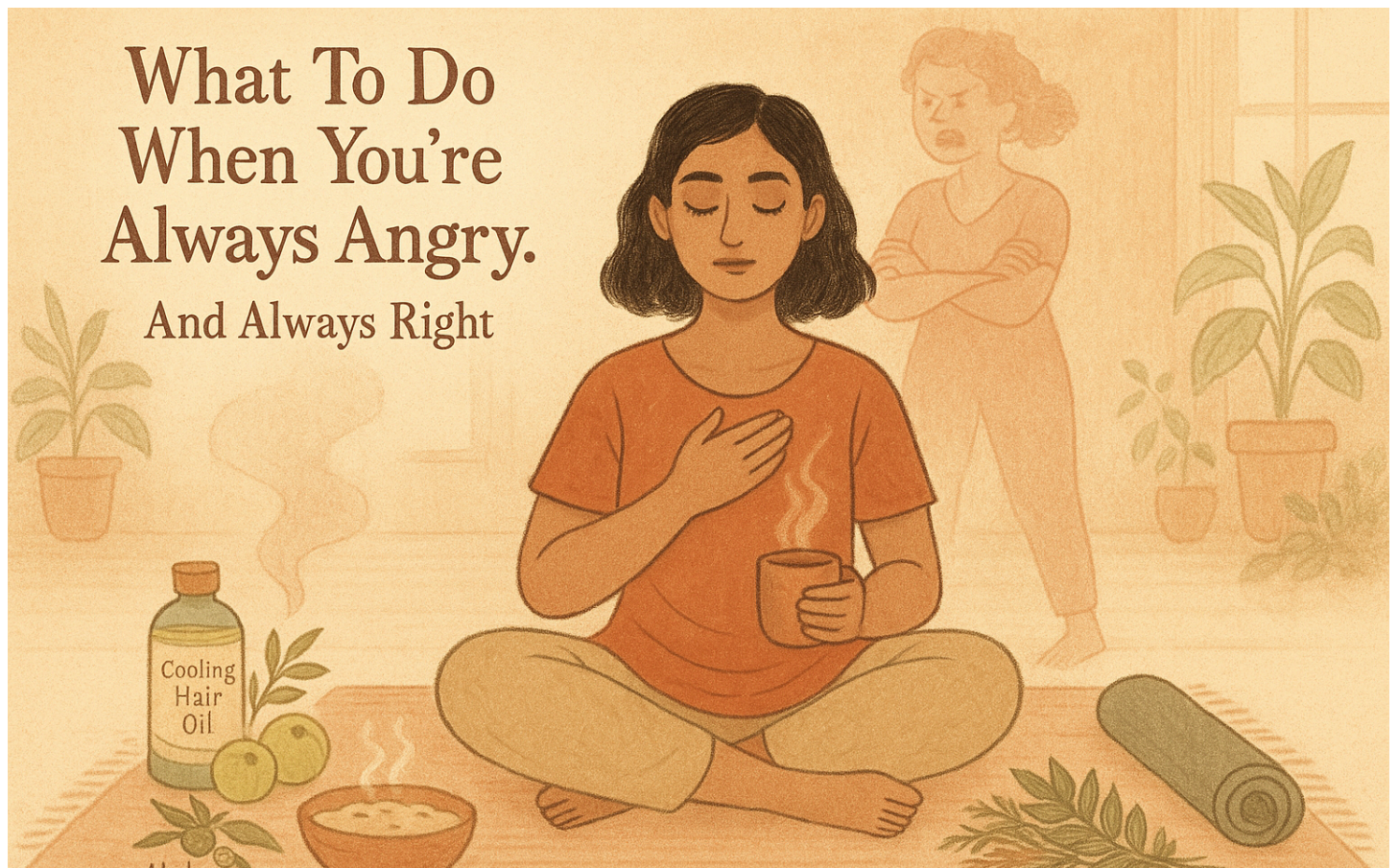


# 🔥 What To Do When You're Always Angry. And Always Right.

*A 10-step Ayurvedic guide for perfectionists & ragers*



Some of us are born with fire. We get angry quickly. We correct people quickly. We are sarcastic and cutting in our speech. We react to everything strongly and sharply

We also try hard. Aim high. And hate wasting time.

We are the doers, the drivers, the goal-chasers. We call ourselves Type A. We wear the perfectionist badge with pride.

But here's the truth: when this fire tips out of balance, it begins to burn *us*.

In Ayurveda, this fire is called **Pitta Dosha**. And when it goes out of control, we don't just rage at others. We also rage at ourselves.

This guide is about calming that fire—so you can show up as your strongest, most radiant self.

## 1. Cool the Head with the Right Hair Oil

In Ayurveda, the head is a primary seat of Pitta. It receives sunlight, processes mental heat, and gets overstimulated with eye and brain work.

