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Editorials:**AYURVEDA & SUMMER SEASON**

In Ayurveda, summer is considered the Pitta season, characterized by heat, intensity, and dryness. It's important to balance Pitta dosha during this time to maintain overall well-being. Cooling foods like cucumber, watermelon, and coconut water are recommended, along with staying hydrated and avoiding excessive sun exposure during peak hours. Additionally, practicing calming activities such as meditation and gentle yoga can help keep Pitta in check during the summer months.

Herbal Remedies: Incorporate cooling herbs and spices into your diet, such as coriander, fennel, mint, and cilantro. These herbs help balance Pitta and support digestion. Practice Pranayama: Cooling breathing exercises like Sheetal and Sheetkari pranayama help reduce body heat and promote relaxation.

Manage Stress: High levels of stress can exacerbate Pitta imbalances. Practice stress-reducing techniques such as meditation, yoga, and mindfulness to stay calm and balanced during the summer months.

By following these Ayurvedic principles, you can support your body's natural ability to stay cool, balanced, and healthy during the summer season.

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