ಣತೆಯನ್ನು ಕಾಪಾಡುತ್ತವೆ ಮತ್ತು ಕ್ಯಾಲೋರಿಗಳನ್ನು ಸುಡಲು ಸಹಾಯ ಮಾಡುತ್ತವೆ. 'ತೀಕ್ಷ್ಣ' ಎಂದರೆ ಚುಚ್ಚುವ ಅಥವಾ ತಕ್ಷಣವೇ ಪ್ರಭಾವ ಬೀರುವ ಗುಣ (ಉದಾಹರಣೆಗೆ: ಉಪ್ಪು ಆಹಾರದೊಳಗೆ ಬೇಗನೆ ಇಳಿಯುವುದು ಅಥವಾ ಮನಸ್ಸಿನ ತೀಕ್ಷ್ಣ ಏಕಾಗ್ರತೆ). ಇದು ಜೀರ್ಣಕಾರಿ ಅಂಶಗಳು ಮತ್ತು ಕಿಣ್ವಗಳಿಗೆ ಸಂಬಂಧಿಸಿದೆ.
  - ಸೂಚಿ (Needle): ತೀಕ್ಷ್ಣ ಗುಣವನ್ನು ಸೂಚಿಯ ಚುಚ್ಚುವ ಕ್ರಿಯೆಗೆ ಹೋಲಿಸಬಹುದು.
2. ಸನ್ನೇಹ (Slightly Oily) ಮತ್ತು ದ್ರವ (Liquid): ಪಿತೃವು ಜಠರ ಮತ್ತು ಕರುಳುಗಳಿಗೆ ಸ್ವಲ್ಪ ಜಿಡ್ಡಿನ ರಕ್ಷಣಾತ್ಮಕ ಪದರವನ್ನು ನೀಡುತ್ತದೆ (ಡಿಟರ್ಜೆಂಟ್ ದ್ರವದಂತೆ). 'ದ್ರವ' ಗುಣವು ದೇಹದಲ್ಲಿನ ಪಿತೃರಸ (Bile), ಲಾಲಾರಸ ಮತ್ತು ಜಠರ ರಸಗಳನ್ನು ಸೂಚಿಸುತ್ತದೆ.
  - ಲಾವಾ ಹರಿವು: ಪಿತೃದ ಉಷ್ಣ ತೀಕ್ಷ್ಣ ಮತ್ತು ದ್ರವ ಗುಣಗಳನ್ನು ಹರಿಯುವ ಜ್ವಾಲಾಮುಖಿಯ ಲಾವಾಕ್ಕೆ ಹೋಲಿಸಬಹುದು.
3. ಸರ (Flowing/Mobile) ಮತ್ತು ವಿಸ್ರ (Foul Smelling): 'ಸರ' ಎಂದರೆ ವೇಗವಾಗಿ ಹರಡುವುದು (ಉದಾಹರಣೆಗೆ: ಚರ್ಮದ ದುಡ್ಡುಗಳು ದೇಹದಾದ್ಯಂತ ಹರಡುವುದು). 'ವಿಸ್ರ' ಎಂದರೆ ಹಸಿ ಮಾಂಸ ಅಥವಾ ಹಸಿ ಮೀನಿನಂತಹ ಕೆಟ್ಟ ವಾಸನೆ. ಇದು ಬೆವರಿನ ಅಥವಾ ಮೂತ್ರದ ವಾಸನೆಯಲ್ಲಿ ಕಂಡುಬರುತ್ತದೆ.
4. ಲಘು (Light): ಪಿತೃವು ಹಗುರವಾಗಿದ್ದು, ಭಾರವಾದ ಆಹಾರವನ್ನು ಸುಲಭವಾಗಿ ಜೀರ್ಣಿಸಿ ಶಕ್ತಿಯಾಗಿ ಬದಲಾಯಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಪಿತೃದ ಸಂಯೋಜನೆ: ಪಿತೃವು ಅಗ್ನಿ (Fire) ಮತ್ತು ಅಪ (Water/Jala) ಮಹಾಭೂತಗಳಿಂದ ಮಾಡಲ್ಪಟ್ಟಿದೆ.

