



AYURDA

# Guide to Summer Wellness

Ayurvedic tips, products and recipes to keep you cool and healthy during the warm summer months.



ayurda.com



# Summer through an Ayurvedic lens

In Ayurveda, which is an ancient system of medicine originating from India, the seasons play a significant role in determining an individual's health and well-being. Each season is associated with specific qualities and dosha (bio-energetic principles) predominance, and it's believed that aligning one's lifestyle and diet with the seasonal changes can help maintain balance and prevent imbalances or illnesses.

## *Here's how summer affects Ayurvedic health*

**Increase of Pitta Dosha:** Summer is associated with the increase of the Pitta dosha, which is composed of the elements fire and water. Pitta is responsible for metabolic processes, digestion, and transformation in the body. When in balance, Pitta promotes intelligence, understanding, and a balanced body temperature. However, an excess of Pitta can lead to symptoms like acidity, inflammation, irritability, and skin issues.

**Hot and Dry Qualities:** Summer is characterized by hot and dry qualities. This can lead to an increase in the body's internal heat, potentially causing dehydration, skin sensitivity, and digestive issues. It's important to stay hydrated and to incorporate cooling foods and practices into your routine.

## *Recommendations for Summer in Ayurveda*

**Diet:** In summer, it's advised to favor foods with cooling properties such as cucumbers, watermelon, mint, coconut, and coriander. Avoid or minimize spicy, oily, and heavy foods, as they can exacerbate the heat.

**Hydration:** It's crucial to stay well-hydrated in the summer to counteract the drying effects of the season. Drinking room-temperature water is preferable over cold water. Herbal teas like mint or chamomile can also be beneficial.

**Daily Routine (Dinacharya):** Wake up early in the morning, ideally before sunrise, to take advantage of the cooler hours. Practice self-care routines like oil massage (abhyanga) using cooling oils like coconut or sunflower.

**Exercise:** Engage in gentle, cooling exercises like swimming, walking in the early morning or late evening, and yoga postures that promote flexibility and release heat.

**Avoid Excessive Sun Exposure:** While some sun exposure is beneficial for obtaining Vitamin D, excessive exposure during the hottest parts of the day can lead to overheating and dehydration.

**Mental Well-being:** Engage in calming activities like meditation, pranayama (breathwork), and spending time in nature to balance the increased heat and potential for irritability.

**Sleep:** Ensure you get adequate restful sleep. Avoiding stimulants and heavy meals close to bedtime can support better sleep quality.

Remember, Ayurveda is a holistic system of medicine, so it takes into account individual constitutions (prakriti) and imbalances (vikriti) when making recommendations. It's always advisable to consult with an Ayurvedic practitioner for personalized advice tailored to your unique constitution and any specific health concerns you may have.

This season is dominated by:





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Our expert recommends a range of Ayurda products to help counter a variety of concerns we face during this season.



## *Summer routines*

# TIME TO ADJUST YOUR DAILY ROUTINE

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The differences in seasons will always affect us in some way, so below are some regimes all of us should try to do to help keep our body in balance during summer. According to Ayurvedic principles, Pitta intelligence is easily aggravated during the warmer seasons, and if you don't acknowledge its dominance, this can then affect each individual in a negative way.

### 1. Walking on green grass

Every morning, walk barefoot on the green grass, this helps to balance the Pitta intelligence, which plays an important role in stabilising the pituitary gland and pineal gland process. This will help to keep heat from affecting the eyes, calm the nervous system and remove excess heat from the blood.

### 2. Eye Care

Soak eye pads with Pure Rose Water. Place on the eyes and leave for two minutes. The put two drops of rose water in each eye. Do this twice a day. This helps to counter dry, itchy and red eyes.

### 3. Deep breathing

In the warmer seasons your breathing gets affected by the warm, humid weather and allergens such as pollen, these hamper the free flow of prana in the channels, leaving you feeling tired and sluggish - impacting the nervous system. This in turn leads to mental fatigue and disturbed sleep. Take 10-15 long, deep and slow breaths, at least 3-4 times a day, particularly between the hours of 2pm and 6pm.



