

## ***Ayurvedic Tips to Stay Cool and Healthy This Summer***

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**Summer**; also referred to as **Greeshma ritu**, is the time when the sun rays become powerful and **Pitta dosha** gets imbalanced. So when everything heats up outside, the best way to stay healthy is to cool down inside; i.e. mentally, physically and emotionally. Because summertime is Pitta season, and excessive heat outside gets it imbalanced; and it can be seen in our emotions as anger & impatience and in our body as sweating, ruddy, sensitive skin, acne etc. In such high times, Ayurvedic Pitta calming and balancing tips can help you to stay cool, calm and healthy in summer. So, follow these easy tips to pacify Pitta and enjoy wonderful summer:

**Eat sweet, bitter and astringent foods:** As sweet foods will pacify your nervous system and as well will replenish your tissues; while the bitter foods will cleanse your digestive tract and tone up your organs and astringent foods will absorb water and tighten your tissues. So eat fruits and vegetables including; grains, nuts, dates, lettuces, spinach, aloe vera, asparagus, legumes, pomegranates, cucumber, melons, butter, ghee etc.

**Stay Hydrated:** Consume or drink lots of water throughout the day to restore the lost moisture due to excessive heat and to flush out toxins as well. But do not drink iced beverages and especially during meals as it will extinguish digestive fire and affect digestion. Go for herbal teas and coconut water.

**Eat meals at right time:** To keep your Pitta balanced, eat your main meal in the middle of the day, when digestive fire is the strongest. Skipping lunch will upset your Pitta and also affect your mood.

**Coconut Oil or Brahmi Oil Abhyanga:** Just as coconut water, coconut oil is also soothing for skin in summer. Go for Coconut Oil Abhyanga half an hour before taking a shower or going to bed. Massaging your scalp or soles of feet with Brahmi, Coconut or Bhringaraj Oil before sleeping, encourages sound sleep. And this also protects and nourishes your skin. You can also go for a fruit or vegetable mask once in a week to nourish your skin.

**Adopt Self-care Techniques:** Make it a routine to wash your feet before going to bed in summer. It would soothe and cool down the heat. Take a 10-15 minute walk early morning. The gentle and calm rays of sun will stimulate 'Sadhaka Pitta'; a mood lifter like serotonin and melatonin, according to Ayurveda.

**Practice Meditation:** Summer or Pitta season can raise frustration and anger, so consider tools to eliminate anger. Start your day with soothing and calming meditation and do not go for strenuous exercises; or you can also practice some conscious breathing exercises to cool down or some light exercises like yoga, walking and best of all swimming.



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By observing these little and easy summer cures and with a little care, you can balance your transition from exuberance of spring into ease of summer. So these Ayurvedic tips by **Apurva Ayurveda Healing** will help you to beat the heat and make your summer an Ayurvedic Summer and as well will improve your health; mentally, physically, emotionally and spiritually.