

PITTA

Meaning: PITTA: A concept in Ayurveda representing the metabolic energy and digestive processes in the body, often associated with heat and transformation.

1. Pitta is a term used in Ayurveda to describe the metabolic energy in the body.
2. In traditional Indian cuisine, pitta dosha imbalances can lead to digestive issues.
3. The vibrant green feathers of the pitta bird are a striking feature in its tropical habitat.
4. Practicing yoga can help balance the pitta energy for those prone to heat-related ailments.
5. During the summer months, people with a pitta constitution often seek cooling foods to maintain harmony.

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