



**SUGGESTIVE SEASONAL ROUTINE (*RITUCHARYA*) AS PER AYURVEDA: WSR TO DIET
REGIMEN**

Dr. L.P. Pandey*

Assistant Professor, Swasthavritta, Department, Govt. Ayurveda College, Vadodara - 390019, India.

*Author for Correspondence: Dr. L.P. Pandey

Assistant Professor, Swasthavritta, Department, Govt. Ayurveda College, Vadodara - 390019, India.

Article Received on 18/01/2017

Article Revised on 08/02/2017

Article Accepted on 02/03/2017

ABSTRACT

As per Ayurveda a year encompasses six *Ritus* and each *Ritu* consisted of is two *Masas* while three *Ritus* form a *Kaal*. The Ayurveda classic divided a year into two *Kaals* depending upon the position of the sun: *Aadaan kaal* (*Uttarayan*) and *Visarga kaal* (*Dakshinayaan*). *Aadan kaal* resembles powerful appearance of sun & wind; it is believed that the strength of the people is weakened thus considered as depilating period, while *Visarga kaal* represents empowered strength of the people. Ayurveda described specific life style and diet regimen for the different *Ritus* to resist effect of seasonal variations, these suggested rule help to retain normal health.

KEY-WORDS: *Ayurveda, Ritu, Kala, Ritucharya, Diet Regimen.*

INTRODUCTION

Ayurveda mentioned that different *Doshas* predominate in various seasons; in summer season *Vata dosha* accumulates due to the dehydrating heat while in rainy season *Vata dosha* aggravated which weakened digestion and produced gas. In rainy season *Pitta* also accumulates

due to the acidic conditions which decrease digestion. In cold season accumulation of *Kapha* occurs due to the cold winds, clouds and rain. The diet regimen and daily routine helps to maintain *Doshic* equilibrium in different season; therefore it is very essential to select diet as per the seasonal predominance.^[1-4]

<i>Sishira</i>	<i>Vasanta</i>	<i>Grishma</i>	<i>Varsha</i>	<i>Sharat</i>	<i>Hemant</i>
• sweet, sour and salt foods	• Light digestible food	• Sweet, light; liquid and fatty food	• Easily digestible food; pulses, soups, grains	• Bitter, astringent and sweet food	• Wheat, sugarcane, grains, milk

Figure 1. Suggestive foods regimen as per Ayurveda for various *Ritus*.

Aadaan Kaal

It involve following *Ritu*

- *Sishira*
- *Vasanta*
- *Grishma*

Visarga Kaal

It involve following *Ritu*

- *Varsha*
- *Sharat*
- *Hemant*

Aadaan Kaal

- ***Sishira:*** Cold and dewy season, sweet, sour and salt taste food should be consumed. Digestive activity becomes powerful in this season; *Vata* obstructed from spreading out due to cold atmosphere. *Vata* increases in cold season which may be control by taking sweet, sour and salt foods. Wheat/gramflour products, sugarcane, milk products and corn may also be beneficial in this season. Ayurveda also suggested that use of leather, silk and wool clothing increases comfort level in *Sishira Ritu*. Ayurveda also suggests that *Vyama* and Sunbath prevent from the harmful effect of cold.

Suggestive diet and routine for different *Kaal & Ritu*

The following rules and guideline should be followed in six seasons to maintain good health:

➤ *Vasanta*

Spring season, *Kapha* increased and liquefied resulting decreased *Agni* therefore light digestible food; barley, honey, juice and beverages can be consumed. Sour, sweet, fatty and heavy food need to be avoid; such food increase *Kapha* and this *Doshic* imbalance leads diseases. Ayurveda mentioned that *Yoga*, complete sleep and avoidance of day time sleep help to retain normal health.

➤ *Grishma*

Summer season, the *Kattu* taste is predominant. *Kapha* decreases and *Vata* increases therefore; sweet, light; liquid and fatty food should be consumed. The acidic, sour and intense food including wine should not be consumed. Rice, cornflour, curd and plenty of water should be advised to prevent any chances of dehydration. *Panak Panchsara*, *madhuka* and *parshuka* fruits are beneficial in *Grishma Kala*. Sun exposure need to be avoided and light dresses should be wear.^[3-5]

Visarga Kaal

➤ *Varsha*

Rainy, unhygienic season, *Amala* taste is predominant. The *Agni* weakens and vitiation of *Doshas* also involved therefore easily digestible food; pulses, soups, grains and yoghurt need to be taken in this season. *Panchkarma* can be done along with other physical activity may become helpful to improve digestive fire. Daytime sleeping, intake of unhygienic food & water (outside from home); *Virudha Ahara* must be avoided.

➤ *Sharat*

Season of moderate heat and cold, *Lavan* taste is predominating. In this season *Pita* is aggravated therefore bitter, astringent and sweet food like; rice, *aamla*, green gram, honey and sugar should be taken. Heavy food, curd, liquors and oil should be avoided. Ayurveda suggests *Udvartan* with *chandan* in *Sharat Ritu*. Fast foods not to be consumed and bathing with warm water may become beneficial.

➤ *Hemant*

Season of cold, *Madhura* taste is predominant. Sweet, sour and salt foods; wheat, sugarcane, grains, milk and milk products should be used in this season.^[6-8]

REFERENCES

1. Agnivesha: Charaka Samhita, Revised by Charak and Dridhabal, with Commentary of Chakrapanidatta, Edited by Jadavji Trikamji Acharya, 5thEd, Chaukhambha Sanskrit Sansthan, Sarira Sthana Varanasi, India, 2011.
2. Velhal Amol R, Role of Swasthavritta in Preventing Life Style Disorders W.S.R. To Sthaulya (Obesity), UJAHM, 2015; 03(02): 23-27.
3. Priyanka Sharma, Mangalagowri Rao, Ushapana: A Unique Contribution of Ayurveda for Maintenance of Health, World Journal of Pharmaceutical Research, 2014; 3(10): 299.
4. Charaka Samhita, Ayurveda Deepika Commentary by Chakrapani Datta: Shareera Sthana 6/12, Chaukhamba Sanskrit Sansthan, Varanasi, India. 1994.
5. Acharya Yt; Agniveshakrita Charaka Samhita Chakrapani Commentary, Sutrasthan 25, Varanasi, Chaukhambha Sanskrita Sansthan, 2009.
6. Sushruta: Sushrut samhita, with commentary of dalhana, edited by vaidya jadavji Trikamji Acharya, Chaukhambha Surbharti Prakashan, Varanasi 8th edition, (reprint 2010) Sutrasthan; chapter 6(7): 24.
7. Horn A.S, Oxford Advanced Learner's Dictionary of current English- VII – Edition, London, Wright publishers, 267.
8. Sir Monier Williams, meaning of *Ritu*, available at <http://www.indiavine.org/content/topic/-1393542-monier-williams-sanskrit-english>.