## Dr. Ajit's Recommended Products

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### SUMMER SPICE MIX - 100g

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This summer spice mix is a flavourful blend of herbs like turmeric, coriander, cinnamon and ginger which not only add a dash of spice to your food but also offer numerous health benefits. It supports and aids the digestive process by helping to minimise the release of toxins from food and also flushing out the built-up toxins from the gastrointestinal tract. Make food your medicine with this unique blend of herbs and spices. Used in cooking it will help to minimise the release of toxins from food during the digestive process. It will also help to flush these toxins out of the gastro-intestinal tract, preventing them from accumulating in the body.



USUALLY \$18.00  
**NOW**  
**\$14.40**

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### HERBO-VIT - 400g

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Herbo-vit is a nourishing Ayurvedic drink mix enriched with herbs such as Amalaki, Haridra and Shatavari, that helps support a healthy immune system and promote overall wellbeing. While Amalaki and Shatavari are known to be excellent adaptogens and immunity builders, Haridra is believed to help rebuild and repair muscles. Herbo-vit is suitable for all age groups and may help to develop stamina and vitality when consumed regularly, making it a great addition to a healthy diet.



USUALLY \$38.00  
**NOW**  
**\$30.00**

**BUY NOW**

# A REFRESHING SUMMER YOGHURT DRINK

### Ingredients:

1/2 cups	natural plain yoghurt
1 tsp	roasted cumin powder
1 small	ginger - approx. 1 inch
A handful	of fresh coriander leaves, chopped
1 tsp	freshly ground black pepper
1/2 tsp	rock salt (adjust to taste)
1 cup	water
+	fresh coriander leaves, for garnish

### Instructions:

#### Pre-preparation -

Start by roasting cumin seeds in a dry pan until they release a rich aroma. Let them cool down and then grind them to make roasted cumin powder. You can use mortar or pestle or a coffee grinder. Peel the ginger and chop the fresh coriander leaves.

#### Preparation:

1. In a blender, combine the plain yogurt, roasted cumin powder, grated ginger, chopped coriander leaves, black pepper, and rock salt.
2. Blend the mixture until it's smooth and well combined. You can adjust the consistency by adding more or less water, depending on your preference. If you like a thinner drink, add more water.
3. Taste the drink and adjust the seasoning if needed. You can add more rock salt or black pepper according to your taste.
4. Once you're satisfied with the taste, refrigerate the drink for about 30 minutes to cool it. This will also allow the flavours to develop

#### How to serve

Before serving, give the drink a good stir. Pour the drink into glasses and garnish with a sprig of fresh coriander leaves and enjoy!

Remember, you can adjust the quantities of the ingredients to suit your taste preferences. Never drink a yoghurt drink in the evening or with dinner.





# Yoghurt drink - A favourite for mid-day summer meals

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This savoury drink with ingredients like coriander, mint, ginger, roasted cumin, and black pepper can offer several Ayurvedic benefits, especially during the summer season. This is a popular Indian drink made from yoghurt - aids digestion and is abundant in nutrients like calcium and protein. It's loaded with probiotics that support gut health, and combined with potent spices like ginger and cumin, is particularly good for warding off gas and bloating. It has been used for centuries as a good probiotic drink, particularly for digestion and overall well-being. Here are some of the key Ayurvedic benefits of adding this to your mid day meal! Here are some key benefits:

