

Editor's Note

Dear Readers,

Living beings are highly influenced by turmoil, munificence or mundane happenings of nature. What occurs in the macrocosm is replicated in the microcosm. Water, noise, air pollution or natural changes in weather, the circadian rhythm or even interaction and habits of family members all impact us in numerous ways.

Climate, with other factors dictates people's preferences. For example, when the weather is hot, people prefer staying in parks, visiting beaches or spending time in cool atmosphere. Clearly, weather sends us signals to improvise our lifestyle and dietary inclinations. Ayurveda lays down elaborate description of seasonal and daily routine which, when adopted, enables us to achieve perfect health, prevent diseases and also to enjoy life to the utmost.

With summer nearly upon us, certain adjustments are necessary in the Ayurvedic lifestyle to accommodate the body in the warmer months. In this newsletter we will discuss some tips to beat the heat this summer.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

BEAT THE HEAT

Summer is the season of Vata and Pitta. Heat abounds and we must help our bodies cope with the warmer weather. The sun takes away the strength of the people and the cooling qualities of the earth. It is the debilitating period.

Here are some things you can do to adjust to the scorching days of summer.

Summer Routine

1. This is the time of year to conserve your energy. Leisurely activities are best.
2. Keeping the body cool is recommended, as overheating can cause a Pitta imbalance, So take bath with normal water and anoint the body with sandal paste.
3. Rest and relaxation are in order. This is a great time for the typical "summer vacation".
4. One can take a nap during the day since nights are shorter in summers. But nap is generally prohibited in other seasons, except in certain health conditions.
5. Sleep for 7 – 8 hours at night.
6. Surround yourself with calming soft colors and fragrances.
7. Take extra care of your feet, as warm weather shoes tend to leave feet cracked and dry. You can apply sesame oil to the feet daily. Oil application to the feet, not only relieves cracks, numbness or pain in feet but also improves eye sight.
8. Wear natural fibres such as cotton to allow your skin to breathe. Prefer to wear light color dresses like yellow, light blue or green or pink. These colors help to calm Pitta.
9. One can wear pearl pendant or ring. Pearl helps to pacify Pitta.
10. Exposure to too much sun or too much exertion should be avoided.
11. Protect yourself from sun. Do not go out during the hottest time of the day.
12. Do not overdo anything – avoid over work, over strain or excess exercise.
13. Use suitable creams and oils on the body to prevent damage to the skin due to excess heat. One can use Aloe Vera gel for the face and apply coconut oil or ghee or ksheerabala oil for the body.
14. Place a piece of cucumber / potato or cotton dipped in rose water on the eyes. As eyes is the seat of Pitta, this helps to relax and rejuvenate the eyes.

Summer Diet

1. Eat cool, soft foods like fresh fruit juices or coconut water or sugarcane juice.
2. During summer, as the day time is longer, stomach should not be empty, therefore, three or four helping of semi solids / fluids / fruits.
3. Reduce excess hot and acidic foods like tamarind, sour yoghurt / curd, sour buttermilk, chilies, and vinegar.
4. Reduce excess alcohol, as this dehydrates the body.
5. Keep hydrated with plenty of water. It is advisable to drink water from a mud pot.
6. Include buttermilk, fresh fruits and juices, salads, melon, squash, cucumber, peppermint, coriander, cardamom, fennel, anise.
7. Take timely meals.

PRODUCT OF THE MONTH – KSHIRABALA OIL

Ingredients – Milk, Bala (Sida cordifolia), Sesame oil as base.

Benefits - Used for general wellness and strength.

Indication – It can be used for moisturizing the body after bath. Generalized weakness of body after chronic disease Diabetic neuropathy where burning sensation and pain in limbs are present Muscular



chronic disease, Diabetes neuropathy, where burning sensation and pain in limbs are present, muscular atrophy, Paraplegia, Facial paralysis, Disorders of Pitta and Vata dosha.

For more on this product please [click here](#)

RECIPE OF THE MONTH - PANAKAM



Ingredients - Water – 1 ½ cups, Powdered Jaggery – ½ cup, Cardamom powder – a pinch, Dry ginger powder- ½ tsp, Lemon juice - 1 tbsp

Method of preparation - Soak jaggery in 1 ½ cup water for 15 minutes. Filter it to remove impurities. Add lemon juice, dry ginger powder, cardamom powder and mix well.

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