

INTRODUCTION TO ' PITTA ' I

Pitta is one among tridoshas of the body. The wide concept of pitta e can be represented by 3 root tap. i.e.

a) Tap Santape: heat Separating.

In modern concept tap Santape can be compared with cellular metabolism, producing body temperature.

b) Tap dahe: Burning of nutrition consumed Maybe all the enzymes, digestive juice And secretion in digestion.

c) Tap aiswarya: The factors which make one achieve 8 kinds of benefits.

DEFINITION OF PITTA

Pitta is what which do pachana karma.

Pitta and Agni

All matter in the universe made of panchabhootas. But naming is on the basis the predominant bhoota. So thejo bhootha (Agni) represents the pitta.

Since this Agni is continuously working inside the body, it is called antaragni (Internal fire). with the increase of pitta, the Agni becomes Tikshnagni, which quickly digest large quantities of food very quickly.