

The Pitta-Cooling Cookbook



11 Nourishing Recipes and Ayurvedic Food as
Medicine Wisdom for Balancing Excess Pitta

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From the Saumya Community....

"I'm a 44-year-old male, and I truly wish I had found Veena years earlier. With her guidance, I made a few simple dietary changes and incorporated some easy Ayurvedic recipes into my routine.

Before working with Veena, I struggled with headaches, brain fog, anxiety, and poor digestion. Today, those issues have resolved, and I feel like I've regained the energy, clarity, and well-being I had in my early 30s."



DEEPAK KUMAR, MICHIGAN, USA

INTRODUCTION:

EVERY MEAL IS AN OPPORTUNITY TO CREATE BALANCE

The body does not only digest food. It digests heat. Stress. Emotion. Long days. Summer sun. Ambition. Conflict. Overwork.

When these experiences accumulate, Pitta dosha—the force of digestion, metabolism, focus, and transformation—can begin to run high. The result is often a feeling of excess heat in the body and mind: inflammation, acidity, skin sensitivity, hot flashes, irritability, frustration, or burnout.

Ayurveda offers practical ways to cool the system, and food is one of the most powerful.

In this guide, you'll learn how cooling foods help balance excess Pitta and find 11 simple, nourishing recipes from my own kitchen that make these principles easy to apply. **Let's begin.**

MEET VEENA

YOUR GUIDE TO PITTA-COOLING FOOD AS MEDICINE



Veena Blilie is a Certified Ayurvedic Practitioner, meditation teacher, and monk with over 40 years of experience guiding clients back to balance. Her intuitive, grounded approach blends deep traditional knowledge with modern insight, helping people reclaim clarity, vitality, and calm.

From her early years learning herbal remedies at her grandmother's knee to founding Saumya Ayurveda, Veena's life has been rooted in natural healing.

Her mission is simple: to help you return to the way you were meant to feel—relaxed, focused, and fully alive.

CHAPTER ONE:

Understanding Pitta Dosha

Pitta is the meeting of fire and water—the heat that transforms and the flow that carries transformation through the body, mind, and natural world.

In this chapter, we'll explore how Pitta shows up in the body and mind—and how food can help bring its heat, sharpness, and intensity into balance.



*"Pitta is not the problem.
Like fire, it simply needs balance to
serve us well."
— Veera Blilie*

WHAT IS PITTA DOSHA?

Ayurveda teaches that everything in the universe is made up of five elements: ether, air, fire, water, and earth. These elements combine to form three governing energies, or doshas: Vata, Pitta, and Kapha.

Pitta is the dosha of transformation. It is present wherever heat, change, digestion, metabolism, and transformation are taking place: in the midday sun, the ripening of fruit, the digestion of a meal, the body's ability to turn nourishment into energy, and inner transformation.

Within us, Pitta governs digestion, metabolism, body temperature, focus, perception, ambition, and the way we process both food and life experience. When Pitta is balanced, it supports healthy digestion, clear thinking, confidence, motivation, and purposeful action.

When Pitta becomes excessive, that same fire can become too intense.

- Instead of clarity, we may experience *irritability*.
- Instead of motivation, *burnout*.
- Instead of strong digestion, *acidity and inflammation*.



Functions of Pitta

IN THE BODY AND MIND

Pitta governs all processes of transformation and metabolism, including:



DIGESTION AND NUTRIENT ABSORPTION

Supports breakdown of food, absorption of nutrients, and healthy metabolism.



BODY TEMPERATURE REGULATION

Maintains optimal body temperature and supports metabolic heat.



HORMONAL BALANCE

Regulates hormones and supports healthy endocrine function.





VISION AND PERCEPTION

Supports sharp vision, clarity of perception, and sensory acuity.



SKIN HEALTH AND COMPLEXION

Promotes healthy skin, radiant complexion, and cellular renewal.



INTELLECT, FOCUS, AND DECISION-MAKING

Supports intellect, focus, understanding, and clear decision-making.

Because **Pitta** transforms, it plays a central role in how the body processes food, thoughts, and experiences.

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PRIMARY SIGNS OF PITTA IMBALANCE

Pitta imbalance may show up through digestion, skin, sleep, hormones, emotional intensity, or a general sense of being overheated and overextended.

