

Breathe to Cool: 3 Calming Breaths to Soothe Pitta and Support Sleep

Why Cooling Breath? When summer heat or inner fire (Pitta) builds up, it can lead to restless sleep, irritability, or waking in the night. These three gentle Ayurvedic breathing techniques help calm the nervous system, release heat, and guide the body toward rest.

Sheetali (Cooling Tongue Breath)

How To:

- Roll the tongue into a straw shape (or purse your lips if you can't roll)
- Inhale through the tongue or lips
- Close your mouth and exhale through your nose
- Repeat for 5-10 rounds

Optional Flow:

Try this sequence at bedtime:

- 3 rounds of Sheetali
- 5 rounds of Chandra Bhedana
- End with 3 rounds of Sheetkari

Sheetkari (Hissing Breath)

How To:

- Gently press the teeth together
- Open the lips slightly
- Inhale slowly through the teeth (you'll hear a soft hissing sound)
- Close the mouth and exhale through the nose
- Repeat for 5-10 rounds

Chandra Bhedana (Left Nostril Breathing)

How To:

- Use your right thumb to gently close your right nostril
- Inhale slowly through the left nostril
- Close both nostrils briefly, then exhale through the right
- Repeat for 5-7 rounds



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