Daily or near-daily scalp oiling is recommended to calm the head. This isn't just about hair growth—it's about keeping the brain cool and balanced.

👉 Use a **Pitta-balancing oil** with herbs like **Amla, Bhringraj, Vetiver, and Devadaru** to calm the mind.

**From the Krya range:** Try the [Krya Classic Hair Oil](#) (if you have premature greying) or the [Krya Classic plus hair oil](#) (if you have hair thinning)

## 2. Eat on Time. Especially Lunch.

Pitta is most active between 10 am and 2 pm. If you skip or delay your lunch, you spike your internal heat.

This leads to irritability, hyperacidity, and emotional outbursts. Eating lunch *on time* and making it your heaviest meal stabilizes Pitta.

👉 No skipping. No late, heavy dinners.

## 3. Don't Over-Snack or Eat Without Hunger

When you eat without real hunger, you trigger unproductive digestive fire. This unsettles Pitta and leads to emotional turbulence.

👉 Listen to your body. Don't snack out of boredom or anxiety.

## 4. Avoid Pitta-Aggravating Foods

Too much **sour, salty, spicy, fermented, or oily food** throws Pitta off balance.

👉 Reduce pickles, cheese, chips, overly sour fruits, and too many condiments. All processed foods are high in salt and citric acid which both aggravate Pitta dosha. Balance your plate with mildly sweet, cooling, fresh foods.

## 5. Choose the Right Kind of Leisure

If you're naturally competitive, avoid leisure activities that stoke that fire.

👉 Skip the high-stakes games. Choose solo or creative activities which are non competitive instead: gardening, art, journaling, crafts. These help Pitta release.

## 6. Add Yoga, Meditation, or Pranayama

Especially in the evening. These practices help you become aware of when and how your anger spikes. Awareness helps dissolve reaction.

👉 Add a cool down practice. Ask your yoga teacher for cooling pranayama practices and meditation.

## 7. Bathe with Pitta balancing, Cooling Herbs

Pitta also builds up in the skin. You may feel heat, prickling, redness, or breakouts.

👉 Bathe with **skin-soothing herbs** like **Neem leaf & bark, Vetiver, Anantamula, Amla**, and more.

**From the Krya range:** Try [Krya Classic Body Wash](#) (mildly pitta imbalanced, mild body odour) or [Classic Plus Body Wash](#) (strong pitta imbalance + strong body odour)— both use Pitta-balancing skin herbs.

## 8. End the Day With a Ritual Wind-Down

A restless mind, overactive senses, and screen fatigue disturb sleep—and worsen Pitta.

👉 Create a daily wind-down zone: dim lights, gratitude journaling, quiet music, no stimulation.

## 9. Add a Nightly Padabhyanga (Foot Oil Massage)

This grounds both Vata and Pitta. The eyes—the organ of Pitta—are cooled through the feet.

👉 Apply a few drops of oil on your soles before bed and massage your feet well before sleep. Helps calm nerves and support restful sleep.

**From the Krya range:** Try [Krya Classic Abhyanga Oil](#) for body + foot use.

## 10. Use a Weekly Hair Mask with Cooling Herbs

When you leave a cooling, Pitta-balancing mask on the scalp for 45 minutes, the effect goes deeper than just the hair.

👉 Use masks with **Amla, Bhringraj, Vetiver, Manjishta**, and similar herbs. They cool the scalp, soothe the nerves, and deeply reduce accumulated heat.

**From the Krya range:** Try the [Krya Classic Hair Mask](#) (greying) or [Krya Classic plus Hair Mask](#) (hair thinning)

## We don't have to shout to get our way

When Pitta is in balance, you're not less driven. You're just *more graceful and thoughtful* in that drive. You have access to clarity, courage, focus, discernment, and radiant energy.

You show up strong—but also wise and grounded.

And that's the kind of fire that transforms.

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### ◆ About the Author

[Preethi Sukumaran](#) is the co-founder of [Krya](#), an Ayurvedic skin, hair, and home care company rooted in classical Indian wisdom. An alumna of IIM Calcutta and a lifelong student of Ayurveda, Preethi is passionate about making ancient wellness rituals practical, joyful, and deeply transformative for modern lives.

Through Krya, she has helped over 2 lakh users rediscover the power of traditional routines—from hair oiling and abhyanga to Ayurvedic home care and mindful seasonal living.

Her writing and products are crafted with the same intention: to help you heal gently, live consciously, and remember the wisdom your body already knows.

🌿 Learn more at [www.krya.in](http://www.krya.in)

✉️ For free product recommendations, DM “Hair” or “Skin” on Instagram [@kryagoodies](#)