



My Pitta is Sizzling in the Summer

What is pitta and why does it sizzle? Pitta is one of the three basic constitutional varieties found in Ayurveda, a holistic system of health. Generally, we are all different and what is helpful for one person may be harmful to another. Each of the three basic types has its own season to shine and the summer months are pitta season.

Think of summer and you have a basic concept of pitta. The summer weather is hot and it is a time of intense passions and dreams. Seeds are planted and then transformed into beautiful flowers, fruits and vegetables. The climate is humid which is a diffusing of moisture, similar to the sweating we do in hot weather.

The pitta individual has both spiritual and physical characteristics. The pitta individual is passionate, mentally focused and takes direct action to meet goals. These are great qualities. However, if one becomes too caught up in goals, one may become controlling and burnout with workaholic tendencies. Physical signs of too much pitta may manifest as acid reflux, rashes, acne and waking during sleep.

Knowing the pitta constitution is useful because awareness of our natural strengths and challenges allow us to take steps to balance our good qualities. Ayurveda uses lifestyle techniques to fully balance an individual and get to the source of the issue.

All body types can enjoy the drive, passion and sizzle of pitta in the summer. You are in for a great ride. Just beware of pitta overdrive and overheating. It may be necessary to pull back the intensity. It is helpful to remember that goals and physical acquisition do not rate our worth and that the approval pitta seeks with those things can be found in loving connections and relationships. Physically, try to exercise in the cool morning and avoid spicy, salty and oily foods. Being conscious of an issue greatly enhances one's ability to resolve it.

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