While the exact pattern is different for everyone, excess heat (*uṣṇa*) and sharpness (*tikṣṇa*) commonly express themselves in the following ways:

PHYSICAL SIGNS

- feeling overheated easily
- acid reflux or heartburn
- loose stools
- hot flashes or night sweats
- acne, rashes, or skin sensitivity
- redness or inflammation
- burning sensations in the body
- excessive hunger or thirst
- headaches or migraines
- waking during the night
- sensitivity to heat/sun exposure
- inflammatory conditions ending in “-itis”
- strong body odor or sweating

MENTAL/EMOTIONAL SIGNS

- irritability
- frustration
- impatience
- perfectionism
- criticism toward yourself or others
- workaholic tendencies
- burnout
- competitiveness
- difficulty resting
- emotional intensity
- constantly feeling “on”
- feeling driven but exhausted

Once you recognize the signs of Pitta imbalance, food is one of the most powerful places to begin. Next, we'll explore how simple choices in your own kitchen can help cool heat, soothe intensity, and support steadier digestion.

CHAPTER TWO

Food as Medicine for Pitta



Because we eat every day—often several times a day—food is one of the most practical places to begin cooling excess Pitta.

Each meal can either add more heat to the system or gently guide it back toward balance. This is where one of Ayurveda’s foundational principles comes into play:

Like increases like. Opposites create balance.

Think of sitting in the hot sun on a ninety-degree day. If you’re already overheated, more heat will not help. Relief comes from the opposite: shade, water, rest, and cool air.

The same logic applies to Ayurvedic Food as Medicine. When heat, intensity, sharpness, and reactivity are already present, adding more of those qualities tends to deepen imbalance. Bringing in the opposite helps restore harmony.

For Pitta, that means choosing foods that are cooling, hydrating, nourishing, calming, and easy to digest.

THE PITTA-COOLING KITCHEN

So how do we begin making those choices in daily life? One of the simplest ways Ayurveda evaluates food is through taste. Each taste carries its own qualities and influences the body differently. Some tastes naturally help cool and calm Pitta, while others tend to increase heat and intensity.

THE THREE TASTES THAT COOL PITTA



Sweet

The sweet taste is naturally cooling, nourishing, and grounding. It helps calm excess heat and replenish the body when Pitta is running high. Think sweet fruits, rice, oats, milk, coconut, and sweet potatoes.



Bitter

Bitter foods help clear heat and support the body's natural cleansing processes. They are especially helpful when Pitta shows up through skin issues, inflammation, or irritability. Think leafy greens, dandelion greens, asparagus, and cilantro.



Astringent

Astringent foods have a drying, cooling quality that helps balance excess oiliness, heat, and intensity. Think legumes, pomegranate, many vegetables, and certain fruits and greens.

THREE TASTES THAT INCREASE PITTA

Some tastes naturally carry more heat and are best enjoyed in moderation when Pitta is elevated.



Pungent: hot peppers, chili powder, excessive garlic



Sour: vinegar, fermented foods, sour fruits



Salty: highly salted foods, processed snacks, excess sodium

This does not mean these foods are "bad." It simply means they may add heat when Pitta is already added and further aggravate the imbalance.

THINKING LIKE AN AYURVEDIC COOK

Rather than memorizing long lists of foods, Ayurveda invites us to think in qualities. When Pitta is high, the most useful question is:

“Will this meal heat or cool the system?”

A Pitta-supportive meal should feel fresh, hydrating, gently spiced, nourishing, and easy to digest. It should calm rather than stimulate, support digestion rather than overwhelm it, and leave you feeling steady rather than depleted.

Importantly, in Ayurveda, “cooling” refers primarily to a food’s energetic effect—not its physical temperature.

Preparation matters, too. Steaming, light sautéing, poaching, and fresh preparations tend to be gentler and more cooling. Deep frying, charring, heavy grilling, and excessively spicy cooking add more heat.

Of course, qualities show up through specific foods. On the following pages, you’ll find a sample Pitta food plan to help you understand which ingredients to emphasize and which are best reduced when heat is high.



