



## A Review on Diet During Ritu Sandhi

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### ABSTRACT

Ritu Sandhi is a 14-day period connecting the end of the previous season and the start of the current season. It involves gradually rejecting previous practices, including dietary, lifestyle, and behavior, and re-adapting to the new season's practices, including diet, lifestyle, and behavior. Practice and giving up things are difficult processes that need to be done slowly and in pieces. The body does not tolerate sudden changes, such as quitting smoking or drinking alcohol. It is also difficult to leave things we love, such as the Katu Rasa-rich diet and Amla Rasa-rich diet, which increase Pitta and can lead to disorders. The Indian calendar has six seasons, with six seasonal junctions. The first is the Shishir Ritu (late winter) to Vasant Ritu (spring season), which occurs between the last 7 days of autumn and the first 7 days of spring. This phase involves gradually stopping winter-related diet, lifestyle, and behavior practices and embracing the spring season. The second is the Spring to Summer transition, occurring between the last 7 days of spring and the first 7 days of summer. The third is the Summer to Rainy transition, occurring between the summer and rainy seasons.

**Key Words:** - Ritu Sandhi, Dietary, Lifestyle, Behavior.

### Introduction: -

#### Definition of Ritu Sandhi -

The last 7 days of the previous Ritu (the season is about to end) and the first 7 days of the current Ritu or the upcoming season (the season is about to start) are put together which is called Ritu Sandhi or seasonal junction.

Thus Ritu Sandhi is a period of time of 14 days (2 weeks) that connects the end of two different Ritu.

In Ritu Sandhi one must gradually begin to reject (let go of) the practices of the previous season which includes practices related to dietary practices, lifestyle and behavior. Also, he should gradually begin to practice and re-adapt to the practices of the coming season, including diet, lifestyle, and behavioral practices of the coming season.

### Reason for gradual change in diet -

It is not easy to practice anything or give up something suddenly. Both are processes that need to be done slowly. They need to be done gradually in pieces. The body does not tolerate when anything is imposed from regular exercise or is suddenly withdrawn from regular exercise. It is very difficult to give up something suddenly. For example, it is difficult to suddenly stop smoking or drinking alcohol. These can be done suddenly but they will have serious effects on health including withdrawal symptoms. They need to quit slowly, one cigar at a time, one sip of wine at a time. This is sensible clearance and helps prevent damage to the body. The body will take time to adjust to any change, whether it's letting things go or practicing new things.

Similarly, it is very difficult to leave the things we love. For example, in Sharad (Autumn) it is advisable to stay away from or avoid Katu Rasa-rich diet (pungent and spicy foods) and Amla Rasa-rich diet (sour foods) as they increase Pitta and pitta. Give rise to disorders. Naturally there will be a tendency for Pitta to increase in autumn. But if we love spicy and sour food, then with the onset of autumn it will be absolutely difficult to suddenly give up these foods. It is also difficult to keep temptations away. Therefore we should gradually reduce these juices or flavors from our diet, not suddenly but in bits and pieces. This should be done in the Ritusandhi between Varsha Ritu (rainy season, the season before autumn) and Autumn.

Similarly, doing any exercise suddenly is also not desirable. For example, if we do not like to take Madhur Rasa Yukta Diet (sweet staple foods) and Tikta Rasa Diet (bitter foods) and Shitala Diet (cold foods), then the practice of taking them suddenly at the time of Sharad Ritu It is difficult to do. Comes. Madhura, Tikta and Sheetal diets are opposed to Pitta and are healthy in autumn. But we cannot start taking them suddenly, at least some of us who are reluctant to these tastes. Therefore, they should be gradually introduced into practice in the transition period between rainy season and autumn.

Similarly, the eating habits and living habits of the rainy season should be gradually abandoned during the same season.

Similar principles will be followed in other seasonal treaties also.

Number of seasons -

There are 6 seasons according to the Indian calendar. Apparently there will be 6 seasonal junctions – seasonal junctions. They are mentioned below- -

1. Seasonal junction between Shishir Ritu (late winter) and Vasant Ritu (spring season)-

- This season sandhi is formed by the last 7 days of autumn season and the first 7 days of spring season.
- This season sandhi is formed by the last 7 days of autumn season and the first 7 days of spring season.
- This is the phase of transition from autumn to spring.

In this, the practices of winter season related to diet, lifestyle and behavior should be gradually stopped and the practices related to diet, lifestyle and behavior of spring season should be gradually practiced.

This Ritu Sandhi occurs between the two seasons of Aadaan Kaal (Northern Solstice), as Shishira and Vasantha seasons fall in Aadaan Kaal or Uttarayan.