### ಪಿತ್ತದ ಕರ್ಮಗಳು (Karmas - ಕಾರ್ಯಗಳು)

- **ಪಾಕ (Digestion):** ಅನಿಲ (Gas), ಭಾರ ಅಥವಾ ಅಸಿಡಿಟಿ ಇಲ್ಲದೆ ಆಹಾರವನ್ನು ಪೋಷಕಾಂಶಗಳಾಗಿ ಪರಿವರ್ತಿಸುವುದು.
- **ಉಷ್ಮಾ (Temperature):** ದೇಹ ಮತ್ತು ಅಂಗಾಂಗಗಳ ಉಷ್ಣತೆಯನ್ನು (ಸರಿಸುಮಾರು 37°C) ಕಾಪಾಡುವುದು.
- **ದರ್ಶನ (Vision):** ಕಣ್ಣುಗಳಲ್ಲಿ ಪಿತ್ತವು ನೆಲೆಸಿದ್ದು, ದೃಷ್ಟಿಗೆ ಕಾರಣವಾಗುತ್ತದೆ.
- **ಕ್ಷುತ್ (Hunger) ಮತ್ತು ತೃಷ್ಣಾ (Thirst):** ಹಸಿವು ಮತ್ತು ಬಾಯಾರಿಕೆಯ ಸಂಕೇತಗಳನ್ನು ನೀಡುವುದು.
- **ಪ್ರಭಾ (Luster/Glow):** ಚರ್ಮಕ್ಕೆ ಕಾಂತಿ ಮತ್ತು ಹೊಳಪನ್ನು ನೀಡುವುದು.
- **ಮೇಧಾ (Intellect) ಮತ್ತು ಧೀ (Wisdom):** ಮಾಹಿತಿಯನ್ನು ವೇಗವಾಗಿ ಗ್ರಹಿಸುವುದು ಮತ್ತು ವಿವೇಚನೆಯಿಂದ ನಿರ್ಧಾರ ತೆಗೆದುಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುವುದು.

ವೈಜ್ಞಾನಿಕ ಉದಾಹರಣೆ: ಪಿತ್ತವು ಅಂತಃಸ್ರಾವಕ ವ್ಯವಸ್ಥೆ (Endocrine system) ಮತ್ತು ಹಾರ್ಮೋನುಗಳ ನಿಯಂತ್ರಣದಲ್ಲಿ ಟ್ರಾಪಿಕ್ ಸಿಗ್ನಲ್‌ನಂತೆ ಕೆಲಸ ಮಾಡುತ್ತದೆ (ಉದಾಹರಣೆಗೆ: ಥೈರಾಯ್ಡ್ ನಿಯಂತ್ರಿಸಲು ಪಿಟ್ಯೂಟರಿ ಗ್ರಂಥಿಯು TSH ಬಿಡುಗಡೆ ಮಾಡುವುದು).

### ಪಿತ್ತ ಅಸಮತೋಲನ (ವಿಕೃತ ಕರ್ಮ)

- **ಪಿತ್ತ ಹೆಚ್ಚಾದಾಗ (Vridhhi):** ದೇಹದಲ್ಲಿ ಉರಿ, ಬಿಸಿ ಹಬೆ (Hot flashes), ಉರಿಯೂತ (Gastritis, Arthritis), ಕೆಟ್ಟ ವಾಸನೆಯ ವಿಸರ್ಜನೆ, ಅತಿಯಾದ ಕೋಪ ಮತ್ತು ಸಿಡುಕುತನ ಉಂಟಾಗುತ್ತದೆ. ಇದು ಆಹಾರವನ್ನು ಬೇಯಿಸುವ ಬದಲು ಸುಟ್ಟು ಹಾಕಿ ರೋಗನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು (ಓಜಸ್) ಕಡಿಮೆ ಮಾಡುತ್ತದೆ.
- **ಕಾಡ್ಗಿಚ್ಚಿನ ಹೋಲಿಕೆ:** ನಿಯಂತ್ರಣ ತಪ್ಪಿದ ಪಿತ್ತವು ಕಾಡ್ಗಿಚ್ಚಿನಂತೆ ಇಡೀ ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಸುಟ್ಟು ಭಸ್ಮ ಮಾಡಬಲ್ಲದು.
- **ಹಸಿವಿನ ಆತಂಕ (Hunger Panic):** ಅತಿಯಾದ ಹಸಿವಿನಿಂದ ಕಣ್ಣು ಕೆಂಪಾಗುವುದು ಮತ್ತು ತಾಳ್ಮೆ ಕಳೆದುಕೊಳ್ಳುವುದು ಪಿತ್ತದ ತೀಕ್ಷ್ಣ ಗುಣದ ಪ್ರಭಾವವಾಗಿದೆ.

