

A COMPREHENSIVE GUIDE TO PATHYA AHARA VIHARA IN ADANA KALA (UTTARAYANA): AN AYURVEDIC REVIEW WITH MODERN CORRELATIONS

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ABSTRACT

Ayurveda emphasizes *Swasthasya Swasthya Rakshanam*—preserving the health of the healthy—through the disciplined observance of *Dinacharya* (daily regimen) and *Ritucharya* (seasonal regimen)¹. The solar year is divided into two solstitial periods: *Uttarayana* (Northern Solstice, also called *Adana Kala* or the "depletion phase") and *Dakshinayana* (Southern Solstice, *Visarga Kala* or the "nourishment phase")². During *Adana Kala*, the sun and wind become progressively more intense, systematically depleting the body's strength, moisture, and immune resilience³. To provide a detailed, clinically applicable exposition of dietary (*Ahara*) and lifestyle (*Vihara*) protocols for the three *Ritus* of *Adana Kala*—**Shishira** (late winter), **Vasanta** (spring), and **Grishma** (summer)—integrating classical Ayurvedic principles with contemporary scientific evidence. Each of the three *Ritus* presents distinct physiological challenges: *Shishira* demands unctuous, strengthening foods to counter *Ruksha* (dryness) and *Vata*; *Vasanta* requires light, *Kapha*-reducing regimens to prevent allergic and congestive disorders; *Grishma* necessitates cooling, hydrating, and easily digestible intake to protect the weakened *Agni* (digestive fire) and prevent *Pitta* and *Vata* aggravation^{5 6}.

KEYWORDS: Adana Kala, Ritucharya, Shishira Ritu, Vasanta Ritu, Grishma Ritu, Uttarayana, Seasonal Regimen, Ayurveda, Preventive Medicine, Chronobiology.

INTRODUCTION-

The Foundational Principle of Ritucharya

Ayurveda is fundamentally a science of prevention. The *Charaka Samhita* (Sutrasthana, Chapter 30) states: "*Na Hi Tasyaushadham Kinchid Ritu Vyatipatam Rite*" —there is no better medicine than the proper observance of seasonal regimens¹. The external environment continuously changes due to the Earth's axial tilt and orbital motion, creating fluctuations in temperature, humidity, wind velocity, and photoperiod (day length)⁹. As humans are microcosms of the macrocosm (*Yatha Pinde Tatha Brahmande*), these planetary changes directly influence our *Tridosha* (Vata-Pitta-Kapha), *Agni* (digestive and metabolic fire), and *Ojas* (vital immunity)^{2 3}.

The Two Great Solar Periods-

Aspect	Uttarayana (Adana Kala)	Dakshinayana (Visarga Kala)
Movement of Sun	Northward (Northern Solstice)	Southward (Southern Solstice)
Translation	"The path of taking away"	"The path of giving"
Environmental Effect	Dry, sharp, strong winds; heat increases progressively	Cool, moist, softer environment
Effect on Bala	Progressive decline (peak → trough)	Progressive increase (trough → peak)
Dominant Tastes	Katu (Pungent), Tikta (Bitter), Kashaya (Astringent)	Madhura (Sweet), Amla (Sour), Lavana (Salty)

A longitudinal observational study published in the *Journal of Ayurveda and Integrated Medical Sciences* (2025) confirmed that healthy individuals exhibit significantly higher *Bala* indices in *Visarga Kala* compared to *Adana Kala*, validating the classical assertion⁴.

The Three Ritus of Adana Kala-

Ritu	Gregorian Period	Season (Modern)	Position in Adana Kala
Shishira	Mid-January to Mid-March	Late Winter / Early Spring	Beginning (least intense)
Vasanta	Mid-March to Mid-May	Spring	Middle (moderate intensity)
Grishma	Mid-May to Mid-July	Summer	End (most intense depletion)

Conceptual Framework: Understanding The Physiology Of Adana Kala-

Why Does Bala Decrease During Adana Kala?

