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Understanding *Ritucarya* in Ayurveda: Approaches to Learning and Application

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Abstract

Introduction:

Ritucarya, the seasonal regimen in Ayurveda, emphasizes dietary (*Ahara*) and lifestyle (*Vihara*) modifications to align with seasonal changes. It aims to maintain the balance of *dosha* (*Vata*, *Pitta*, *Kapha*), *Agni* (digestive fire), and *Bala* (strength), thereby preventing diseases and promoting health. This article explores the theoretical framework of *Ritucarya*, its practical applications, and its relevance in modern healthcare.

Methods:

Ritucarya is studied through Ayurveda's classical texts and categorized into key components, including seasonal classifications (*Masa*, *Kaala*, *Rasa*, *Bala*), the phases of *dosha* (*Sanchaya*, *Prakopa*, *Prashama*), and therapies like *Shodhana* (detoxification) and *Shamana* (pacification). The role of *Ritusandhi* (seasonal transitions) in preventing health disorders is emphasized. A case study of *Hemanta Ritu* (early winter) highlights specific diet and lifestyle practices.

Results:

In *Hemanta Ritu*, sweet (*Madhura*), sour (*Amla*), and salty (*Lavana*) tastes were found beneficial, alongside warm clothing, oil massages, and moderate exercise to enhance *Bala*. *Shamana* therapy was shown to be more effective in this season due to high *Agni* and strength. Gradual adaptation during *Ritusandhi* was essential in maintaining equilibrium and reducing health risks.

Conclusion:

Ritucarya provides a preventive framework for seasonal health management. By aligning with nature, it offers an effective strategy for addressing seasonal disorders and modern lifestyle-related diseases. Its relevance in contemporary healthcare highlights the importance of integrating Ayurvedic principles with public health initiatives to promote holistic well-being.

Keywords: *Ritucarya*, Ayurveda, *Dosha*, Seasonal Regimen, Preventive Healthcare, *Ahara*, *Vihara*.

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