

Ayurveda Seasonal Regimen for Varsha Rutu (Rainy Season)

The word *Ritucharya* is made of two words '*Ritu*' means season and '*Charya*' means do's and don'ts (**regimen**). *Varsha rutu* comes under *Dakshinayan* (Southern solstice). During this period, the Sun releases strength of the people. Here the moon is more powerful; earth is cooled down due to clouds, rain and cold wind. Sour, salt and sweet tastes are dominant respectively during the three seasons of this period namely *Varsha*, *Sharad* and *Hemanta rutu*. In this season, the *agni* (digestive activity) and *bala* (strength) will be weak naturally. The *agni* which is already debilitated by summer, undergoes further decrease and gets vitiated by the *Doshas*. In this *rutu*, the *vata dosha* gets aggravated (*prakopa*) and *Pitta* will be in its accumulation state (*sanchaya*). Due to the poor strength of digestive activity the *doshas* start vitiating one another and causes many diseases related to digestive system. Hence all general measures to mitigate imbalanced *doshas* and to improve digestive activity should be adopted readily.

Patya Ahara and Vihara during Varsha Rutu (Healthy food habits and activities)

- Consume foods which are predominantly sour, salty, unctuous, dry, mixed with honey, easily digestible and warm.
- Should use old grains for food like *purana yava* (barley), *godhuma* (wheat), meat juice processed with spices (ginger, pepper).
- Meat of animals of desert-like lands, soup of pulses (green gram), wine prepared from grapes and fermented decoctions, which are old or *mastu* (whey, thin water or curds) processed with more of *black salt* and powder of *panchakola* should be used.
- Rain water or water from deep wells, well boiled should be used for drinking.
- Should use perfumes, expose his clothes to fragrant fumes, and dwell in upper stories of the house, devoid of heat, cold and snow.
- One should undergo *Panchakarma* therapies especially *basti karma* (decoction enema therapy).

Apathya Ahara and Vihara (Unhealthy food habits and activities)

- Person should not move on bare foot and keep feet dry.
- Should avoid *nadi jala* (river water), *udamantha* (beverage prepared with flour of (*saktu*) corns or *yava* (barley) mixed with ghee, *divaswapna* (sleeping at daytime), *avashyaya* (cold breeze), *vyavaya* (exertion) and *atapa* (exposure to sun).

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