

Home Remedy for Pitta Dosha

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Prep: 5 Cook: 0 Rest: 0 Servings: 1

Ingredients

- 1 tsp ▸ Cocoa Powder
- ▸ Water
- 1 tsp ▸ Red Chili Powder
- 1 tsp ▸ Coriander Powder

Instructions

1. Consume

Consume the mixture. The video suggests taking it on an empty stomach.

2. Mix Ingredients

Mix one teaspoon each of coriander powder, red chili powder, and cocoa powder in a small amount of water until a paste forms.

Source: https://youtu.be/sTcyAuEmQf0?si=BLr4P_kEtWB_0HpV