

The Pivotal Role of Ritucharya of Ayurveda: The Art of Healthy Living

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Date of Submission: 05-10-2024

Date of Acceptance: 15-10-2024

ABSTRACT:

Ritu, the season, exhibits varying effects on the environment and the body based on its various aspects. Ayurveda has outlined a number of dietary and behavioural guidelines (Charya) that can be readily adjusted to seasonal changes without compromising bodily equilibrium. The main idea of the Ayurvedic medical philosophy is that prevention is possible by dietary and behavioural changes initiated with an alteration in the climate. This is a great Ayurvedic literature emphasize this as a crucial component of preventative healthcare. These days, lifestyle problems are increasingly prevalent and primarily originate from a failure to adhere to seasonal routines because of a lack of awareness of seasonal traits. A solid scientific evaluation is the foundation, which is still valid today. This review article discusses several diet and lifestyle as discussed in Ayurvedic classics needed to stay healthy.

KEYWORDS: Ayurveda; Ritucharya; Seasonal alteration; seasonal regimen; lifestyle disorders.

I. INTRODUCTION:

The ancient science of life, Ayurveda, has always placed more emphasis on maintaining good health and preventing illness by adhering to a healthy diet and lifestyle than it has on curing and treating the illnesses. The fundamental idea of the Ayurvedic system is Swasthyashya Swasthya Rakshanam, which translates as instead of Aturashya, to preserve the health of the healthy the purpose of Vikara Prashamanancha is to treat the illnesses of the sick.¹ The Dinacharya (daily routine) serves this goal. and the seasonal regimen, or Ritucharya, have been referenced in the Ayurvedic classics.²Ritucharya falls under "swastha

vritha," which explains the concepts and methods of maintaining health. It covers comprehensively the way individuals respond in various climatic conditions, geographic locations, and psycho-physiological states.

The environment in which we live is undoubtedly shifting as the seasons change. Around us, we experience a variety of bio-life changes, like the spring season flowering and leaf shedding in autumn, many animals going into hibernation, with the arrival of winter, etc. Since humans are a component of the same environment, the body is heavily impacted by outside surroundings. The external and endogenous rhythms are numerous. possess a certain phase relationship with one another, meaning that they communicate and coordinate with one another. Dosha Vaishmya may result from the body's inability to adapt to stressors because of seasonal changes, which could make the body more vulnerable to one or more types of illnesses.³

The majority of the Ayurvedic Samhitas include a prominent discussion of Ritucharya in their opening chapters. The primary goal of the holistic science of Ayurveda is to prevent illness in order to preserve health. In the Charaka Samhita's Tasyashitya chapter, told as "the person's complexion and energy, understanding is enhanced if person adopts a seasonal diet and routine and acting appropriately."⁴ This chapter's primary goal is to make individuals knowledgeable on how to live in accordance with the surroundings.

Understanding Ritucharya, or the regimen for different seasons, is crucial since adapting to changes is the key to survival. Individuals are unaware of or disregard the appropriate dietary items, dressings, and other routines to be observed

at specific seasons, which causes derangement of homeostasis and results in a number of illnesses, including obesity, cancer, diabetes, high blood pressure, and so forth. Lifestyle-related illnesses are a consequence of people's improper interactions with their surroundings. These lifestyle diseases have a sneaky onset, slowed growth and challenging to treat.⁵

Seasonal classification:

A year is separated into two periods, Aadana (absorptive) and Visarga (replenishing), according to how the sun influences the earth during the year. Adana kala is known as uttarayana while visarga kala as dakshinayan.

Aadana is the time of year when a person's strength declines as a result of the sun's increasing

influence, particularly its scorching and piercing characteristics. The weather turns harsh, scorching, astringent, pungent, dry, and bitter. The sun travels northward during this time, or utharayana. The name "Ayana" refers to the path of the sun. Aadana Kala, or uthara-ayana, comprises the seasons: Grishma (summer), Vasant (spring), and Sisira (late winter). Every season lasts approximately two months.

Visarga is the time when a person's body becomes stronger due to the atmosphere's preponderance of unctuous (oily), cold, acidic, and sweet elements. During this time of year, while the sun is traveling southward (daksinayana), the moon gets stronger. The seasons of Varsha (rains), Sharad (fall), and Hemanta (winter) are all included in Daksinaayana (visarga kala).

