

## Rutucharya and Astronomy.

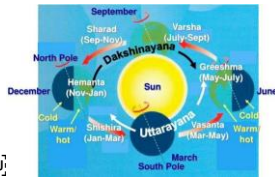
Understanding is the need of the hour. And next comes the implementation.

The year is divided into 2

**Ayanas(solistic)** based on the path taken by the sun as **Uttarayana** (Northern solstice) and **Dakshinayana**( Southern solstice).

[OBJ]

**-Uttarayana or Adana Kala** path comprises of 3 rutu's that is **shishira** ,**Vasanta** and **Greeshma** (from mid Jan to mid July), where the sun is more powerful and the Bala or strength of a person is less. **-Dakshinayan or visarga Kala** comprises of three rutus I, e. **Varsha** ,**Sharad** and **Hemanta** from mid-july to mid Jan, where the sun's energy is less and the strength of a person is more.



● [OBJ]

Coming to the present winter season, I. e, **Hemant Ritu**, that is from mid Nov to mid Jan ,person's strength and his Agni I, e digestive fire is at maximum. Nights will be longer compared to other rutus.hence the diet should include **Madhura (sweet)Amla(sour)Lavana(salt)Ras** ahara. Intake of sugarcane products , newly harvested grains, milk and Milk products and the hot water consumption is highly recommended during this season.



[OBJ]

The lifestyle regimens like **taila Abhyanga or oil massage** including **head massage**,covering ourself with warm clothes and judicious exposure to the sun can help in balancing the homeostasis of the body.



[OBJ]

[OBJ]

Those to be avoided are exposing to the direct wind ,intake of cool drinks ,ice creams and the **day sleep**.

Hence let's all try to understand, appreciate and implement the knowledge behind this preventive measures to be taken by a **swastha Purusha** as told By **Acharya's** in the form of

**Rutucharya Or the Seasonal Regimen.** So It's high time we indians should start exploring our vast vedic knowledge and be a role model for other countries.



**Jai Hind.**

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