

Your Guide to Managing Pitta-Based Stress with Ayurveda



Do you find yourself:

- Waking up suddenly in the middle of the night?
- Feeling unusually irritable or anxious?
- Noticing increased hair thinning or early greying?

These are classic signs of **Pitta-based stress**, a condition Ayurveda understands deeply. It occurs when the internal heat (Pitta dosha) builds up in the body due to food, climate, emotions, or lifestyle.

Ayurveda recommends small but powerful shifts to restore balance. Here's your guide.

1. Ahara (Food & Diet)

Balance your meals with cooling, nourishing foods.

Include ingredients like A2 ghee, amla, milk, ash gourd, and bottle gourd.

Cut back on excess spice, salt, sourness, cheese, and alcohol — all of which raise Pitta.

2. Avoid Peak Heat

Limit direct exposure to the sun between **9 a.m. and 3 p.m.**, when Pitta is naturally high. This simple step reduces internal heat and helps you feel calmer through the day.

3. Eat on Time

Stick to a consistent meal routine.

Eat breakfast by 9 a.m., lunch by 1 p.m., and dinner by 8 p.m.

Skipping meals or grazing constantly throws off Pitta digestion and can trigger acidity and irritability.

4. Simplify Your Day

Too much doing leads to overheating.

Pare down your task list, take breaks, and avoid over-scheduling.

This helps reduce mental pressure and prevents the anxious, driven feeling that Pitta excess often brings.

5. Support the Mind with Gentle Practices

Balance the inner fire with calming rituals:

- Gentle yoga or stretching
- A short gratitude journal before bed
- Gazing at the moon for a few minutes after sunset

These small routines help settle the nervous system and soften emotional heat.

6. Soothe & Refresh with a Herbal Bath

A pitta balancing herbal body wash like the [Krya Classic Plus Snana Choornam](#) helps reduce heat stored in the skin. This practice supports a better mood, reduces prickly heat or rashes, and leaves you feeling calm and light.

7. Nightly Foot Massage

End the day with a short **pada abhyanga** (foot massage) using a calming oil.

The [Krya Classic Abhyanga Oil](#), processed with Pitta-balancing herbs like amla and durva, is especially supportive.

Just a few minutes of foot massage can deeply relax the mind and improve sleep.

8. Gentle Scalp Oiling

Daily application of a few drops of a cooling Ayurvedic hair oil can help ground excess heat, calm anxiety & also improve your sleep quality .

The [Krya Harmony Hair Oil](#), made with Brahmi, Daruharidra & Amla, is a supportive choice for managing pitta based stress, hair fall, disturbed sleep, and a hot scalp.