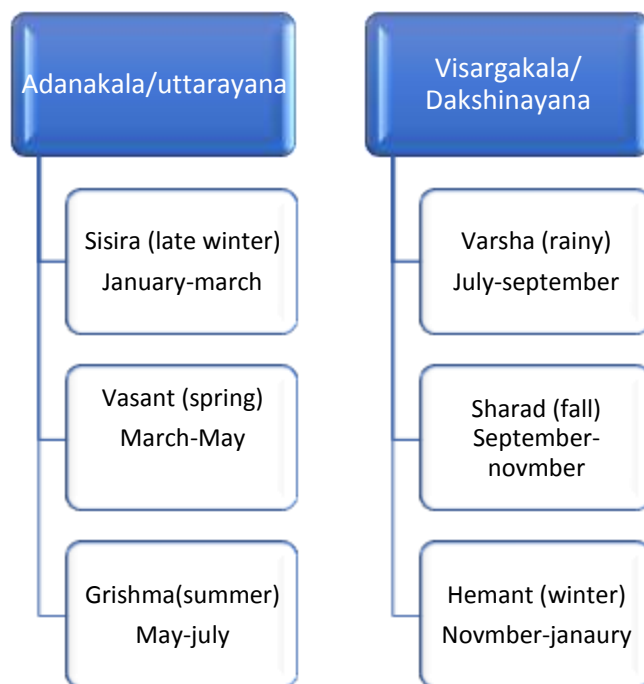


Figure 1: Seasonal classification

Ritu sandhi: Ayurveda explains a unique concept of Ritusandhi kala. Ritu sandhi is the onset of any season. During these seasons, many illnesses

emerge. One should adhere to the medication for the upcoming month for a week during this time.

Seasonal regime:

Sisira Ritu:

Table 1: complete guideline for do and don't in sisira ritu

Sisira Ritu (late winter) January-march	
General condition	During this season, the weather and the cool air both stay cold. At this time of year, the most common Rasa is Tikta (bitter) and Akasha Mahabhuta predominant. The

	individual's strength decreases, Kapha dosha deposition occur and despite Agni (catabolism) persists higher.	
Diet regimen	Pathya Grains: Wheat, Jawar, New Rice Vegetables: Bottle gourd, Lady's finger, Snake gourd, Kandoori, Amaranthas, Indian Sorrel, Red pumpkin, Spinach, Cabbage, Tomato Legumes: Black Gram, Green gram Meat: Goat, Rabbit, Deer, Chicken, Pigion, Duck, Pig, Fish, Prawn, Lobster Tubers: Carrot, Beet root, Sweet Potato, Sago Fruts: Grape, Wall nut, Date, Apple, Apricot, Black current, Coconut, Orange, Chiku Milk products: Curds, Ghee, Milk, Butter, Khoya, Paneer, Cheese, Milk cream, Chakka, Butter Milk, Karvas, Piyursh Other things: Sweets, Sugar, Sesame seeds, Cashew nuts, Almonds, Pista Water: Hot water	Apathya Grains: Ragi, Bajra, Jav, Old grains Vegetables: Fenugreek, Karadi, Drumstick, Bitter guard, Brinjal Legumes: Lentil, Field Beans, Bengal grams, Horse gram, Cluster beans Meat: Dry meat, Roasted- meat Crab, Sheep Tubers: Turnip, Raddish, Garlic, Shngada, Kamalkanda Fruits: Banana, Guava, Custard apple, Karmar, Black plum, Papaya Other things: Cummin seed, Chillies, Deep fried things, Cinnamon, Mustard Water: Cold water
Drug of choice	Sunthi, Lasuna	
Lifestyle	It is suggested that you massage with oil, powder, or paste, take a bath in lukewarm water, expose yourself to sunlight, and dress warmly. lifestyle factors that aggravate vata, such as exposure to chilly air, excessive walk or sleeping late at night.	