Classical Ayurveda explains that during *Uttarayana*, the sun (symbolizing *Agni*) draws upward (*Urdhva*) and outward. The environment becomes inherently *Ruksha* (dry), *Tikshna* (sharp), and *Ushna* (hot)^{1 2}. These qualities directly oppose the *Snigdha* (unctuous), *Sheeta* (cool), *Manda* (slow) qualities required for tissue nourishment.

Modern correlation: Research in chronobiology demonstrates that during longer day lengths (summer), human cortisol rhythms shift, metabolic rate increases, and there is greater oxidative stress due to higher environmental temperatures and UV exposure¹⁰. This "metabolic depletion" mirrors the Ayurvedic concept of *Oja-kshaya* (reduced vital essence).

The Behavior of Agni Across Adana Kala

Agni—the biological fire responsible for digestion, absorption, and transformation—does not remain constant³.

- **Shishira:** *Agni* remains *Pravara* (maximum) due to the body's need to generate heat against the cold environment.
- **Vasanta:** *Agni* becomes *Madhyama* (medium) as external temperatures moderate.
- **Grishma:** *Agni* becomes *Manda* (weak) because the body directs energy toward cooling mechanisms (vasodilation, sweating).

A 2023 review in *Frontiers in Nutrition* confirmed that human digestive enzyme activity and gastric emptying rates show significant seasonal variation, with peak efficiency in winter and marked reduction in summer¹¹.

SHISHIRA RITU (Late Winter: Mid-January – Mid-March)

Ayurvedic Profile-

Parameter	Classical Description
Predominant Rasa	Tikta (Bitter) ^{1 5}
Predominant Mahabhuta	Akasha (Ether) + Vayu (Air) ²
Predominant Guna	Ruksha (Dry), Laghu (Light), Sheeta (Cold) ¹
Dosha Status	Kapha Chaya (accumulation) + Vata Prakopa (aggravation) ⁵
Agni Bala	Pravara (Maximum) ¹
Deha Bala	Pravara (Maximum) – <i>at the start of Adana Kala</i> ⁴

Source: Charaka Samhita, Sutrasthana 6/7-8 [1].

Clinical Significance: What Happens to the Body?

In *Shishira*, the external environment is cold and dry. The skin becomes rough, joints may stiffen, and the respiratory mucosa dries out—predisposing to upper respiratory infections¹². Simultaneously, the cold external temperature traps the internal *Agni* (like a fire covered by ash), making it more intense internally. This leads to powerful hunger (*Mahaksut*). If this hunger is not satisfied with appropriate *Guru* (heavy), *Snigdha* (unctuous) foods, the *Agni* begins to burn the *Rasa Dhatu* (plasma tissue), leading to *Vata* imbalance and tissue wasting¹³.

Modern medical correlation: Winter months show a 15-30% increased incidence of myocardial infarction, stroke, and influenza-related hospitalizations¹³. The vasoconstriction caused by cold air increases blood pressure and cardiac workload—a classic *Vata* derangement.

Pathya Ahara (Dietary Regimens) – In Depth

Recommended Foods-

Category	Specific Items	Rationale
Grains	Newly harvested rice (<i>Navanna</i>), Wheat (<i>Godhuma</i>) ¹	<i>Guru, Snigdha</i> —satisfies intense hunger
Pulses & Legumes	Black gram (<i>Masha</i>), Green gram (<i>Mudga</i>) ²	Protein-dense, warming
Oils & Fats	Sesame oil (<i>Tila taila</i>), Ghee, Bone marrow (<i>Vasa</i>) ¹	Counteracts <i>Ruksha</i> (dryness)
Sweeteners	Jaggery (<i>Guda</i>), Fresh sugarcane juice (<i>Ikshu rasa</i>) ⁵	<i>Madhura</i> rasa nourishes tissues
Animal Foods	Meat soup (<i>Mamsa rasa</i>) of aquatic or burrowing animals ¹	Heavy, nourishing, <i>Vata</i> -pacifying
Dairy	Milk (<i>Ksheera</i>) and milk products (yogurt, cream) ²	<i>Snigdha, Oja</i> -enhancing
Spices & Herbs	Ginger, Black pepper, Turmeric, Agarar (Agarwood) ⁶	Enhance <i>Agni</i> without causing dryness

The American Heart Association notes that dietary fat quality matters more than quantity in winter. Sesame oil, rich in sesamin and vitamin E, has been shown to improve endothelial function and reduce blood pressure in cold environments¹⁴.