- 1. Aids Digestion** - Because it contains yoghurt, it has beneficial probiotics that support a healthy gut. These probiotics assist in digestion, promote the growth of beneficial gut bacteria, and can help alleviate issues like bloating, gas, and indigestion.
- 2. Cooling Properties** - This drink is usually consumed during hot weather due to its cooling properties. It helps balance excess heat (Pitta) in the body and can provide relief from symptoms of heat-related discomfort, such as irritability, acidity, and skin inflammation.
- 3. Hydration** - This is a hydrating drink, and during the hot months, staying hydrated is crucial for maintaining overall well-being. The yogurt base, along with any added water, can help replenish fluids lost through sweating.
- 4. Nutrient Absorption** - Ayurveda places importance on optimal digestion to ensure the body effectively absorbs nutrients. The probiotics in this drink can aid in nutrient absorption, helping you get the most out of your meals.
- 5. Balancing Doshas** - Depending on the ingredients used, this drink can help balance different doshas (Vata, Pitta, Kapha). For instance, if you're using cooling ingredients like mint and coriander, it can be particularly beneficial for reducing excess Pitta.
- 6. Satiety** - This can be a satisfying drink that keeps you satiated between meals. This can prevent overeating and promote a balanced metabolism.
- 7. Supports Immunity** - The probiotics and nutrients can contribute to a stronger immune system by promoting a healthy gut environment. A well-functioning gut is closely linked to immune health.
- 8. Detoxification** - The natural probiotics and digestive properties can aid in detoxification by assisting the body in eliminating waste and toxins.
- 9. Mental Calmness** - The soothing and grounding nature of this drink can have a calming effect on the mind, helping to reduce stress and promote mental clarity.



# AYURVEDIC CUCUMBER MINT RAITA

### Ingredients:

- 1 cup plain yoghurt (preferably homemade or organic)
- 1 small small cucumber, grated
- 6-10 fresh mint leaves, chopped  
(you can use less or more as per your taste)
- ½ tsp roasted cumin powder
- A pinch of black salt (rock salt)
- A pinch of roasted cumin seeds (for garnish)
- + freshly ground black pepper, to taste
- + a few fresh coriander leaves, chopped (for garnish)
- Optional you can add a finely chopped green chilli

### Instructions:

1. Start by grating the cucumber. You can leave the skin on if it's organic and tender, or peel it if you prefer. Squeeze out any excess water from the grated cucumber.
2. In a mixing bowl, whisk the plain yoghurt until smooth. If the yoghurt is too thick, you can add a small amount of water to achieve the desired consistency.
3. Add the grated cucumber, chopped mint leaves, cumin powder, black salt, and freshly ground black pepper to the yoghurt. Mix well to combine all the ingredients.
4. Taste the raita and adjust the seasoning if needed. You can add more cumin powder or black salt according to your taste preferences.
5. Once the raita is well mixed, transfer it to a serving bowl.
6. To garnish, sprinkle a pinch of roasted cumin seeds and some chopped cilantro leaves on top.
7. Refrigerate the raita for a little while before serving. This will help the flavours meld together and make it even more refreshing.
8. Serve the Ayurvedic Cucumber Mint Raita as a cooling side dish with your meals. It can complement a variety of dishes and add a touch of lightness to your summer meals.





## Dr. Ajit's Recommended Products

### ROSE MIST – 100ml

*For eyes and skin*

Ayurda's Rose Mist is a multipurpose spray that uplifts your mood, rejuvenates your skin and acts as a basis for all face masks. Simply soak cotton pads in this mist and place them on your eyes to reduce signs of tiredness.



USUALLY \$29.95

**NOW**  
**\$23.96**

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### B-PURE – 100g

*Herbal blood purifier*

B-Pure is a powerful blend of antioxidant-rich Ayurvedic herbs like Manjistha, Bakuchi and Turmeric that are traditionally believed to provide relief from skin infections and detoxify the blood.

USUALLY \$30.00

**NOW**  
**\$24.00**

**BUY NOW**

### PITTA MASSAGE OIL – 500ml

*Calming and balancing*

Aids in relieving symptoms of Pitta imbalance such as inflamed joints and digestive issues like acid reflux, and heartburn. Soothes the effect on mind and body, supporting enhanced blood flow and improved circulation.



USUALLY \$45.00

**NOW**  
**\$36.00**

**BUY NOW**



### DERMATT 22 – 50g

*Skin care cream*

Dermatt 22 contains traditional ingredients which improve skin ailments and enhance skin health.