Vasant ritu:

Table 2: complete guideline for do and don't in vasant ritu

Vasant (spring): March-May		
General condition	The period is about between mid-March and mid-May. This time of year, is regarded as the flowering and leaf-formation season. During this season, Rasa and Mahabhuta predominant are Kashaya (astringent) and Prithvi, Vayu respectively. The person's strength is still moderate, and the Agni stays in the Manda state while Kapha Dosha deterioration takes place.	
Diet regimen	Pathya Grains: Barley, Millet, Old rice, Wheat Vegetables: Spinach, Dill, Fenugreek, Tandulja, Parvar, Bitter gourd, Chakwat, Drumsticks, Brinjal, Chavli, Math Legumes: Pigion pea, Green	Apathya Grais: new rice Vegetables: lady's finger, Tondali Legumes: black gram Meat: Pig, Big fish, Duck, Buffalow, Bullock Tubers: Potato, Beetroot, Yam, Singhada, Tapioka, Kamalkanda

	gram, Lentil (Masur), Gram Pea, Marble pea Meat: Dry fish, Roast fish, Kabab, Tandoori, Small fish, Crabs, Lobsters, Prawns, Rabbits, Partridge Tubers: Garlic, Ginger, Onion, Carrot, Radish, Turmeric, Mainmula Fruits: Papaya Milk products: Butter milk, Butter, Kadhi Other things: clove, Cummin, Asafoetida, Mustard, Coriander, Dried seeds, Pepper Water: Ginger Water, Sandal wood water, Sage water, Honey water, Katha water	Fruits: Banana, Guava, Custardapple, Cucumber, Peach, Strawberry, Watermelon, Walnut, Pista, Cashewnut, Orange, Karmal, Hog plum Milk products: Curds, Lassi, Piyush, Ice-cream, Cheese, Paneer, Cream, Karvas, Khava, Chakka Other things: Fried Food, Sweets, Sesame Water: cold water
Drug of choice	Pippali, Haritaki	
Lifestyle	In addition to exercising during Vasant Ritu, one should bathe in warm water. Udvartana, or massage, using powdered Kesara (Crocus sativus), Chandana (Santalum album), Agar, among others, Anjana (collyrium), Dhooma (smoking), and Kavala (gargle), as well as evacuation techniques like Vamana and Nasya are suggested. It is strictly forbidden to sleep during the day during this season.	

Grishma ritu:

Table 3: complete guideline for do and don't in Grishma ritu

Grishma(summer): May-july		
General condition	The Grishma (summer) season is roughly defined as mid-May to mid-July. Extreme heat and harmful winds are common in the environment. The plants withered and the river bodies dried up. The most common Rasa is Katu, and Vayu and Agni Mahabhuta dominant. The individual's strength decrease, Vata Dosha is deposited, but the vitiated kapha dosha During this time, is pacified. The person's Agni will continue to be mild.	
Diet regimen	Pathya Grains: New rice, Red rice, Sathi rice Vegetables: Bottle gourd, Lady's finger, Snake gourd, Tondali, Dodka, Ghosali, Parvar, Chuka, Chakwat Lrgumes: Green Mung, Lentil, Pegin Pea, Black Gram Meat: Goat, Hen, Duck, Fish, Deer, Rabbit, Partridge Tubers: Potato, Beet, Yam Arum (Aalkudi), Kamalkand, Tapioka, Singhara Fruit: Orange, Sweetlime, Mango, Banana, Custard apple,	Apathya Grains: millet, Corn, Ragi, Barley Vegetables: Brinjal, Drum stick, Bitter gourd, Fenugreek, Red pumpkin, Parval, Dill leaves Legumes: Bean, Pea, Koolthee, Sweet Pea Meat: Dry meat, Fish, Roasted – meat Tubers: Turnip Garlic Onion Fruits: Black plum, Jack fruit, Karmal, Hog plum, Wood apple Milk products: Butter – milk, Kadhi, Lassi Other things: Mustard,

	Cucumber, Sugarcane, Apricot, Date Milk butter: Chakka, Ghee, Piyush, Cream, curd, Butter Other things: Syrum, Jam, Amla, Jam, Coriander, Cumin, Sugar, Jaggary Water: Rose Water, Wala water, Kapur water, Cold water, Water earthen from pot (Matka water)	Asafoetida, Clove, Mint, Chilly, Dry foods, Sesame Water: warm water
Drug of choice	Sariva, Shatavari	
Lifestyle	Wearing light clothing, resting during the day, staying in cool places, and applying sandalwood and other aromatic pastes on the body are all advantageous. In this phase of the night, one can enjoy the cool moon and the breeze. Hard work or excessive exercise should be avoided. Avoid excessive sexual indulgence, as well as preparation containing alcohol should be avoided.	