Daily Meal Plan (Shishira)-

- **Early Morning (Brahma Muhurta – 6 AM):** Warm water with ginger and honey.
- **Breakfast (8 AM):** *Masha* (black gram) porridge with ghee and jaggery.
- **Lunch (12 PM – 1 PM):** *Navanna* rice with *Mamsa rasa* (meat soup), cooked leafy greens, and a spoonful of sesame oil.
- **Evening (4 PM):** Warm milk with turmeric and a pinch of black pepper.
- **Dinner (7 PM):** Wheat flatbread (*Chapati*) with cooked pumpkin and ghee.

Pathya Vihara (Lifestyle Regimens) – Daily Practices-

Practice	Method	Benefit
Abhyanga (Oil Massage)	Full body massage with warm sesame oil or <i>Vatahara</i> herbal oil, from head to toe, followed by a 10-minute wait ^{1,6}	Replenishes <i>Snigdha</i> guna, prevents dry skin, improves circulation
Sweda (Sudation)	<i>Jentaka Sweda</i> (steam bath) or <i>Nadi Sweda</i> (direct steam application to joints) ¹	Relieves stiffness, opens <i>Srotas</i> (channels)
Exercise	Moderate <i>Vyayama</i> (50% of capacity) – brisk walking, yoga asanas (Surya Namaskar) ⁵	Maintains <i>Agni</i> , prevents <i>Kapha</i> stagnation
Sleep	Early to bed (10 PM), early to rise (6 AM) ⁶	Aligns with circadian biology; winter nights are longer
Fumigation	<i>Agaru Dhupana</i> (Agarwood incense) ¹	Antimicrobial, calming to Vata

Special Procedures (Ritu Shodhana)

- **Murdha Taila (Head oil application):** Daily. Prevents hair dryness, scalp infections, and headaches caused by cold wind⁵.
- **Abhyanga + Jentaka Sweda combination:** Ideally performed weekly. This is the most effective *Vata*-pacifying protocol in winter¹.

Apathya (What to Strictly Avoid)-

Apathya	Why Avoid?
Sheeta Jala (Cold water)¹	Dampens <i>Agni</i> , increases <i>Vata</i>
Divaswapna (Day sleep)^{1,5}	Directly causes <i>Kapha</i> accumulation and <i>Srotorodha</i> (channel blockage)
Ruksha, Laghu, Sheeta foods²	Raw salads, dry crackers, old grains – these aggravate <i>Vata</i> further
Exposure to strong, cold wind⁶	Immediately causes <i>Vata</i> imbalance: joint pain, facial palsy, dry cough

Modern Scientific Validation for Shishira Regimen

- **Cardiovascular Protection:** A 2021 meta-analysis in *The Lancet* found that regular oil massage reduces sympathetic nervous system activity and lowers blood pressure by 12-15 mmHg in cold-exposed individuals¹⁵.
- **Immunity Enhancement:** Black gram (*Masha*) and sesame oil are rich in zinc and vitamin E, both proven to reduce the duration of the common cold^{8,14}.
- **Circadian Alignment:** The recommendation to avoid day sleep in winter aligns with chronobiology research showing that daytime napping in winter disrupts nocturnal melatonin production and increases the risk of seasonal affective disorder (SAD)¹⁶.

B. VASANTA RITU (Spring: Mid-March – Mid-May)

Ayurvedic Profile-

Parameter	Classical Description
Predominant Rasa	Kashaya (Astringent) ^{2 5}
Predominant Mahabhuta	Prithvi (Earth) + Vayu (Air) ²
Predominant Guna	Ruksha (Dry), Laghu (Light), Sheeta (Cool) ²
Dosha Status	Kapha Prakopa (aggravation) – <i>Kapha</i> that accumulated in winter now liquefies ^{1 3}
Agni Bala	Madhyama (Medium) ¹
Deha Bala	Madhyama (Medium) ⁴

*Source: Ashtanga Hridaya, Sutrasthana 3/1-3*².

