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 into six as Grishma (Summer), Varsha (Rainy), Sharad (Autumn), Hemant (Pre-winter), Shishir (Winter) & Vasanta (Spring) which is based on warmth, cold and rainfall.

1. Shishir Ritu
(Mid December to Mid February)

**DO's**
- Sweet, sour and salty food
- Milk and its products (Ghee, curd etc.)
- Honey, Lukewarm 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 lukewarm 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

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.