PITTA-COOLING AYURVEDIC FOODS




SWAP THIS
🔥
FOR THAT


 GINGER, BLACK PEPPER, & CHILLI	→	 FRESH MINT, CILANTRO, & FENNEL
 LEMONS	→	 LIMES
 ONION, GARLIC, & TOMATO	→	 CUCUMBER, ZUCCHINI
 BROWN RICE	→	 WHITE RICE
 ORANGES, PEACHES, & BANANAS	→	 MELON, BERRIES, GRAPES
 COFFEE, BLACK TEA	→	 COCONUT WATER, MINT OR FENNEL TEA



SAMPLE FOOD PLAN

GRAINS

Sweet, cooling grains that are easy to digest help balance Pitta's heat. Avoid rough, dry, or heating grains.

- Best: Barley, white basmati rice, oats, wheat, couscous, quinoa
- Avoid: Buckwheat, corn flour, rye, polenta

DAIRY

Cool, fresh, sweet dairy soothes Pitta, but avoid sour, cultured, or salted varieties that increase heat and acidity.

- Best: Unsalted butter, cottage cheese, cream cheese, ghee, milk, paneer
- Avoid: Buttermilk, salted cheeses, sour cream, kefir, cultured milks, store-bought yogurt

OILS

Cooling, moderate amounts of healthy fats help balance Pitta without creating excess heat or oiliness.

- Best: Ghee and olive oil
- Avoid: Almond, castor, flaxseed, margarine, mustard, peanut, safflower, sesame

FRUITS

Sweet, ripe, juicy fruits hydrate and cool Pitta naturally. Avoid all sour, unripe, or acidic fruits.

- Best: Sweet apples, melons, coconut, grapes, mangoes, pears, pomegranates, sweet cherries, coconut, sweet berries
- Avoid: Sour citrus (lemons, oranges, tangerines), sour pineapple, unripe fruit, papaya

VEGETABLES

Sweet, bitter, and astringent vegetables balance Pitta beautifully.

Cooling vegetables are especially beneficial. Avoid pungent, sour, or heating vegetables.

- Best: Cucumber, celery, leafy greens, asparagus, broccoli, sweet potatoes, zucchini, cilantro, mint
- Avoid: Tomatoes, hot peppers, raw onions, radishes, mustard greens



SAMPLE FOOD PLAN

MEATS

Lighter, cooling meats are easier to digest and less heating. Heavy red meats and oily fish increase Pitta.

- Best: White chicken, white turkey, egg whites, freshwater fish
- Avoid: Beef, lamb, pork, duck, egg yolks, oily sea fish

NUTS & SEEDS

Light, cooling nuts and seeds in small amounts provide healthy fats without excess heat. *Most nuts are heating for Pitta, so use sparingly.*

- Best: Coconut, sunflower seeds, pumpkin seeds, soaked and peeled almonds, charoli nuts
- Small Amounts: Piñon nuts, sesame seeds, flaxseeds

LEGUMES

Well-cooked, lighter legumes provide protein without excessive heat. Heavier legumes should be minimized.

- Best: Mung beans (split mung dal), chickpeas, black lentils, tofu
- Avoid: Red/yellow lentils, miso, urad dal, soy "meats"

CONDIMENTS

Stick with mild, sweet, or bitter condiments. Sour, salty, and pungent items aggravate Pitta's heat.

- Best: Fresh herbs (cilantro, mint, parsley), carob
- Avoid: Salt, vinegar, hot sauce, pickles, chocolate

SWEETENERS

Sweet taste naturally pacifies Pitta. Gentle, cooling sweeteners are ideal over processed or heavy options.

- Best: Coconut sugar, maple syrup, rice syrup, agave nectar
- Avoid: Molasses, white sugar, brown sugars

BEVERAGES

Room-temperature, caffeine-free, non-carbonated drinks soothe Pitta. Avoid hot, acidic, alcoholic, or stimulating beverages.

- Best: Room-temp water, coconut water, peppermint tea, rose tea, hibiscus tea
- Avoid: Coffee, alcohol, black tea, carbonated drinks, tomato juice

CHAPTER THREE

Pitta-Cooling Recipes from Saumya Ayurveda's Kitchen

Now it's time to put it all on the table. These Ayurvedic recipes help cool excess heat, support digestion, and turn everyday meals into powerful opportunities for balance.