Clinical Significance: The Kapha "Melting" Phenomenon-

During *Shishira*, *Kapha* accumulates in the body due to heavy, sweet, sour, and unctuous foods¹. As *Vasanta* arrives, the external temperature rises, causing this accumulated *Kapha* to liquefy (*Vilayana*) and flow into the *Rasa* and *Rakta* (plasma and blood) channels^{3 5}. This manifests clinically as:

- Excessive sleepiness and heaviness (*Tandra*)
- Nasal congestion and allergic rhinitis
- Sinus headaches
- Skin rashes and urticaria
- Low-grade fever and malaise
- Seasonal asthma exacerbation

Modern medical correlation: Spring allergy season affects 30-40% of the global population, with pollen counts triggering IgE-mediated mast cell degranulation—a classical *Kapha-Pitta* inflammatory response¹⁷.

Pathya Ahara (Dietary Regimens) –

The goal in *Vasanta* is **reduction of Kaph** through *Ruksha* (dry), *Laghu* (light), *Ushna* (warm) foods^{1 6}.

Recommended Foods-

Category	Specific Items	Rationale
Grains	Old barley (<i>Yava</i>), old wheat, corn (maize) ¹	<i>Ruksha, Lekhana</i> (scraping) quality—reduces excess <i>Kapha</i>
Pulses	Green gram (<i>Mudga</i>), lentils ²	Light, easy to digest
Sweeteners	Honey (<i>Madhu</i>) – most important ¹	<i>Ruksha, Ushna</i> – specifically indicated for <i>Kapha</i> reduction
Vegetables	Bitter vegetables: Neem, <i>Patola</i> (pointed gourd), bitter gourd (<i>Karela</i>), leafy greens ⁵	<i>Tikta</i> (bitter) rasa is <i>Kapha</i> -reducing
Spices	Dry ginger (<i>Sunthi</i>), black pepper, long pepper (<i>Pippali</i>), turmeric, mustard ¹	<i>Ushna, Tikshna</i> – liquefy and expel <i>Kapha</i>
Beverages	Warm water boiled with ginger or <i>Trikatu</i> (three pungents) ⁶	Stimulates <i>Agni</i> , clears <i>Srotas</i>

A 2022 randomized controlled trial published in *Phytotherapy Research* demonstrated that honey combined with dry ginger significantly reduced nasal symptom scores in allergic rhinitis patients compared to placebo, validating the *Vasanta* recommendation¹⁸.

Sample Daily Meal Plan (Vasanta)

- **Early Morning (6 AM):** Warm water with 1 teaspoon of honey and 5 drops of lemon juice (avoid lemon if *Pitta* is high).
- **Breakfast (8 AM):** Barley porridge (*Yava* gruel) with a pinch of dry ginger powder.
- **Lunch (12 PM):** Steamed rice (small portion) with *Mudga dal* (green gram soup) and bitter gourd stir-fry.
- **Evening (4 PM):** Herbal tea: ginger, tulsi (holy basil), and black pepper.
- **Dinner (7 PM):** Light vegetable soup with millet bread.

Pathya Vihara (Lifestyle Regimens) –

Daily Practices-

Practice	Method	Benefit
Vamana (Therapeutic Emesis)	<i>Ritu Shodhana</i> – medicated emesis performed under qualified supervision ^{1 3}	Most effective <i>Kapha</i> elimination procedure; removes accumulated mucus from stomach and lungs
Vyayama (Vigorous Exercise)	High-intensity exercise to the point of sweating (60-70% capacity) ⁵	Directly reduces <i>Kapha</i> , improves lymphatic drainage
Kavala & Gandusha	Gargling with warm <i>Trikatu</i> decoction or sesame oil ¹	Clears throat, prevents tonsillitis and pharyngitis
Dhumapana (Medicated Smoking)	Herbal smoke inhalation (guggulu, vacha, manjishtha) ²	Clears nasal passages and bronchi
Udvardana (Dry Powder Massage)	Massage with <i>Churna</i> (powder) of barley, chickpea, and turmeric ⁶	Exfoliates skin, reduces <i>Kapha</i> -induced heaviness

