

Stay Cool This Summer With Ayurveda

Betty Brown, NAMA Certified Ayurvedic Practitioner, RN

Summer is Pitta Season

In Ayurveda, the seasons and the doshas correspond with each other. There are three seasons each year, each represented by the three doshas, vata, pitta and kapha.

To have a better understanding, we begin by getting to know the 5 great elements of the universe, the pancha mahabhutas: ether, air, fire, water & earth. Each of these elements has qualities that define them.

Ether (Aakash): light, clear, subtle, cold, inert, dry

Air (Vayu): light, dry, rough, mobile, cold

Fire (Agni): hot, sharp, liquid, oily, penetrating, light

Water (Apas): cool, stable, heavy, moist, smooth, gross, flowing, dull, cloudy, and soft.

Earth (Prithvi): slow, wet, sticky, dense, heavy, thick, smooth

The three doshas correspond with a pair of elements:

Vata = ether & air

Pitta = fire & water

Kapha = earth & water.

The three seasons are represented by the three Doshas, vata, pitta and kapha. The qualities of the pair of elements associated with each dosha are expressed in nature and within our bodies.

Vata season is in the fall/winter when it is cold and dry.

Pitta season is in the summer when it is hot.

Kapha season is in the late winter/early spring when it is cold and wet.

As the outdoor temperature rises, you may experience a rise in your internal body temperature too. If you tend to feel cold often and have a vata-dominant body type, this change might be pleasant for you. However, if you are a pitta-dominant individual who frequently feels hot, summertime can be quite challenging.

When the weather gets hotter, our body temperature also increases. This can cause an imbalance in our fire element, leading to a pitta imbalance within ourselves.

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All information provided is for educational purpose. Please consult with your medical professional before making any dietary or lifestyle changes.

What are the common signs of pitta imbalance in the physical and emotional body?

Anger
Irritability
Heartburn
Smelly Gas
Loose Stools and Diarrhea
Hyper-acidity
Inflamed & Sensitive Skin
Sunburn
Oily Skin
Acne
Red eyes
Headaches/Migraines
Inflammatory Diseases (conditions ending in “it is”)

Balance Pitta Dosha

Start by understanding yourself. Take time to notice if your inner fire is creating an imbalance. Take my [Ayurvedic Mind-Body Assessment](#) to discover your Ayurveda Mind-Body type and your current state of imbalance.

Then consider the three recommendations below to help keep pitta in balance all summer long. If you are new to Ayurveda, don't overwhelm yourself and try to incorporate everything. Start slow and implement 1 or 2 recommendations and then build upon your success.

1. Daily Rhythm to Balance Pitta

Living our day with a foundational and supportive daily routine offers us a sense of grounding, stability, and opportunity for our body to rejuvenate.

- Wake up and go to sleep at the same time each day. Ideally, it's best to wake up before sunrise and go to sleep no later than 10pm.
- Eliminate upon rising.

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- Allow time and space to meditate. Start your morning by calming your nervous system with grounding meditation, pranayama, prayer, or quiet reflection.
- Drink warm water first thing in the morning. Add fresh squeezed lime or lemon juice.
- Eat your meals at the same time of day to support your digestion.
- Infuse mindfulness throughout your day. This can be as simple as taking 3 deep breaths several times a day.

2. Eat to Balance Pitta

- Favor sweet (not sugary), astringent & bitter tastes. Eat an abundance of fresh greens such as kale, spinach, swiss chard, and dandelion greens to help purify and cool the body.
- Favor sweet juicy fruits such as fresh berries, peaches, sweet apples, watermelon over sour fruits. Sour fruits have a tendency to increase the heat in the body. Favor meats that are less heating such as white meat in poultry and freshwater fish.
- Include cooling herbal allies in your diet such as peppermint, cumin, cardamom, dill, coriander, and fennel. Reduce or avoid spicy herbs such as cayenne pepper and black pepper.
- Hydrate with plenty of water and cooling coconut water. Create natural electrolyte drinks by adding 2 tsp fresh lemon or lime juice + pinch of salt + 2 oz inner fillet aloe vera juice to 14 oz of water.
- Reduce or eliminate caffeinated beverages.

3. Move to Balance Pitta

- Exercise during the cooler part of the day, early morning or evening, and avoid exercising during the hottest time of day, 10am -2pm.
- Try yoga practices that are gentle and restorative.
- Exercise in nature. Walk near a body of water, under a canopy of trees or next to a green field to feel cool and calm.

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Do you want to deepen your Ayurvedic practice or learn more about how Ayurveda can help support your wellness?

I am happy to talk with you. I offer free 30 minute introductory consultations. Reach out to me by email at betty@bwellayurveda.com

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