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Pitta Dosha Upakrama in present day scenario; a review

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Abstract:

Vata - Pitta - Kapha are mentioned as Tridosha in Ayurveda. This is the foundation theory – Tridosha Siddhanta in accordance to Ayurvedic texts. Each Dosha has its own sets of properties, aggravating and pacifying factors. Pitta is one important Dosha with transforming quality. It is the Dosha which governs the metabolism of the body. It regulates the heat in the body and thereby is responsible for Varna - color for all body parts and secretions. In present times the factors like improper food and faulty lifestyle which are responsible for vitiation of Dosha are to be monitored and Chikitsa Upakrama in relevance to today's day to day life is to be prescribed. Here the Pitta Dosha Upakrama is briefed according to present day practice.

Keywords: *Tridosha Siddhanta, Pitta Dosha Upakrama, Chikitsa*

Introduction:

Ayurveda is science of life. All the aspects of human life are addressed in Ayurveda. There are many principles- *Siddhanta* mentioned in ancient Ayurveda classics. *Tridosha Siddhanta* is one of it. *Tridosha* forms one of the basic founding principles for understanding life in accordance to Ayurveda. These *Tridosha* are three fundamental bio-energies or body humors which governs the functioning of our body. These are also called as functional units of the body. Apart from *Prakruti* - basic nature of one's body in natural form, whereas in *Viruki* there are many aggravating factors which are responsible for vitiation of *Dosha*. *Acharya Vagbhata* had mentioned the *Upakrama* of each *Dosha* in *Doshaupakramaniya* chapter thirteen of *Ashtanga Hrudaya*. Here the collective methods for combating *Dosha* imbalance and vitiation are been mentioned. In present day scenario the aggravating factors are changed owing to today's altered lifestyle. Also the *Upakrama* mentioned in the classics are to be modified in order to be applicable in present times. The *Hetu, Lakshana*

according to the five sub types of *Pitta Dosha* can be listed as follows.

<i>Pitta Dosha</i>	<i>Hetu</i>	<i>Lakshana</i>
<i>Pachaka Pitta</i>	Improper food habits (Excessive, packed food etc.)	Weak digestion resulting in low absorption to nutrients
<i>Ranjaka Pitta</i>	Use of chemicals which affects liver health	Pandu, color changes elsewhere in the body
<i>Sadhaka Pitta</i>	Faulty sleep patterns, overuse of gadgets low nutritive food etc.	Decreased cognitive functioning, mental fatigue, retarded intellectual response
<i>Alochaka Pitta</i>	Increased screentime, harmful light exposure etc.	Low visual acuity, decreased memory and lack of mental vision
<i>Bhrajaka Pitta</i>	Use of various harmful cosmetics and liver damaging chemicals	Color changes at skin level and low immunity

Pitta vitiation according to Day cycle and *Rutu*. Here the signs and symptoms for *Pitta Dosha* can be observed in accordance to Day cycle and *Rutu*. To keep the balance of it Acharya had mentioned *Dinacharya* as well as *Rutu Charya*. But in today's day to day life the Day cycle and *Rutu* are shifting its impact and thus knowledge of it will eventually help us to plan the *Upakrama* to be undertaken.

<i>Pitta predominance</i>		
Day/ Night	<i>Rutu</i>	Age
10am to 2pm	<i>Chaya - Varsha</i>	Middle age
10pm to 2 am	<i>Prakopa - Sharada</i>	
	<i>Prashama - Hemant</i>	

Pitta Dosha represents the *Agni Mahabhuta* in our body. Likewise the functions of *Agni* - fire in our body of digestion, taste, transformation and secretion are carried out. Any deviation in its optimal function leads to disease formation. Thus its management in accordance to *Gunatmak Kshaya* or *Vruddhi* is to be considered and treated thoroughly.

