**PITTA**

**Qualities of Pitta**

Hot Light

Intense Penetrating

Pungent Sharp

Acidic

**Physical Characteristics**

* Medium size and weight
* Sometimes bright red hair; also baldness and thinning
* Excellent digestion; can often eat anything
* Warm body temperature
* Sleep soundly for short periods of time
* When balanced they have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite
* When out of balance, Pittas may suffer from skin rashes, burning sensations, peptic ulcers, excessive body heat, heartburn and indigestion

**Emotional Characteristics**

* Powerful intellect and a strong ability to concentrate
* When balanced, they are good decision makers, teachers, and speakers
* They are precise, sharp-witted, direct, and often outspoken
* Out-of-balance Pittas can be short-tempered and argumentative