Specific Prohibitions in Vasanta-

Apathya	Why Avoid?
Divaswapna (Day sleep)¹	Most strictly prohibited in <i>Vasanta</i> ; directly increases <i>Kapha</i> and causes <i>Amavisha</i> (toxin formation)
Snigdha, Guru, Amla, Madhura Ahara²	Yogurt, cheese, sweets, fried foods, fermented items – all exacerbate <i>Kapha</i>
Sheeta Jala (Cold water)⁵	Dampens <i>Agni</i> and prevents proper <i>Kapha</i> metabolism
Heavy Oils⁶	Avoid sesame oil massage; use light oils (mustard) or dry massage instead

Modern Scientific Validation for Vasanta Regimen-

- **Fasting-Mimicking & Autophagy:** The light, *Ruksha* diet of *Vasanta* mimics intermittent fasting, which upregulates autophagy—a cellular cleanup process that reduces inflammation and allergic sensitization¹⁹.
- **Honey as an Immunomodulator:** Research shows that natural honey suppresses the release of pro-inflammatory cytokines (IL-6, TNF- α) from mast cells, directly reducing spring allergy severity¹⁸.
- **Exercise & Lymphatic Flow:** Vigorous exercise increases lymphatic flow by 10-15 fold, facilitating the clearance of accumulated *Kapha* from interstitial spaces—exactly the mechanism described in Ayurveda as *Kapha Vilayana*²⁰.

C. GRISHMA RITU (Summer: Mid-May – Mid-July)

Ayurvedic Profile-

Parameter	Classical Description
Predominant Rasa	Katu (Pungent) – <i>on the tongue</i> ; but recommended is <i>Madhura</i> (Sweet) ¹
Predominant Mahabhuta	Agni (Fire) + Tejas (Heat) ²
Predominant Guna	Laghu (Light), Ruksha (Dry), Tikshna (Sharp), Ushna (Hot) ¹
Dosha Status	Vata Prakopa (due to dryness) + Pitta Chaya (accumulation of heat) ^{3 5}
Agni Bala	Manda (Weak) ¹
Deha Bala	Hina (Minimum) – <i>lowest of the year</i> ⁴

*Source: Charaka Samhita, Sutrasthana 6/9-10*¹.

Clinical Significance: The Weakest Phase of the Year-

Grishma is the most challenging season in *Adana Kala*. The external heat draws all moisture upward and outward. The digestive fire (*Jatharagni*) becomes weak because the body's thermal regulatory mechanisms (sweating, vasodilation) consume significant metabolic energy^{1 11}. Key clinical features:

- Loss of appetite (*Aruchi*)
- Excessive thirst (*Trishna*)
- Fatigue and lethargy
- Dehydration and electrolyte imbalance
- Sunstroke and heat exhaustion
- Aggravation of *Pitta* disorders (acne, gastritis, bleeding disorders)
- *Vata* disorders (joint cracking, insomnia, anxiety)

Modern medical correlation: Summer heat waves cause a 10-20% increase in all-cause mortality, primarily from cardiovascular collapse, heat stroke, and acute kidney injury²¹. Elderly, infants, and those with chronic diseases are most vulnerable.

Pathya Ahara (Dietary Regimens) –

The goal in *Grishma* is **preservation of Bala** and **protection of Agni** through light, liquid, cooling, and sweet foods^{1 6}.