*"Food is transformed into medicine
when it supports dosha balance."*

— Veena Blilie

PITTA-COOLING KITCHARI



Kitchari is Ayurveda's classic healing meal—a simple combination of basmati rice, split mung dal, digestive spices, and ghee. Easy to digest and deeply nourishing, it gives the digestive system a chance to rest while supporting healthy cleansing and balance.

This Pitta-friendly version features cooling spices and optional vegetables to help calm excess heat while providing satisfying, restorative nourishment.



PREP TIME
10 MIN



COOK TIME
30-45 MIN



SERVINGS
4-6

INGREDIENTS

- ½ cup white basmati rice
- 1 cup split yellow mung dal
- 2 tbsp ghee
- ½ tsp fennel seeds
- 1 tsp cumin seeds
- 1 tsp fresh grated ginger
- 1 tbsp coriander powder
- 1 tsp turmeric
- ½ tsp mineral-rich salt
- 6 cups water
- 1-2 cups Pitta-friendly vegetables (optional)
- Fresh cilantro, lime, or toasted coconut for garnish

INSTRUCTIONS

Rinse the rice and mung dal thoroughly. Soak for 3 hours, then drain.

Warm the ghee in a large pot over medium heat. Add the spices and sauté for about 1 minute until fragrant.

Add the rice and mung dal and stir to coat with the spices and ghee.

Add the vegetables, if using, followed by the water.

Bring to a boil, then reduce heat and simmer, covered, for 30-45 minutes, until soft and porridge-like. Add more water as needed.

Season with salt and garnish with fresh cilantro, lime juice, or toasted coconut before serving.

For a complete Ayurvedic meal, serve with cilantro chutney and enjoy slowly, allowing the body and mind to settle as you eat.

LIVIN' LA VIDA LOKI TACOS



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
2-4

INGREDIENTS

For the Filling

- 1 tsp ghee or olive oil
- ¼ tsp coriander
- ¼ tsp cumin
- ¼ tsp fennel
- ¼ tsp turmeric
- 1 bottle gourd (loki/calabash), peeled + cut into 1-in chunks

For Serving

- Corn tortillas
- Shredded cabbage
- Fresh cilantro
- Avocado slices
- Lime wedges

Bottle gourd (also known as loki or calabash) is a favorite cooling vegetable in Ayurveda.

Naturally hydrating and gentle on digestion, it is often used to help calm excess Pitta while supporting healthy liver function and overall balance. Its mild flavor readily absorbs spices, making it a delicious filling for tacos.

Can't find bottle gourd? Substitute zucchini, yellow squash, or chayote for a similar cooling effect and texture

INSTRUCTIONS

Warm the ghee in a skillet over medium-low heat.

Add the spices and cook for 1-2 minutes, stirring until fragrant.

Add the bottle gourd and stir to coat with the spices.

Cover and cook for 15-20 minutes, stirring occasionally, until tender.

Warm the tortillas and fill with the cooked bottle gourd. Top with cabbage, cilantro, avocado, and a squeeze of fresh lime.

Serve immediately and enjoy.

AYURVEDIC CHEELA

SAVORY CHICKPEA PANCAKES



PREP TIME
10 MIN



COOK TIME
15 MIN



SERVINGS
4 - 6

Cheela is a savory chickpea pancake flavored with herbs and spices. Protein-rich and easy to make, it works well for breakfast, lunch, or a light dinner while balancing Pitta. Serve with coconut cilantro chutney (page 21).

INGREDIENTS

- 1 cup chickpea (besan) flour
- 1 small purple onion, diced
- ½ tsp ajwain seeds
- ⅛ tsp turmeric
- ¼ tsp mineral-rich salt
- Large handful fresh cilantro, chopped
- 1 tsp fresh grated ginger
- ½–¾ cup water
- Ghee or oil for cooking

Optional:

- Grated carrot
- Chopped baby spinach

INSTRUCTIONS

In a mixing bowl, combine the chickpea flour, ajwain, turmeric, and salt.

Add the onion, cilantro, ginger, and water. Mix until smooth. The batter should be thick but pourable.

Heat a skillet or griddle over medium heat and lightly grease if needed.

Pour a ladleful of batter into the center of the pan and spread it into a thin pancake.

Drizzle with a little ghee or oil and cook until the edges begin to lift.

