

# **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

### 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