Recommended Foods-

Category	Specific Items	Rationale
Grains	Old <i>Shashtika</i> rice (60-day rice), old barley, old wheat ¹	Lightest grains; require least digestive effort
Pulses	Green gram (<i>Mudga</i>), <i>Masura</i> (red lentil) ²	Light, protein-rich, easy to digest
Fruits	Sweet, ripe, juicy fruits: Mango, Grapes, Melons, Pears, Pomegranate, Indian Gooseberry (<i>Amla</i>) ⁵	<i>Madhura</i> rasa, cooling, hydrating
Vegetables	Cucumber, bottle gourd, ash gourd, pumpkin, leafy greens (moderate) ⁶	High water content, cooling
Dairy	Cold milk (not boiled, or boiled then cooled), fresh butter, ghee ¹	<i>Sheeta</i> , <i>Madhura</i> , <i>Snigdha</i> – protects <i>Ojas</i>
Sweeteners	Jaggery (in small amounts), raw sugar ²	<i>Madhura</i> rasa
Beverages	Coconut water, <i>Panaka</i> (herbal cool drink with coriander, fennel, sugar), <i>Shadanga Paniya</i> (water boiled with 6 cooling herbs) ³	Replenishes fluids, cools body
Special	<i>Shali</i> rice cooked overnight in rainwater (ancient practice) ¹	Maximum cooling effect

Web Integration: The Centers for Disease Control and Prevention (CDC) recommends consuming water-rich fruits (watermelon, cantaloupe) and avoiding high-protein, high-fat meals during heatwaves, precisely aligning with the *Grishma* diet²².

Sample Daily Meal Plan (Grishma)

- **Early Morning (6 AM):** 1 glass of coconut water or *Shadanga Paniya* at room temperature.
- **Breakfast (8 AM):** Cold rice (*Panta bhat*) with a little curd (fresh, not sour) and cucumber slices.
- **Lunch (12 PM):** Small portion of old rice with *Mudga dal* and steamed bottle gourd, finished with 1 teaspoon of ghee.
- **Evening (4 PM):** Sweet, cold milk with a pinch of cardamom and raw sugar.
- **Dinner (7 PM):** Light vegetable soup or fruit salad (no grains at night if *Agni* is very weak).

Pathya Vihara (Lifestyle Regimens) –

Daily Practices-

Practice	Method	Benefit
Divaswapna (Day sleep)	Allowed – 30-60 minute nap after lunch ^{1 3}	Compensates for short nights; preserves <i>Ojas</i> ; only season where day sleep is beneficial
Sheeta Snana (Cold bath)	Bathing with cool (not ice-cold) water ⁵	Refreshes, constricts dilated capillaries
Lepana (Herbal paste)	Application of sandalwood (<i>Chandana</i>), vetiver (<i>Ushira</i>), or saffron (<i>Kumkuma</i>) paste on the body ¹	Cooling, soothing, prevents heat rash
Residence	Stay in cool, underground cellars or air-conditioned spaces ²	Protects from direct solar radiation
Clothing	Very light, white, cotton or linen garments; minimal coverage ⁶	Reflects heat, allows evaporation

Flowers	Wear garlands of jasmine (<i>Mallika</i>) or lotus ¹	Fragrance has cooling effect on mind
Exercise	Very mild – only <i>Chankramana</i> (slow walking) in early morning or late evening ³	Prevents <i>Vata</i> aggravation without generating heat
Sexual activity	Reduced frequency (once in 15 days) ⁵	Conserves <i>Shukra Dhatu</i> (reproductive tissue)

Specific Prohibitions in Grishma-

Apathya	Why Avoid?
Atapa Sevana (Sun exposure) ¹	Direct midday sun causes <i>Rakta Pitta</i> (bleeding disorders), sunstroke, and skin damage
Ati Vyayama (Excessive exercise) ²	Depletes the already weak <i>Agni</i> and <i>Bala</i> ; leads to exhaustion and fainting
Madya (Alcohol) ³	Heating, dehydrating, damages <i>Ojas</i>
Lavana, Amla, Katu Ahara ⁵	Salty, sour, and spicy foods increase thirst, burning sensation, and <i>Pitta</i>
Ati Adhva (Long walking) ⁶	Wastes energy, increases <i>Vata</i>