Flip and cook until golden brown with light brown spots on both sides.

Serve warm with cilantro chutney.

Ayurvedic Tip: Add grated carrot or spinach to the batter for extra vegetables and nourishment.

CHICKPEA LEMON VINAIGRETTE SALAD



PREP TIME
10 MIN



COOK TIME
0 MIN



SERVINGS
3 - 4

INGREDIENTS

For the Salad

- 1-2 cans chickpeas, rinsed and drained
- 1 purple onion, finely chopped
- 1 cucumber, diced
- 1 bell pepper, diced
- Handful of leafy greens
- Fresh cooling herbs (cilantro, parsley, dill, or mint)
- Kalamata olives (optional)
- Crumbled feta (optional)
- Roasted nuts or seeds (optional)

For the Lemon Vinaigrette

- Juice of 2-3 lemons
- 1-3 garlic cloves, minced
- ½ tsp mineral-rich salt
- Freshly ground black pepper
- ¼-½ cup olive oil
- Fresh or dried herbs of choice
- 1 tsp Dijon mustard (optional)
- ½ tsp maple syrup or honey (optional)

This bright salad combines cooling vegetables, fresh herbs, and protein-rich chickpeas to create a nourishing, Pitta-balancing meal. Perfect for warm weather, quick lunches, or when you need something light that doesn't leave you feeling hungry.

INSTRUCTIONS

Combine the chickpeas, onion, vegetables, greens, and herbs in a large bowl.

Whisk together all vinaigrette ingredients until well combined.

Pour the dressing over the salad and toss gently to coat.

Top with feta, roasted nuts, or seeds if desired.

Serve at room temperature and enjoy.

CUCUMBER AVOCADO SALAD



SERVINGS

PREP TIME
10 MINCOOK TIME
0 MIN

INGREDIENTS

- 1 ripe avocado, diced
- 1–2 fresh cucumbers, sliced
- 1 tbsp lemon juice
- 1 tbsp extra-virgin olive oil
- Fresh mint leaves, chopped
- Fresh dill, chopped
- Himalayan or Red Alaea salt, to taste
- Black pepper, to taste
- Optional: roasted pumpkin seeds and sprouts

Cool, creamy, and refreshing, this simple salad is packed with Pitta-balancing ingredients. Cucumbers cool excess heat, while avocado provides healthy fats. Fresh herbs and lemon bring brightness, making this an ideal dish for warm days or whenever you're feeling overheated.

INSTRUCTIONS

Combine the avocado and cucumber in a mixing bowl.

Whisk together the lemon juice, olive oil, salt, and pepper to make the dressing.

Pour the dressing over the vegetables and toss gently to coat.

Top with fresh mint, dill, and optional pumpkin seeds or sprouts.

Serve immediately and enjoy chilled or at room temperature.

AYURVEDIC BEET SOUP



This vibrant beet soup is a shining example of Ayurvedic Food as Medicine. Beets are valued for their ability to support the liver, promote healthy circulation, and help clear excess Pitta while grounding Vata.

The result is a nourishing, earthy soup that supports digestion, healthy elimination, and a calm, steady nervous system—making it a favorite during times of stress, overheating, or seasonal transition.



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
2-3

INGREDIENTS

- 2 tbsp olive oil
- 1 purple onion, diced
- 1 cup celery, diced
- 2 leeks, diced
- Salt and pepper to taste
- 4 garlic cloves, minced
- 1 tbsp tomato paste
- 1 tsp paprika
- ½ tsp caraway seeds, lightly roasted
- 1–3 bay leaves
- 1 sprig thyme
- 1 lb potatoes, peeled and diced
- 1 lb beets, peeled and diced
- ½ lb carrots, peeled and diced
- ¼ tsp apple cider vinegar or sauerkraut juice

INSTRUCTIONS

Heat the olive oil in a large soup pot over medium heat.

Add the onion, celery, leeks, salt, and pepper. Sauté for about 5 minutes, until softened.

Add the garlic, tomato paste, paprika, caraway seeds, bay leaves, and thyme. Stir and cook for 1 minute.

Add the potatoes, beets, carrots, and 6 cups of water.

Bring to a boil, then reduce to a simmer.

Cook for about 20 minutes, or until the vegetables are tender.