Varsha ritu:

Table 4: complete guideline for do and don't in Varsha ritu

Varsha (rainy) July-september		
General condition	From roughly mid-July until mid-September, Varsha Ritu is observed. During this season, the sky is covered in clouds, and rain falls without any thunderstorms. Water is found in rivers, ponds, and other bodies of water. While this season, the most prevalent Mahabhuta is Agni, Prithvi, and Rasa is Amla (sour). The individual's strength declines as a result of Vata Dosha vitiation and the Pitta Dosha deposition causes Agni to get vitiated as well.	
Diet regimen	Pathya Grains: Red rice, Sathi rice, Wheat, Great millet Vegetables: Brinjal, Dodka, Ridge guard, Parwar, Bottle gourd, Lady's finger, Chuka, Math Legumes: Koolthee, Black gram, Green gram, Pegin Pea Meat: Goat, Rabbit, Hen, Pegin, Patridge Tubers: Garlic, Onion, Ginger, Yam Fruits: Falsa, Grapes, Date, Mahalung, Mango, Amla, Indian jujube, Mullberry, Strawberry, Sour lime, Raw mango, Charoli, Coconut Milk products: Butter milk, Curds, Ghee, Milk Other things: Rock salt, Jaggary, Coriander, Dhane, Cumi, Mint, Asafoetida, Black pepper Water: Boiled water, Strained	Apathya Grains: Varai, Ragi, Pearl millet, Maize, Barley Vegetables: Spinach, Bitter gourd, Dhendas, Chavhal, Dry vegetables, Cabbage, Jack fruit Legumes: Dewbean, Lentil, Hyascinth Bean, Pea, Sweet Pea, Gram Meat: Dried meat, Fish Tubers: Potato, Singhada, Tapioka, Carrot, Kamalkanda, Arum Fruits: Water-melon, Cucumber, Sweet musk melon, Karmal, Black plum, Wood apple Milk products: Buffallow's milk, Paneer, Chakka, Piyush Other things: Sweet, fried foods, Shrikhand, Squash of any type Water: Cold water, Unboiled water

	water after the mud is settled at bottom Srink warm water, Drink fesh and pure rain water
Drug of choice	Dadima, tulsi
Lifestyle	It is advised to properly rub the body with oil after taking a bath in boiling water. In order to eliminate vitiated Dosha, an evacuation An enema called medicated Basti is prescribed. Rain, daytime napping, workout, diligence, sex, wind, and staying on the brink of a river, and other places are prohibited.

Sharad ritu:

Table 5: complete guideline for do and don't in sharad ritu

Sharad (fall) September-novmber			
General condition	From mid-September to mid-November (fall), Sharad Ritu is observed. The sun is shining brightly at this time, and the sky is clear with sporadic white clouds. and wet soil covers the ground. Lavana, or salty, Rasa is the most common, whereas Aap and Agni are the Mahabhuta is the most common. The individual's strength stays at a moderate level; vitiation of the Vata Dosha and Pitta Dosha occur. Agni rises during this time of year.		
Diet regimen	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Pathya Grains: Wheat, Rice, Jawar, Pearl Millet, Red Rice Vegetables: Cabbage, Fenugreek, Bitter gourd, Chakwat, Bottle gourd, Lady's finger, Spinach, Math, Chawlai, Tandulja, Parvar, Dodka, Ghosalee, Snake gourd Legumes: Green gram, Bean, Seet Pea, Gram Meat: Goat, Deer, Hen, Duck, Rabbit, Peacock, Pig Tubers: Potato, Sweet Potato, Kamalkand, Amorphophallus, Tapioka, Shingada Fruits: Pomergranet Indian-gooseberry Grape, Date, Dried grape, Fig (Anjir), Banana, Black plum, Sugarcane, Cucumber, Veg. Marrow, Apple, Chiku, Coconut, Apricot Milk products: Milk, Ghee, Butter, Khawa, Paneer, Chakka, Ice cream Other things: Sweets, Coriander, Squashes, Sugar, Jaggary, Honey Water: Cold water, Sandalwood water, water from earthan pot </td> <td style="width: 50%; vertical-align: top;"> Apathya Grains: Maize, White Millet, ragi Vegetables: Drumstick Dry vegetables Raw Jack fruit Dhendas Legumes: Koolthee Peginon pea Black gram Meat: Big fish, Dried fish, Smoked fish Tubers: Garlic, Onion, Ginger, Carrot, Arum, Raddish Fruits: Lemon, Raw mango, Karmar, Hog plum, Mulberry, Strawberry Milk products: Curds, Butter milk, Kadhi Other things: Asafoetida, Black pepper, Garam masala, Sunflower oil, Chilly, Fried food Water: Warm water, Stale water </td> </tr> </table>	Pathya Grains: Wheat, Rice, Jawar, Pearl Millet, Red Rice Vegetables: Cabbage, Fenugreek, Bitter gourd, Chakwat, Bottle gourd, Lady's finger, Spinach, Math, Chawlai, Tandulja, Parvar, Dodka, Ghosalee, Snake gourd Legumes: Green gram, Bean, Seet Pea, Gram Meat: Goat, Deer, Hen, Duck, Rabbit, Peacock, Pig Tubers: Potato, Sweet Potato, Kamalkand, Amorphophallus, Tapioka, Shingada Fruits: Pomergranet Indian-gooseberry Grape, Date, Dried grape, Fig (Anjir), Banana, Black plum, Sugarcane, Cucumber, Veg. Marrow, Apple, Chiku, Coconut, Apricot Milk products: Milk, Ghee, Butter, Khawa, Paneer, Chakka, Ice cream Other things: Sweets, Coriander, Squashes, Sugar, Jaggary, Honey Water: Cold water, Sandalwood water, water from earthan pot	Apathya Grains: Maize, White Millet, ragi Vegetables: Drumstick Dry vegetables Raw Jack fruit Dhendas Legumes: Koolthee Peginon pea Black gram Meat: Big fish, Dried fish, Smoked fish Tubers: Garlic, Onion, Ginger, Carrot, Arum, Raddish Fruits: Lemon, Raw mango, Karmar, Hog plum, Mulberry, Strawberry Milk products: Curds, Butter milk, Kadhi Other things: Asafoetida, Black pepper, Garam masala, Sunflower oil, Chilly, Fried food Water: Warm water, Stale water
Pathya Grains: Wheat, Rice, Jawar, Pearl Millet, Red Rice Vegetables: Cabbage, Fenugreek, Bitter gourd, Chakwat, Bottle gourd, Lady's finger, Spinach, Math, Chawlai, Tandulja, Parvar, Dodka, Ghosalee, Snake gourd Legumes: Green gram, Bean, Seet Pea, Gram Meat: Goat, Deer, Hen, Duck, Rabbit, Peacock, Pig Tubers: Potato, Sweet Potato, Kamalkand, Amorphophallus, Tapioka, Shingada Fruits: Pomergranet Indian-gooseberry Grape, Date, Dried grape, Fig (Anjir), Banana, Black plum, Sugarcane, Cucumber, Veg. Marrow, Apple, Chiku, Coconut, Apricot Milk products: Milk, Ghee, Butter, Khawa, Paneer, Chakka, Ice cream Other things: Sweets, Coriander, Squashes, Sugar, Jaggary, Honey Water: Cold water, Sandalwood water, water from earthan pot	Apathya Grains: Maize, White Millet, ragi Vegetables: Drumstick Dry vegetables Raw Jack fruit Dhendas Legumes: Koolthee Peginon pea Black gram Meat: Big fish, Dried fish, Smoked fish Tubers: Garlic, Onion, Ginger, Carrot, Arum, Raddish Fruits: Lemon, Raw mango, Karmar, Hog plum, Mulberry, Strawberry Milk products: Curds, Butter milk, Kadhi Other things: Asafoetida, Black pepper, Garam masala, Sunflower oil, Chilly, Fried food Water: Warm water, Stale water		
Drug of choice	Amla, Kumari		
Lifestyle	Eating should only be done when there is a great desire to do so. Throughout the day, sunlight and at night, the rays of the		