USUALLY \$25.00

**NOW**  
**\$20.00**

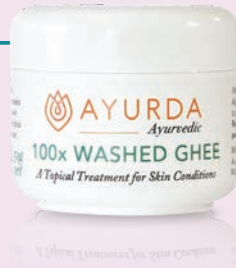
**BUY NOW**

Promotion ends - 15th February 2024, while stocks last.

## 100x Washed Ghee - 50g

### *For skin conditions*

Made by washing and titrating the Ghee in copper vessels 100 times produces a copper sulphate - known for its skin-cooling, anti-septic and anti-microbial qualities. Helps with the treatment of sun-burn and skin cancers.



USUALLY \$45.00

**NOW**  
**\$36.00**

**BUY NOW**

## PURE SILVER Serum - 50g

### *Purify and soothe skin*

Aloe Vera-based, fortified with Silver for its cooling and antimicrobial properties, ideal for acne-prone skin. Purify and soothe inflamed skin, reduce excess heat, for clear and glowing skin.



USUALLY \$89.95

**NOW**  
**\$71.96**

**BUY NOW**

## MIND EASE OIL - 30ml

### *Herbal memory booster*

A powerful supplement that can help to calm the mind, improve concentration and is perfect after a long, tiring day for a night of sound sleep.

USUALLY \$35.99

**NOW**  
**\$28.01**

**BUY NOW**



## EYE DROPS - 10ml

### *Relief to tired, dry eyes*

A gentle formulation prepared with herbal extracts of Rose and Tulsi, known for their powerful anti-inflammatory and anti-bacterial properties.

USUALLY \$15.00

**NOW**  
**\$12.00**

**BUY NOW**

## Dr. Ajit's Recommended Products



USUALLY \$49.50

**NOW**  
**\$39.60**

**BUY NOW**

## REJUVA-TON *60 Hard Capsules*

Too much pressure to achieve, accomplish and fulfill can easily impact on the Pitta intelligence and this leads to stress, frustration, anger and easily disturbs our mind and body balance. You may say this pressure is all year round, and this is true, but in summer these environmental factors aggravate Pitta more easily, and on top of that, if we keep eating foods which are too oily, are heating, fermented - like chips, pizza, burgers, peanut butter, coffee, chilli sauce and miso soup to name few - these all add fuel to the fire.

Rejuva-ton helps to keep the body and mind in balance, giving you the ability to better handle the seasonal stresses of summer.



USUALLY \$49.50

**NOW**  
**\$39.60**

**BUY NOW**

## DERMO GUARD *60 Hard Capsules*

During the summer, due to the excess heat, our blood PH levels can be easily affected, making skin more prone to break outs, while exacerbating issues such as eczema, dermatitis, psoriasis and acne. Even when you are managing skin health externally with topical treatments, it is also important to look after your skin from inside. Dermo Guard helps to purify your blood, helping to keep your skin healthy and bringing a healthier glow to it.

## LIVGOOD

### *60 Hard Capsules*

From an Ayurvedic perspective, one of the main issues in our modern lifestyle is having an incompatible diet. Summer brings brightness, enjoyment, parties and this can mean more alcohol, pizza, burgers, chips, sea food and barbecues - but this can also mean extra pressure on our biggest metabolic organ, the liver. Given the irresistibility of these temptations, it is very difficult to stop! Just keep in mind, that while you enjoy the summer, also be mindful to look after the liver and do your best to reduce the intake of incompatible foods. Also support this by taking Livgood 2 times a day to help protect it from the negative impacts of all such foods.



USUALLY \$49.50

**NOW**  
**\$39.60**

**BUY NOW**

## SINOCARE

### *60 Hard Capsules*

In spring and summer it's common for many of us to get a runny, itchy nose, a sore throat and itchy eyes due to pollen allergies which are more prevalent at this time of year. Sinocare will help to counter the affected systems and reduce the severity of such issues.

Sinocare contains herbs traditionally used in Ayurvedic medicine to support the respiratory system, and is a natural herbal remedy for the common cold, cough, sinus and hay fever.



USUALLY \$38.00

**NOW**  
**\$30.40**

**BUY NOW**



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*Ayurvedic*

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