In this Ritu Sandhi, one learns to adapt to the upcoming spring Ritu by abandoning the practices of the current season i.e. Shishira Ritu.

2. Seasonal junction between spring (spring season) and summer season (summer season) -

This Ritu Sandhi is formed by the last 7 days of spring and the first 7 days of summer.

This is the phase of transition from spring to summer.

In this, the practices of spring season related to diet, lifestyle and behavior should be gradually stopped and the practices related to diet, lifestyle and behavior of summer season should be gradually practiced.

This Ritu Sandhi occurs between the two seasons of Aadaan Kaal (Northern Solstice), as spring and summer fall in Aadaan Kaal or Uttarayan.

In this Ritu Sandhi, one learns to adapt to the coming summer season, abandoning the practices of the current season i.e. spring season.

3. Seasonal junction between summer season (summer season) and rainy season (rainy season) -

This Ritu Sandhi is formed by the last 7 days of summer season and the first 7 days of rainy season.

This is the phase of transition from summer to rainy season.

In this, the practices related to diet, lifestyle and behavior of the rainy season should be gradually stopped and the practices related to diet, lifestyle and behavior of the rainy season should be gradually practiced.

This Ritu Sandhi occurs between one season of Aadan Kaal (Northern Solstice) i.e. summer season and the second season of Visarga Kaal (Southern Solstice) i.e. rainy season.

In this Ritu Sandhi, one learns to adapt to the upcoming rainy Ritu by abandoning the practices of the current season i.e. summer Ritu.

4. Ritu Sandhi between the rainy season (Varsha Ritu) and Sharad Ritu (Autumn).

This Ritu Sandhi is formed from the last 7 days of rainy season and the first 7 days of autumn.

This is the phase of transition of rainy season to autumn.

Dates of this Ritu Sandhi – 9th September to 22nd September every year

In this, the practices of rainy season related to diet, lifestyle and behavior should be gradually stopped and the practices related to diet, lifestyle and behavior of autumn should be gradually practiced.

This Ritu Sandhi occurs between the two seasons of Visarga Kaal (Southern Solstice) i.e. rainy season and autumn because both these seasons come under Dakshinayan or Visarga Kaal.

In this Ritu Sandhi, one learns to adapt to the upcoming Sharad Ritu by abandoning the practices of the current season i.e. Varsha Ritu.

5. Seasonal junction between Sharad Ritu (Autumn) and Hemant Ritu (Winter Season) -

- This Ritu Sandhi is formed by the last 7 days of Autumn and the first 7 days of Hemant Ritu.
- This is the transition phase of Autumn season into Hemant season.

Dates of this Ritu Sandhi- From 22nd November to 9th November every year

In this, autumn practices related to diet, lifestyle and behavior should be gradually stopped and Hemant Ritu practices related to diet, lifestyle and behavior should be gradually practiced.

This Ritu Sandhi occurs between the two seasons of Visarga Kaal (Southern Solstice), as Sharad and Hemantha seasons fall in Visarga Kaal/Dakshinayan.

In this Ritu Sandhi, one learns to adapt to the upcoming Hemantha Ritu by abandoning the practices of the current season i.e. Sharad Ritu.

6. Seasonal junction between Hemant Ritu (winter season) and Shishira Ritu (late winter season)-

This Ritu Sandhi is formed from the last 7 days of Hemant Ritu and the first 7 days of Shishir Ritu.

This is the phase of transformation of Hemantha Ritu into Shishira Ritu.

Dates of this season of January - 9th to 22nd January every year

In this, the practices of autumn season related to food habits, lifestyle and behavior should be gradually stopped and the practices related to diet, lifestyle and behavior of autumn season should be gradually practiced.

This Ritu Sandhi occurs between one season of Visarga Kaal (Southern Solstice) i.e. Hemantha Ritu and the other season of Aadan Kaal (Northern Sankranti) i.e. Shishir Ritu.

In this Ritu Sandhi, one learns to adapt to the upcoming Shishira Ritu by abandoning the practices of the current season i.e. Hemantha Ritu.

Importance of Ritu Sandhi

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### **Benefits of knowledge of Ritu Sandhi:**

Knowledge of Ritu Sandhi helps us in adopting different seasons. It teaches us how to give up the habits of the previous season related to food, lifestyle and behavior and also practice the habits of the coming season related to diet, lifestyle and behavior. Knowledge of Ritu Sandhi helps us to quickly adapt and adjust to the upcoming season. Knowledge of Ritu Sandhi is helpful in preventing many seasonal disorders. Knowledge of Ritu Sandhi helps the physician in treating seasonal disorders. Knowledge of Ritu Sandhi helps the physician in treating seasonal disorders and also advises preventive measures to take precautions regarding diseases occurring in the coming season.

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