	<p>moon should purify water for drinking, bathing, and other uses. It is advised to wear flower garlands and Apply Chandana (Santalum album) to the body. It is thought that moon rays are advantageous the first three hours of the night to health.</p>
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Hemant ritu:

Table 6: complete guideline for do and don't in Hemant ritu

Hemant (winter)November–January			
General condition	Late autumn is Hemanta. From mid-November until mid-January, Ritu is observed. A chill is experienced as cold winds start to blow. At this time of year, the most common rasa is Madhura, and the most common Mahabhuta are Aap and Prithvi. The strength of an individual stays at its peak, thereby calming the vitiated Pitta Dosha. Agni's is now more active.		
Diet regimen	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;"> Pathya Grains: maize, rice, great millet Vegetables: Lady's finger, Snake gourd, Tondali, Parwar, Math, Sour Chuka, Dodka, Fenugreek, Red Pumkin, Chakwat, Spinach, Cauliflower, Tomato Legumes: Black gram Marble Pea (Chavli) Green Gram Meat: Rabbit Deer Hen Patridge Hola Duck Pig Fish Prawn Lobster Meat curry Tubers: Amorphophallus (Suran) Arum (Aalkudi) Carrot Ginger Beetroot Onion Sweet Potato Tapioka Fruits: Walnut Date Apple Apricot Coconut Orange Chiku Melon lime Milk products: Curds Ghee Milk Butter Paneer Cheese Cream Chakka Butter Milk Kharvas Other things: Sugar Sesame (Til) Clove (Lavang) Cashewnut Almond Pista Water: warm water </td> <td style="width: 50%;"> Apathya Grains: White Millet Pearl Millet (Bajra) Ragi Barley Old Grains Vegetables:Fenugreek seeds Sun flower Drumstick Bitter gourd Dill (Shepu) Potato Takala Bajgire Brinjal Legumes:Hyacinth Bean Pea Gram Koolthee Dewbe\an (Matki) Meat: Dry meat Smoked meat Roasted meat small fish Tubers: Knol khol Raddish Garlic Singada Kamalkanda Fruits:Banana Guava Custard Apple Tadgola Karmar Black Plum Tinned Fruits Papaya Other things: Pappyseed (Khaskhas) Lovag (Oova) Cummin seed Chilly Fried food Cinnamon Mustard seeds Water: cold water </td> </tr> </table>	Pathya Grains: maize, rice, great millet Vegetables: Lady's finger, Snake gourd, Tondali, Parwar, Math, Sour Chuka, Dodka, Fenugreek, Red Pumkin, Chakwat, Spinach, Cauliflower, Tomato Legumes: Black gram Marble Pea (Chavli) Green Gram Meat: Rabbit Deer Hen Patridge Hola Duck Pig Fish Prawn Lobster Meat curry Tubers: Amorphophallus (Suran) Arum (Aalkudi) Carrot Ginger Beetroot Onion Sweet Potato Tapioka Fruits: Walnut Date Apple Apricot Coconut Orange Chiku Melon lime Milk products: Curds Ghee Milk Butter Paneer Cheese Cream Chakka Butter Milk Kharvas Other things: Sugar Sesame (Til) Clove (Lavang) Cashewnut Almond Pista Water: warm water	Apathya Grains: White Millet Pearl Millet (Bajra) Ragi Barley Old Grains Vegetables:Fenugreek seeds Sun flower Drumstick Bitter gourd Dill (Shepu) Potato Takala Bajgire Brinjal Legumes:Hyacinth Bean Pea Gram Koolthee Dewbe\an (Matki) Meat: Dry meat Smoked meat Roasted meat small fish Tubers: Knol khol Raddish Garlic Singada Kamalkanda Fruits:Banana Guava Custard Apple Tadgola Karmar Black Plum Tinned Fruits Papaya Other things: Pappyseed (Khaskhas) Lovag (Oova) Cummin seed Chilly Fried food Cinnamon Mustard seeds Water: cold water
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Drug of choice	Ashwagandha, Guduchi		
Lifestyle	It is suggested to engage in physical activity, massage your head and body, use warm water, take a sunbath (Atapa Sevana), apply Agaru to your body, wear heavy clothing, have sex with just one person, and live in a warm environment. Avoidable behaviours include exposure to cold and strong winds, as well as daytime sleeping patterns.		