Stir in the apple cider vinegar or sauerkraut juice. Taste and adjust as needed.

Simmer for an additional 5–10 minutes.

Serve warm, garnished with fresh dill and, for Vata types, a dollop of sour cream.

LIVER CLEANSING VEGGIES



In Ayurveda, the liver is closely linked to Pitta dosha, digestion, metabolism, and the body's natural cleansing processes.

These bitter greens, colorful root vegetables, and gentle spices help cool excess heat while providing grounding nourishment and support for overall balance.



PREP TIME
15 MIN



COOK TIME
20 MIN



SERVINGS
2-3

INGREDIENTS

- 4 medium carrots
- 2 beets
- 1 daikon radish
- 2 tbsp ghee or sunflower oil
- 1 bunch bitter dark greens
- 1 inch fresh turmeric, finely chopped, or 1 tsp turmeric powder
- 1 inch fresh ginger, finely chopped
- 1 tbsp cumin seeds
- Pinch of hing/asafetida
- ½ tsp salt
- 1 bunch cilantro, finely chopped

INSTRUCTIONS

Wash and slice the carrots, beets, and daikon.

Heat half the ghee in a wok or large frying pan.

Add the root vegetables and sauté until they begin to soften.

Add the dark greens, cover, and cook to your desired tenderness.

In a small pan, heat the remaining ghee. Add the cumin, turmeric, and ginger.

Sauté until fragrant and the cumin seeds begin to brown.

Add the hing, then pour the spice mixture over the vegetables.

Stir in the salt and fresh cilantro.

Serve warm with cleansing kitchari.

VEGGIES + SIDES

ROASTED BEETROOT

WITH COOLING SPICES

PREP TIME
10 MINCOOK TIME
35 MINSERVINGS
3 - 4

Sweet, earthy, and deeply nourishing, roasted beets are especially supportive for balancing excess Pitta. Ayurveda values beets for their ability to cool heat, support the liver and blood, promote healthy circulation, and provide grounding nourishment.

This simple recipe transforms a humble root vegetable into a vibrant side dish that pairs beautifully with grains, greens, and other seasonal vegetables.

INGREDIENTS

- 2 bunches beets, peeled and cut into wedges or cubes
- 1-2 tbsp olive oil
- Mineral-rich salt, to taste
- Freshly ground black pepper
- 1 tbsp fresh herbs, finely chopped (dill, fennel fronds, coriander, parsley, or tarragon)

INSTRUCTIONS

Preheat the oven to 375°F.

Toss the beets with olive oil, salt, and pepper until evenly coated.

Spread on a baking sheet in a single layer.

Roast for about 35 minutes, or until tender and lightly browned.

Transfer to a serving dish and garnish with fresh herbs before serving.

COOLING CHUTNEY TWO WAYS

In Ayurveda, chutneys add both flavor and function to a meal. A small spoonful alongside rice, vegetables, beans, or kitchari can support digestion, balance dosha qualities on the plate, and make a delightful dish even tastier.

These Pitta-friendly recipes feature ingredients that cool excess heat while supporting ojas, the subtle essence associated with energy, immunity, and overall vitality. Blend up, and dollop away!



CILANTRO COCONUT CHUTNEY

Cooling and fresh, this chutney is wonderful with cooked vegetables, rice, beans, or kitchari.

INGREDIENTS

- 6 tbsp chopped cilantro
- 1–2 tsp fresh ginger, shredded
- 1–2 tsp fresh lime juice
- ½ cup grated coconut
- 2 tbsp cashews
- ¼ tsp brown mustard seed
- ½ tsp cumin seeds
- Splash of water
- Himalayan pink salt, to taste

INSTRUCTIONS

Blend all ingredients into a thin, smooth paste, adding water as needed. Salt to taste + enjoy fresh.



SWEET GRAPE CHUTNEY

A sweet, nourishing chutney that supports digestion while adding natural antioxidants and flavor.

INGREDIENTS

- ½ cup sweet purple seedless grapes
- ½ cup raw cashews or almonds
- ¼ tsp Himalayan pink salt or Red Alaea salt
- ¼ tsp digestive spice mix

Digestive Spice Mix

- 6 parts coriander
- 6 parts fennel
- 1 part turmeric
- ½ part cumin

INSTRUCTIONS

Blend all ingredients in a small food processor or blender until combined. Serve fresh.

