

Seasonal Health Routines

Ritucharya - Ayurvedic Seasonal Regimens

Introduction to Ritucharya

Ritucharya is the practice of adjusting lifestyle and diet according to seasons to maintain health and prevent disease throughout the year.

The Six Seasons in Ayurveda

VASANTA (Spring - March to May)

- Kapha accumulates and liquefies
- Favor light, dry, warming foods
- Increase exercise and activity
- Consider Panchakarma detoxification

GRISHMA (Summer - May to July)

- Pitta increases, body strength decreases
- Favor sweet, cool, liquid foods
- Avoid excessive heat and exertion
- Stay hydrated with cooling drinks

VARSHA (Monsoon - July to September)

- Vata accumulates, digestion weakens
- Favor warm, light, easily digestible foods
- Use digestive spices
- Avoid day sleep and dampness

SHARAD (Autumn - September to November)

- Pitta aggravates from accumulated summer heat
- Favor sweet, bitter, astringent tastes
- Avoid excessive sun exposure
- Consider Virechana therapy

HEMANTA (Early Winter - November to January)

- Digestive fire strongest, body strength increases
- Favor nourishing, heavy foods
- Oil massage and warm baths

SHISHIRA (Late Winter - January to March)

- Kapha accumulates
- Continue nourishing diet
- Prepare for spring detoxification