II. DISCUSSION:

In order to attain Swasthya (health) and prevent diseases, the ancient sages used analytical reasoning to develop a regimen for each season.

Ritucharyaserve as a guide for determining other Does and don'ts in the regimen. Environmental factors include the characteristics of the land, water, and various atmospheric phenomenon like

temperature, humidity, wind, rain, clouds, and atmospheric pressure. No two moments are ever the same in a particular location since all of these environmental elements are ever-changing. Consequently, the temperature increases as the sun rises and rises gradually at night. The highest and lowest throughout the day, temperatures fluctuate, yet they are Winter is the lowest, and summer is the highest. Likewise, each of these elements shows both diurnal and seasonal changes, and these changes for a particular a time frame is called a "season."⁶A study on the effects of photoperiod on hormone synthesis and immunological function, which impact the emergence of opportunistic disease, found creatures that alter with the seasons.⁷ Another study discovered that species that live freely in different places can adjust the release of glucocorticoids according to the season. In other terminology, the amounts of both unstressed and Glucocorticoid levels under stress fluctuate with the season.⁸Understanding Ritucharya provides first hand insight into the Ayurvedic concept of Kriya-Kala, which explains the phases and mechanisms of disease development in connection to the various Dosha states over time, including Vatu, Pitta, and Kapha. A comprehensive comprehension of it is necessary for prognosis and early diagnosis in order to Set both curative and preventive measures into action.

Roga (disease) is known to be caused by imbalances in the Doshas of Vata, Pitta, and Kapha. Modifications to Changes in the Tridosha state are caused by nutrition and lifestyle. It will inevitably impact us, leading to conflict and resulting in lifestyle-related illnesses. Ritu similar to Vyanjaka or Nimittakarana, which worsens illness. Vata-associated during the rainy season, illnesses can get worse.⁹Heat stroke in the summer, pollen allergy in the spring, flu and dry skin in the winter, and a high prevalence of waterborne and airborne illnesses the rainy season and skin conditions in autumn. Consequently, the Ritucharya concept has been supported by science.¹⁰ Research indicates that the winter season is more likely to get asthma episodes. Contemporary Additionally, research mentions seasonal affective disorder.¹¹On the other hand, doctors think that a rigorous diet, frequent exercise, and cholesterol-lowering drugs can help prevent lifestyle illnesses. However, with Ritucharya's wisdom, we can definitely steer clear of problems by following a routine in keeping with the Ritu to preserve the Tridosha peace and to maintain good health indefinitely. Increasing public awareness, with the government's assistance and Programmers for corporate wellness could be able

to stop the sharp increase in these illnesses' prevalence, saving lives and avoiding expenses of crores of rupees.

The effects of photoperiod on immunological function and hormone synthesis, which impact the emergence of opportunistic disease, were demonstrated in a study conducted on animals with seasonal variations.¹² An additional according to a study, free-living organisms from various locations can regulate the release of glucocorticoids seasonally. Stated differently, the amounts of glucocorticoids under stress and under unstress depending on the season, concentrations vary.¹³

Given seasonal fluctuations and global warming, it makes sense to wonder if Ritucharya is still relevant in the modern background. It should be mentioned that the background on which is the foundation of Ritucharya, that is global warming and seasonal fluctuations, it makes sense to doubt the Ritucharya's applicability in the modern world. It is crucial to comprehend the context in which Ritucharyais founded, specifically Dosha and theory of Panchmahabhuta. While today's Ritu isn't consistent, the Dosha and Panchmahabhuta levels can be examined to identify the course of action, to which this the knowledge of Ayurveda acts as a guide. These Without a doubt, principles demand more investigation to make things clear.

III. CONCLUSION:

It may produce Dosha Vaishmya if the body is unable to cope with pressures due to changes in the unambiguous pressure of seasons. It could make the body incredibly helpless in the face of one or more issues. As differences according to the modifications, the secret to endurance is Ritucharya; the details of the seasonal practice are in this manner important. With a rise in global temperatures and variations in the way seasons emerge, In the current situation, obtaining knowledge on Ritucharya is essential. Strict dietary guidelines and traditional avoidance activities can go a long way.

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