

Ritucharya is the 3rd Chapter of Ashtang Hrudyam

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News Letter

Volume 2 Issue 3

Received Date: May 08, 2018

Published Date: May 15, 2018

News Letter

The word Ritucharya is made of two words-ritu means season's charya means do's and don'ts (regimen). This important chapter discusses in detail regarding different seasons and the regimen to be followed.

Uttarayan

- This is the main event occurring mid January to mid July now shishir, vasanta and girishma.
- Uttarayan is ascent of the sun towards north. The sun is becoming powerful day by day and it takes away strength of human being.
- Now the Ritu is Vasant.

Vasant

- Vasant Ritu is considered from mid march to mid may.
- It is season of flowering and origin of new leaves.
- Ayurveda divides the day to day regime in two parts diet (Ahar) and behavior (vihar).

Ahar

- Kapha which is undergone in shishir (cold season) becomes liquefied by the heat of the sun in vasanta (spring). It diminishes the digestive fire (Agni).
- So food should also be selected to mitigate kapha I.e. easily digestible, low calaroiie and dry (fat free) are preferred.
- Low calorie -pulses = mugda yusha

- With honey- soups of vegetables with sour taste.
- Herbal tea with Tulsi, Neem with honey.

Vihar

Physical regular exercises

- Stay at cool places.
- Use chadan.
- Dress light coloured
- Oil massage/dry massage.

What to eat	What not to eat
Jawar bhakri Honey Veg. soup with ginger Mangoes Fresh ginger tea Horse radish- mula Fish can be eaten	Fatty oily food Mitthai made up of milk Heavy food Non veg Milk shakes Shrikand basundi like sweets made up of a milk No alcohol

Table 1: Regular Diet control.

Ayurvedic treatment

- Vaman is advised to control the kapha quickly.
- Nasya (nasal medication)
- Other oral Ayurvedic medicines to cover kapha vitiation.