



Pitta Season

Working or playing outside in the hot sun, a heat radiates outward through the pores, as bodies sweat, responding to the elements of Pitta season. Pitta is a combination of fire and water. Summer time atmosphere on the east coast of the USA is pitta season. A deep breath of humid air can feel like breathing in hot lava. There is an increase of aggression and violence in the cities - high pitta induces anger. And hard working people itching to leave the office, want to cool off their heavily focused minds, a break from the hot electronic screens, and relax with a drink, (though so frequently choosing a toxin for this time like heating liquors). Without awareness of the ecstasy which comes from balancing gunas, from dancing with Nature's rhythms, so often we reach for

substances that further tip the scales. The saying goes, like attracts like, and opposites heal.

Pitta is oily, hot, sharp, fermenting, spreading, liquid, that is light and bright in quality. Like red blood, fast comprehension, acidic digestive enzymes and bile, we all contain pitta dosha in our bodies. However excess of that food, exercise, or lifestyle which contains these pitta qualities, leads to illnesses that also often express these kinds of qualities in the body.

To name a few:

- itchy red burns, rashes, and red pimples
- bleeding conditions of all kinds
- inflammation of gums, intestinal linings, glands, joints, and so on.
- acid indigestion and reflux
- obsessive compulsion, anger, judgement, criticism, and jealousy
- weakened eyesight, yellow eyes, jaundice
- diarrhea
- fevers

- some types of migraines and headaches
- infections and blisters
- foul smelling sweat

... and the list can go on, but you get the picture. How does the heat of summer feel in your body? It is possible that you do not feel any of these symptoms until the end of the season, upon season's change when the excess dosha has built up for some time. Or perhaps you feel a slew of other symptoms. Ayurvedic doctors and practitioners always treat "what is", the patient or client's vikruti; and there is far more to affect the body-mind than simply season alone. However, a relatively healthy individual, especially with strong pitta in the constitution, will still tend toward pitta type of reactions to this weather. Ayurveda says to treat with opposites; opposites heal. To counteract the oily, hot, sharp, fermenting, spreading, sparkly light fire and water elements, we need substances which are dry, cool, dull/slow acting, fresh, congealing, soothing and grounding. *Note that in some rare cases, like in some fevers, would we treat heat with heat, as to make the body react with sweat.

Below you will find some recommendations and recipes to enjoy which balance the qualities of pitta dosha through application of healing opposites:



BATHTIME

Try warm or luke warm water with rose petals or even cool water on the head. Find a cool river and take an outdoor swim. Bask in the light of the moon.

YOGA

The so-often-forgotten, *moon* salutations, along with deep relaxing savasana and child's pose, where the head touches the cool earth. Release heat from the mid-section with back bends and side bends cooling restoratives like *suptabadhakonasana*.

FOODS

Favor fresh, cooling, and hydrating foods with sweet, bitter, and astringent tastes like plenty of fresh fruits and vegetables, cucumbers, melons, dark leafy greens, fresh berries, mint, coconut, light cooling grains like amaranth and quinoa, a little salt to replenish the sweat but not excess salt (as that is heating). Fresh juices and homemade limeade with a pinch of salt for electrolytes. Reduce excess sour and pungent tastes.

RECIPE GIVEAWAY

A good liver cleansing cooling tea to stay hydrated all day could be a benefit in pitta season. It can be drank room temperature, not around meals. This liver cleanse tea is from Rosemary Gladstone's book, *Herbal Healing for Women*, though this tea is good for all genders.

1 part yellow dock root

2 parts wild yam root

1 part dandelion root

1 part oregon grape root

2 parts burdock root

1 part vitex (chaste berry)

Cinamon, ginger, sasafras, and orange peel to taste.

Visit your local herb store or herbalist, get creative with these proportions, and enjoy!