Modern Scientific Validation for Grishma Regimen-

- **Circadian Rhythm & Day Sleep:** A 2019 study in *Sleep Medicine Reviews* confirmed that in environments with short summer nights (high latitude), a 30-minute afternoon nap improves cognitive function and cardiovascular recovery without disrupting nocturnal sleep²³.
- **Cold Milk & Hydration:** Milk has a high specific heat capacity and contains electrolytes (potassium, sodium) that make it superior to plain water for rehydration in hot environments, according to a 2020 *Journal of Applied Physiology* study²⁴.
- **Coconut Water as Rehydration:** The WHO recognizes coconut water as an effective oral rehydration solution (ORS) for mild heat-induced dehydration due to its electrolyte profile (high potassium, moderate sodium)²⁵.

THE CRITICAL CONCEPT OF RITU SANDHI (TRANSITION PERIOD)

Definition and Duration-

Ritu Sandhi is the 14-day junction between two seasons: the last 7 days of the outgoing season and the first 7 days of the incoming season¹. During this period, the body is most vulnerable to *Ritu Vyatipata* (seasonal disorder)³.

Protocol for Ritu Sandhi

- Gradually discontinue the diet and lifestyle of the previous season over 7 days¹.
- Gradually introduce the new season's regimen over 7 days¹.
- Avoid sudden, drastic changes³.
- Perform a mild *Panchakarma* (e.g., *Snehana* and *Swedana* only) during this period⁵.

Example: Shishira → Vasanta Sandhi (Mid-March):

- Days 1-7: Reduce heavy meats, sesame oil, and sour foods; introduce barley porridge.
- Days 8-14: Completely adopt *Vasanta* regimen.

- Perform *Vamana* (therapeutic emesis) exactly on the first day of *Vasanta* for maximum benefit¹

The concept of transitional vulnerability is well-recognized in modern epidemiology. A 2022 study in *Nature* found that mortality increases during "weather transition weeks" (winter-to-spring and summer-to-autumn) due to the body's inability to adapt rapidly to changing barometric pressure and temperature²⁶.

Contraindications and Cautions-

- **Diabetics:** Limit jaggery, sugarcane juice, and sweet fruits in *Shishira* and *Grishma*⁸.
- **Hypertensives:** Reduce salt intake in *Shishira*; monitor blood pressure in cold weather¹⁴.
- **Asthmatics:** Strictly avoid *Divaswapna* (day sleep) in *Vasanta*¹⁷.
- **Pregnant women:** Avoid *Vamana* (emesis) in *Vasanta*; consult an Ayurvedic physician¹.
- **Autoimmune disorders:** Modify *Vasanta* detoxification according to disease activity¹⁸.

DISCUSSION-

In ancient times, humans lived in direct contact with nature. Today, we live in climate-controlled environments, consume off-season foods, and maintain the same diet year-round. This "seasonal flattening" has been linked to the epidemic of lifestyle disorders: obesity, diabetes, hypertension, and autoimmune diseases¹⁹.

The *Adana Kala* regimen offers a structured, evidence-based framework to reintroduce seasonal variability into our biology. By aligning our internal environment with the external environment, we reduce the chronic stress of "fighting against nature".

While the classical texts are unambiguous, modern validation is still emerging. Future research should focus on:

- Longitudinal RCTs comparing *Ritucharya*-adherent vs. non-adherent populations.
- Metabolomic and proteomic signatures of *Ritu Sandhi* transitions.
- Personalized *Ritucharya* based on *Prakriti* (constitutional type).
- **Shishira:** Eat heavy, oily, sour, and sweet. Massage with oil. Stay warm. Do not sleep during the day.
- **Vasanta:** Eat light, dry, bitter. Use honey. Exercise vigorously. Perform seasonal cleansing (*Vamana*).
- **Grishma:** Eat light, liquid, sweet, cooling. Sleep during the afternoon. Rest. Avoid sun and exertion.

As Acharya Charaka stated: "*He who uses the diet and regimen of a particular season at the very beginning of that season, with proper understanding, becomes free from diseases and attains longevity.*" (Charaka Samhita, Sutrasthana 6/38) .

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