ಪಿತ್ತ ನಿಯಂತ್ರಣ: ದೈಹಿಕವಾಗಿ ತುಪ್ಪು, ತೆಂಗಿನ ಎಣ್ಣೆ ಮತ್ತು ಸಿಹಿ ಪದಾರ್ಥಗಳ ಸೇವನೆ ಹಾಗೂ ಮಾನಸಿಕವಾಗಿ 'ಕ್ಷಮೆ'ಯ ಗುಣವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವುದು ಪಿತ್ತವನ್ನು ತಂಪುಗೊಳಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

### ಐದು ವಿಧದ ಪಿತ್ತಗಳು (Pancha Pitta)

1. **ರಂಜಕ ಪಿತ್ತ:** ಇದು ಆಮಾಶಯದಲ್ಲಿ (ಯಕೃತ್ತು/Liver, ಪ್ಲೀಹ್/Spleen ಮತ್ತು ಜಠರ) ನೆಲೆಸಿದೆ. ಇದು ಆಹಾರದ ಸಾರವಾದ ರಸ ಧಾತುವಿಗೆ ಕೆಂಪು ಬಣ್ಣವನ್ನು ನೀಡಿ ರಕ್ತ ಧಾತುವನ್ನಾಗಿ ಪರಿವರ್ತಿಸುತ್ತದೆ. ಆಧುನಿಕ ವಿಜ್ಞಾನದ ಪ್ರಕಾರ, ರಕ್ತ ಕಣಗಳ ಉತ್ಪತ್ತಿಯಲ್ಲಿ ಯಕೃತ್ತಿನ ಪಾತ್ರಕ್ಕೆ ಇದು ಸಮಾನವಾಗಿದೆ.

