

INTRODUCTION TO ' PITTA ' II
GUNAS (properties) of Pitta

As we told earlier Pitta has a predominance of Agnibhoota and their characters are associated with the properties of Agni.

1. Aushnyam (Warmness):- Warmness of the body is due to pitta & its Agni bhoota predominance. In cellular metabolism heat is released as a by-product which can be compared with this.
2. Taikshnyam (Intensity):- This is the property of agneya dravya. This makes the pitta purusha tejaswi, krodhi & parabrahmi. They are unable to face sorrows. This can be compared with enzymes like lysozyme which are extremely reactive, also immunological reactions.
3. Dravatvam (Fluidity):- Pitta has preponderance of Ap-bhoota. Hence pitta has Dravatvam. This Dravatvam causes the softening of the skin.
4. Saratvam (The property of flowing):- Pitta has got flowing property because of its dravatva guna.
5. Laghutvam (Lightness):- Due to the prominence of agni-bhoota, the pitta is light in action.
6. Sasneham/Raukshyam:- Sasneha guna of pitta is due to Ap & Pritvi bhootas. Raukshya guna of pitta was described by Susrutha.
7. Vaishadyam (Non-sticky):- This property was mentioned by Susrutha. Due to this property, pitta does aharapaka and dhatupaka.
8. Puti/Visragandhata (Fleshy smell):- This visragandha is seen in rakta and astava which are the seats of pitta.
9. Kadu-Tikta rasa (Pungent and bitter taste):- According to panchabhautik utpatti of rasas kadu-tikta rasas have the predominance of tejas, vayu and akasa which are also predominant in pitta. Hence these rasas increases pitta. During vidahda the rasa changes to amla.
10. Peeta varnatvam (Yellowish color):- Agni-bhoota's natural color is peeta. Hence pitta is peeta in color. Hence the skin & nails of pitta purusha is yellow..