COOLING SAUCES + SPREADS



DANDELION GREENS PESTO

Dandelion greens help cool Pitta and support the liver. This cleansing, bitter pesto blends them with sunflower seeds, olive oil, and parmesan cheese.

INGREDIENTS

- ¾ cup unsalted roasted sunflower seeds
- 3 cloves garlic, minced
- ¼ cup freshly grated parmesan cheese
- 1 bunch dandelion greens
- 1 tbsp lemon juice
- ½ cup extra-virgin olive oil
- ½ tsp mineral-rich salt
- Black pepper, to taste

INSTRUCTIONS

- Add garlic, sunflower seeds, parmesan, dandelion greens, and lemon juice to a food processor/blender. Pulse well.
- Slowly drizzle in the olive oil while blending until smooth.
- Season with salt and pepper.
- Enjoy on pasta, crackers, cooked vegetables, or as a flavorful spread.

COCONUT LIME SAUCE

Coconut lime sauce is a simple, Pitta-pacifying way to add cooling flavor to everyday meals. Creamy coconut, fresh lime, gentle spices, and a touch of sweetness make this versatile sauce delicious over vegetables, beans, rice, or your favorite protein.

INGREDIENTS

- 12 tbsp coconut milk
- 4 tbsp fresh lime juice
- ½ tsp ground ginger or finely minced fresh ginger
- ½ tsp garlic powder or 1 minced garlic clove
- ¼ tsp mineral-rich salt
- ½ tsp freshly ground black pepper
- Pinch of coconut sugar

INSTRUCTIONS

- Add all ingredients to a bowl.
- Whisk until smooth.
- Taste and adjust seasoning as desired.
- Serve over cooked vegetables, beans, rice, or protein.
- Or stir into rice for a refreshing coconut-lime side dish.

ROSE PISTACHIO KHEER



Kheer is one of India's oldest comfort foods—a creamy rice pudding simmered with milk, spices, and soothing ingredients.

This Pitta-friendly version combines cooling foods like milk, basmati rice, rose, and pistachios.

The result is a sweet, satisfying dessert that soothes excess heat while offering nourishment, grounding, and everyday decadence.

INSTRUCTIONS



PREP TIME
10 MIN



COOK TIME
90 MIN



SERVINGS
2-3

INGREDIENTS

- ½ cup basmati rice
- 2 pints whole A2 milk
- 15 pistachios, plus some extras for garnish
- 3 green cardamom pods, slightly crushed so open
- 1 tsp. coconut sugar
- 1 tsp. organic ghee
- Edible rose petals (optional but fun to eat and a pretty garnish)
- About 1 ounce food-grade edible rose water

Rinse the rice thoroughly and soak for 30 minutes. Drain and set aside.

Warm the milk in a heavy-bottomed saucepan over medium-low heat.

Add the cardamom pods and soaked rice. Bring to a gentle simmer, stirring often to prevent sticking.

Simmer for about 1 hour, or until the rice is tender and the mixture has reduced by roughly half.

Remove the cardamom pods and stir in sugar.

In a small skillet, warm the ghee. Add the pistachios and sauté until lightly golden and fragrant. Fold into the rice pudding.

Remove from heat and stir in rose water a little at a time, tasting as you go. Or omit the rose water and garnish with edible rose petals.

Serve warm in a beautiful bowl with extra pistachios and rose petals.

WHY PERSONALIZATION MATTERS

The recipes in this guide are a powerful place to begin. They help cool excess Pitta, support digestion, and turn everyday meals into balancing medicine.

But Ayurveda's greatest strength is [personalization](#).

A food that feels cooling and supportive for one person may not be right for another. Even two people with excess Pitta may need different support based on their constitution, digestion, stress, hormones, and other imbalances.

This is why personalized Ayurvedic care works to understand the pattern holistically, and choose the foods, herbs, and routines that support it best.

What [Personalized Ayurvedic Care](#) Includes:

- A full assessment of your constitution and current state
- Food guidance tailored to your digestion and lifestyle
- Herbs chosen for your unique needs, not a generic protocol
- Cooling routines and daily rhythm practices
- Breathwork and nervous system support
- Adjustments as your body, life, and seasons change

At [Saumya Ayurveda](#), our approach is practical, personal, and deeply supportive. You will not be handed a complicated protocol you abandon in a week. You will receive clear guidance that fits your real life.