2. ಆಲೋಚಕ ಪಿತ್ತ: ಇದು ಕಣ್ಣುಗಳಲ್ಲಿ ನೆಲೆಸಿದೆ. ಬೆಳಕಿನ ಕಿರಣಗಳನ್ನು ಮೆದುಳಿಗೆ ಅರ್ಥವಾಗುವ ಸಂಕೇತಗಳಾಗಿ ಪರಿವರ್ತಿಸಿ ದೃಷ್ಟಿ ಜ್ಞಾನಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.
3. ಭ್ರಾಜಕ ಪಿತ್ತ: ಇದು ಚರ್ಮದಲ್ಲಿ ನೆಲೆಸಿದೆ. ಚರ್ಮದ ಬಣ್ಣ (Complexion), ಕಾಂತಿ ಮತ್ತು ಚರ್ಮದ ಮೇಲೆ ಹಚ್ಚುವ ಎಣ್ಣೆ ಅಥವಾ ಮುಲಾಮುಗಳ ಹೀರಿಕೊಳ್ಳುವಿಕೆಗೆ (Absorption) ಇದು ಕಾರಣ. ಮೆಲನಿನ್ ವರ್ಣದ್ರವ್ಯ ಮತ್ತು ವಿಟಮಿನ್ ಡಿ ಪರಿವರ್ತನೆಯಲ್ಲಿ ಇದು ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ.
  - ಎಚ್ಚರಿಕೆ: ರಾಸಾಯನಿಕಯುಕ್ತ ಸೌಂದರ್ಯವರ್ಧಕಗಳ ಅತಿಯಾದ ಬಳಕೆಯು ಈ ಪಿತ್ತದ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರಬಹುದು, ಇದು ಹಾರ್ಮೋನ್ ಅಸಮತೋಲನಕ್ಕೂ ದಾರಿಯಾಗಬಹುದು.
4. ಸಾಧಕ ಪಿತ್ತ: ಇದು ಹೃದಯದಲ್ಲಿ (ಮುಖ್ಯವಾಗಿ ಮೆದುಳಿನ ಮುಂಭಾಗದ ಹಾಲೆ/Frontal lobe) ನೆಲೆಸಿದೆ. ಬುದ್ಧಿಶಕ್ತಿ, ಗ್ರಹಣ ಶಕ್ತಿ (ಮೇಧಾ), ಆತ್ಮನಿಯಂತ್ರಣ, ತಾರ್ಕಿಕ ಚಿಂತನೆ ಮತ್ತು ಧೈರ್ಯದಂತಹ ಭಾವನಾತ್ಮಕ ಕಾರ್ಯಗಳನ್ನು ಇದು ನಿಯಂತ್ರಿಸುತ್ತದೆ.
5. ಪಾಚಕ ಪಿತ್ತ: ಇದು ಆಮಾಶಯ ಮತ್ತು ಪಕ್ಷಾಶಯದ ಮಧ್ಯೆ (ಸಣ್ಣ ಕರುಳು) ನೆಲೆಸಿದೆ. ಆಹಾರದ ಜೀರ್ಣಕ್ರಿಯೆ ಮತ್ತು ಪೋಷಕಾಂಶಗಳನ್ನು (ಸಾರ) ತ್ಯಾಜ್ಯದಿಂದ (ಕಿಟ್ಟ) ಬೇರ್ಪಡಿಸುವ ಕೆಲಸವನ್ನು ಇದು ಮಾಡುತ್ತದೆ.