The management of *Pitta Dosha* can be briefed under following steps,

1. *Nidana Parivarjan:*

Ayurveda had mentioned the importance of *Nidana Parivarjan* in treatment of all diseases. The *Pitta* Vitiating factors are to be marked and avoided. This can be considered a preventive step for *Pitta Dosha Vikara*.

2. *Hitkar Ahara – Vihara:*

Pitta Dosha pacifying food is indicated in treatment protocol. The food which is *Satva Pradhana*, is freshly prepared and consumed in stipulated quantity in accordance to ones *Abhyavaran – Jarana Shakti* tends to protect the digestive fire and thereby pacify the *Dosha*. Consumption of Ghee, *Go Dugdha*, *Swadu Sheet Bhojana* is advocated. In *Pitta* pacifying *Vihara* one should take cold showers, reside in cold moonlight at night, anointing the body with *Sheet Virya Dravya* paste, listen to pleasant music, use pearls, jewels, flower garland and fragrances of mild sweet refreshing fragrances. Here the *Pitta Dosha* is related to Mind - Gut axis hence the mental as well as emotional wellbeing is to be managed.

3. *Aushadhi – Karma:*

Ayurveda classics had mentioned various drugs in the treatment of respective diseases. Here the *Pitta Avastha* of these diseases are mentioned and accordingly the drugs are indicated. *Acharya* had mentioned use of various single drugs as well as formulations which are herbal and herbo-mineral. *Pitta* pacifying single drugs can be listed as, *Sariva*, *Usher*, *Chandana*, *Shatavari*, *Amalki*, *Amruta*, *Yashti*, *Nimba*, *Kumari*, *Taruni*, *Maka* etc. here this are *Sheet Virya* drugs and can be used locally as well as internally in *Pitta* conditions. Various forms of these single herbs can be used according to the *Avastha* and ease of medication. *Pitta* pacifying formulation which can be use in day to day practice can be listed as, *Avipittikar Churna*, *Kamdudha Rasa*, *Sootshekhar Rasa*, *Triphala Churna*, *Chandanasava*, *Usheerasava*, *Pravala Panchamruta Rasa*, *Mahatiktak Ghruta*, *Panchatiktak Ghruta* etc. this formulations can be indicated in various *Pitta* disorders and can exhibit significant *Pitta* pacifying activity.

Along with *Shamana Chikitsa*, we can indicate *Shodhana Chikitsa* for *Pitta* conditions. *Karma* such as *Vamana*, *Virechana*, *Raktamokshana* and *Basti* can be implemented in such conditions. Also *Shirodhara*, *Shirobasti*, *Nasya*, *Dhopana* etc. can be undertaken for pacifying *Ushana Tikshana Guna* of *Pitta Dosha*.

4. *Rasayana:*

It is the *Adravya* and *Sadravya* intervention ment for rejuvenation. Here *Achara Rasayana* of *Akrodha*, *Alobha*, *Asantapa*, avoiding *Irsha* etc. are *Manas Bhava* which are to be observed and followed for keeping the *Pitta Dosha* balance. Use of *Mani - Mantra* for emotional and mental stability is also stated in texts. *Rasayana* in medication form are also mentioned which are as follows, *Kushmanda Rasayana*, *Narikela Khanada*, various types of *Ghruta*, *Dhanyakadi Hima*,

Inference:

Balancing *Pitta Dosha* requires a thoughtful approach that embraces cooling, calming, and stabilizing measures in diet, lifestyle, and herbal support. By following Pitta-pacifying *Upakrama*, one can prevent inflammation, digestive issues, and emotional irritability, while promoting clarity, focus, healthy skin, and digestion.

The balance in body humors and *Dhatu* is stated as health by Ayurveda. Knowing ones *Prakriti- Dosha* makeup and *Vikriti- Dosha* imbalance/vitiation is essential for maintaining sound health. If Pitta is dominant *Dosha* or currently aggravated, adopting these *Upakramas* can help one restore inner harmony and well-being.

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