“Within the first 2–3 weeks of my personalized plan, my symptoms started to ease. I’d highly recommend Veena to anyone struggling with health issues and no answers from allopathic medicine. She is a true healer.”

– Ariana Chinn, Texas, USA

WORKING WITH VEENA

Veena Blilie is a Certified Ayurvedic Practitioner, meditation teacher, and monk with four decades of clinical experience. She has guided clients across the United States, the United Kingdom, India, and beyond through personalized Ayurvedic care, both in person and virtually.

Her approach is education-focused, deeply personalized, and practical. She does not send you away with a complicated protocol you'll abandon in a week. She guides your whole being with a plan that fits your actual life: your schedule, cooking ability, budget, body, mind, and daily reality.

Every package includes direct email access to Veena between sessions. No handoffs, no assistants. You work with her from start to finish.

YOUR FREE 15-MINUTE DISCOVERY CALL

The best next step is a chat. Not a sales pitch — a real conversation about what's going on with you, what you've tried, and whether Saumya Ayurveda is the right fit.

In 15 minutes, you'll get clarity on what might be driving your symptoms, a sense of where to focus, and a clear picture of what working together would look like.

No pressure. No obligation. Just an honest talk with someone who has helped thousands of people feel like themselves again.

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**VIRTUAL SESSIONS
WORLDWIDE**



**FLEXIBLE PAYMENT
OPTIONS**



**NO HIDDEN FEES
OR HANDOFFS**



**EDUCATION
FOCUSED CARE**



**CONCIERGE-STYLE
APPROACH**



**ONGOING SUPPORT
AND GUIDANCE**



From the Saumya Community....

If you are looking for someone to help guide you to better health, work/life balance and awareness of your physical, emotional, and spiritual well-being—I recommend Veena without hesitation. After my first consultation and one week of recommended foods, I felt better and had more energy and more mental clarity than I have had in many years.”

LYNDA G., NEW MEXICO, USA

“When you are deep in the valley of authentic crisis, you cannot lift yourself out. What is required is someone to reach down and give you the lift you cannot give yourself. I have been fortunate enough to have someone like that: Veena Blilie at Saumya Ayurveda.”

JOHN G, UNITED KINGDOM

"Signing up for an Ayurveda consultation package, I was hopeful my mood would improve, my energy would return, and I would start feeling like myself again. What I didn't expect was how simple it would be to get there.

Veena's plan explains everything so clearly—and I'm starting to feel better! I'm also learning how I got out of balance in the first place."

ERIN M., ALBERTA, CANADA

"I am a believer now! Before I met with Veena, I was always tired. I would wake up and then need to take a nap. I had pain all the time. Now, I enjoy walks. The other day, I realized I had no pain for the first time, and I am very happy about that!"

RAMI D., INDIA

See how countless others have transformed their lives with Saumya Ayurveda. **Read more healing stories** [HERE](#).

Keep Learning with Saumya Ayurveda

Wherever you are on your healing journey, these free resources can help you nourish your body, support balance, and deepen your Ayurvedic lifestyle.

PITTA COOLING BEVERAGES EBOOK

Refreshing teas, lassis, and herbal drinks to help cool excess heat from the inside out.

THE COMPLETE GUIDE TO BALANCING PITTA IN SUMMER

Learn how food, lifestyle, and seasonal routines can help you stay balanced during Pitta season.

HOW TO KEEP YOUR COOL: AYURVEDA FROM MENSES TO MENOPAUSE

Discover Ayurvedic strategies for supporting hormones, digestion, mood, and vitality through every stage of a woman's life.

VATA-BALANCING RECIPES FROM SAUMYA'S KITCHEN

Grounding, nourishing recipes designed to calm the nervous system and support healthy digestion.

"Veena has been an incredible resource to help me get aligned on food, herbs, and mind, body, and soul exercises to feel more grounded and present. I love her daily guided practices, a routine that feels EMBODYING. She has made an outsized impact on my life in a short amount of time."

– Mark Fishman, Colorado, USA