#### ಚರ್ಚೆ ಮತ್ತು ಪ್ರಶ್ನೋತ್ತರಗಳ ಮುಖ್ಯಾಂಶಗಳು

- ಜೀರ್ಣಕ್ರಿಯೆ ಚೆನ್ನಾಗಿದ್ದರೂ ಮೊಡವೆಗಳು ಏಕೆ ಬರುತ್ತವೆ?: ಜೀರ್ಣಾಂಗವ್ಯೂಹದಲ್ಲಿ ಜೀರ್ಣಕ್ರಿಯೆ ಸರಿಯಾಗಿದ್ದರೂ, ಚರ್ಮದ ಮಟ್ಟದಲ್ಲಿ (ರಸ ಧಾತು) ಪಿತ್ತದ ಉಷ್ಣತೆ ಅಥವಾ ತೀಕ್ಷ್ಣತೆ ಹೆಚ್ಚಾದಾಗ ಅಥವಾ ಅತಿಯಾದ ಜಿಡ್ಡಿನಂಶ (ಸ್ನೇಹ) ಇದ್ದಾಗ ಮೊಡವೆಗಳು ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತವೆ.
- ಪಿತ್ತವು ನೇರವಾಗಿ ಕಣ್ಣಿಗೆ ಕಾಣಿಸುತ್ತದೆಯೇ?: ಪಿತ್ತವು ಅಂಗಾಂಗಗಳಂತೆ ನೇರವಾಗಿ ಕಾಣಿಸುವುದಿಲ್ಲ. ಆದರೆ ಜೀರ್ಣರಸಗಳಲ್ಲಿ, ದೇಹದ ಕೆಂಪಾಗುವಿಕೆಯಲ್ಲಿ ಮತ್ತು ಆಯುರ್ವೇದದ 'ವಿರೇಚನ' ಚಿಕಿತ್ಸೆಯ ಸಮಯದಲ್ಲಿ ಹೊರಬರುವ ಪಿತ್ತದ ಬಣ್ಣ ಮತ್ತು ವಾಸನೆಯ ಮೂಲಕ ಅದರ ಅಸ್ತಿತ್ವವನ್ನು ಗುರುತಿಸಬಹುದು.
- ಅಸಿಡಿಟಿಗೆ ಮನೆಮದ್ದುಗಳು: ಪಿತ್ತದ ಉಷ್ಣ ಮತ್ತು ತೀಕ್ಷ್ಣ ಗುಣಗಳನ್ನು ತಂಪುಗೊಳಿಸಲು ತುಪ್ಪ ಮತ್ತು ತೆಂಗಿನ ಎಣ್ಣೆ ಅತ್ಯುತ್ತಮ.
- ವಾಂತಿ ಮಾಡಿಸಿ ಪಿತ್ತ ತೆಗೆಯುವುದು ಸರಿಯೇ?: ಹಳೆಯ ಪದ್ಧತಿಯಂತೆ ಬಲವಂತವಾಗಿ ವಾಂತಿ ಮಾಡಿಸುವುದು ಅಪಾಯಕಾರಿ; ಇದು ಅನ್ನನಾಳವನ್ನು ಸುಡಬಹುದು. ಆಯುರ್ವೇದದಲ್ಲಿ ಪಿತ್ತ ನಿವಾರಣೆಗೆ ವಿರೇಚನ (ಬೇದಿ ಮಾಡಿಸುವುದು) ಶಿಫಾರಸು ಮಾಡಲಾಗಿದೆ, ಏಕೆಂದರೆ ಪಿತ್ತದ ನೈಸರ್ಗಿಕ ಸ್ಥಾನವು ಕೆಳಭಾಗದಲ್ಲಿದೆ.
- ನಿಂಬೆ ಹಣ್ಣಿನ ರಸ ಮತ್ತು ಪಿತ್ತ: ನಿಂಬೆ ಹಣ್ಣು ಹುಳಿಯಾಗಿರುವುದರಿಂದ (ಅಮ್ಲ) ಅದು ಪಿತ್ತವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಪಿತ್ತ ಕಡಿಮೆ ಮಾಡಲು ಸೋಗದ ಬೇರು (Sarsaparilla) ಅಥವಾ ಕೋಕಂ ಜ್ಯೂಸ್ ಉತ್ತಮ.
- ಲಾಲಾರಸದ ರುಚಿ: ಲಾಲಾರಸದ ರೂಪಾಂತರ ಕ್ರಿಯೆಯು ಪಿತ್ತದಿಂದ ನಡೆದರೂ, ಲಾಲಾರಸವು ಮೂಲತಃ ಕಫಕ್ಕೆ ಸಂಬಂಧಿಸಿದೆ. ಲಾಲಾರಸದ ರುಚಿ ಕಹಿಯಾಗಿದ್ದರೆ ಅದು ಪಿತ್ತದ ಅಸಮತೋಲನವನ್ನು ಸೂಚಿಸುತ್ತದೆ.

- ಉಪವಾಸದ ಸಮಯದಲ್ಲಿ ಅತಿಯಾದ ಹಸಿವು: ಇದು 'ಪಾಚಕ ಪಿತ್ತ'ವು ಕೆರಳಿರುವುದರ ಸಂಕೇತ. ಆಹಾರ ಸಿಗದಿದ್ದಾಗ ಅದು ದೇಹದ ಸಂಕೇತಗಳನ್ನು ತೀವ್ರಗೊಳಿಸುತ್ತದೆ.

### ಚಟುವಟಿಕೆ (Homework)

ಮುಂದಿನ ತರಗತಿಯ ಮೊದಲು:

1. ಪ್ರಕೃತಿಯಲ್ಲಿ ಪಿತ್ತದ 3 ಅಭಿವ್ಯಕ್ತಿಗಳನ್ನು ಗಮನಿಸಿ (ಉದಾ: ಸೂರ್ಯನ ತಾಪ, ಹಣ್ಣು ಹಣ್ಣಾಗುವುದು).
2. ನಿಮ್ಮ ದೇಹದೊಳಗೆ ಪಿತ್ತದ 3 ಕ್ರಿಯೆಗಳನ್ನು ಗುರುತಿಸಿ ಬರೆದಿಡಿ.

# Sadyojata

Your health is your asset