

RITU CHARYA

**Ayurvedic seasonal regimen
- Pivotal for good health**



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

Considering Indian climatic conditions, the seasons have been classified in to six as Grishma (Summer), Varsha (Rainy), Sharad (Autumn), Hemant (Pre-winter), Shishir (Winter) & Vasanta (Spring) which is based on warmth, cold and rainfall

Uttarayana/Adanakala (Northern solstice)

This period is from mid December to mid June. During this period the body/ immune system declines. The diet and routine activities should be aimed at increasing strength & vigor.

Dakshinayana/Visargakala (Southern solstice)

This period is from mid June to mid December. During this period, the strength & vigor remains enhanced. So food and regimen should be controlled to prevent diseases due to over nutrition.

1. Shishir Ritu (Mid December to Mid February)

DO's

- Sweet, sour and salty food
- Milk and its products (Ghee, curd etc.)
- Honey, Luke-warm water
- Nutritious diet
- Oil massage
- Protection against cold
- Physical exercise
- Steam bath

Don'ts

- Bitter, astringent and pungent food
- Fasting
- Use of cold water
- Living in cold environment



2. Vasant Ritu (Mid February to Mid April)

DO's

- Drink luke warm water
- Use of wheat, barley
- Appropriate use of fermented beverages
- Physical exercise
- Instill nasal drops (anu taila)

Don'ts

- Sour and fried food
- heavy diet
- Day sleeping



3. Grishma Ritu (Mid April to Mid June)

DO's

- Sweet, cold and liquid diet
- Plenty of water
- Seasonal fruits like grapes
- Coconut water
- Morning walk

Don'ts

- Heavy exercise
- Excess sexual indulgence
- Hot, spicy and salty food
- Exposure to sun

4. Varsha Ritu (Mid June to Mid August)

DO's

- Use of honey
- Use of rice, wheat
- Boiled water
- Oil massage
- Fermented beverages
- Soup of pulses

Don'ts

- Cold water
- Day Sleeping
- Heavy exercise
- Surface water
- Excess sexual indulgence

5. Sharad Ritu (Mid August to Mid October)

DO's

- Sweet, bitter and astringent food
- Fruit (*Emblica officinalis*), grapes
- Use of rice, wheat, green gram
- Therapeutic purgation

Don'ts

- Fried food
- Use of curd
- Day sleeping
- Exposure to strong sunshine

6. Hemant Ritu (Mid October to Mid December)

DO's

- Sweet, sour and salty diet
- Milk and its products (Ghee, Curd etc.)
- Use of Honey, Lukewarm water
- Heavy, Nutritious diet
- Oil massage
- Protection against cold
- Physical exercise
- Steam bath

Don'ts

- Bitter, astringent and pungent food
- Fasting
- Use of cold water
- Living in cold environment