



Prevention is Care

Understanding Ritu Sandhi - The Seasonal Junction

In our previous blog, we briefly touched upon the concept of 'Ritu Sandhi', the transition period from one season to another. Would you like to join me so we can understand why this junction is so important for our health?

R̥tu Sandhi

The word 'R̥tu' in Sanskrit means 'season', and 'Sandhi' means 'junction'. So, 'R̥tu Sandhi' translates to the junction between two seasons. Let us picture Spring. The sky is clear. The Sun is shining bright in the sky, and the air is thick with the scent of fresh leaves. The grassy ground below is warm to walk on. You want to drink flowing water. Slowly, spring will give way to sunny days. The days will get really hot and dry, and then you will want to drink buttermilk. We all have experienced it every year. This shift from spring to sunny days and then towards monsoon is called R̥tu Sandhi.

Why is Ritu Sandhi important?

When the weather changes, several changes occur in the body simultaneously. Our digestion becomes s̥ore. Immunity shifts from being robust to becoming tender. Your body slowsdown. Our overall strength reduces. If we did not care about these environmental and internal changes, our carelessness make us more vulnerable to illnesses. The next change will begin from the 4th of May when Vasata R̥tu will shift to Greeshma R̥tu (Summer).

Current Ritu Sandhi -

We are experiencing the R̥tu Sandhi' between Winter (Shishira Ritu) and Spring (Vasanta Ritu). Summer starts only after the Agninakshatra appears, which is in mid-May. We may experience weather changes but not seasonal changes. During this time, Kapha dosha, which accumulates in winter, begins to liquefy, slowing down digestion and metabolism.

With slowing digestion and metabolism, the foods we ate in winter will cause us to feel heavy and sleepy. A change in diet is required. This change in diet to maintain our body is called Pathya. It is an Ayurvedic way of healthy living.

So then, how to Stay Healthy During This Transition?

Here are some Ayurvedic tips to maintain good health during Rtu Sandhi:

Dietary Changes



Prefer light, dry, and easy-to-digest foods like Idli, Upma, Jowar roti, etc.. Avoid chapatis.

Strictly avoid oily and fatty foods, sweets, sour foods, cold foods and drinks.

Ayurveda recommends drinks (based on body type) during this period.

Those are - Mango juice, water boiled with nut grass (musta), old barley porridge and fermented grape juice (only if prescribed by an Ayurvedic physician).

It is advised to take a bath after applying a mixture of sandalwood powder, camphor powder, agaru (Aquilaria wood) and kumkuma (saffron or turmeric).

Exercise



Mild physical activity in a pleasant environment, with fresh air, a gentle breeze, and light sunlight, can do wonders for maintaining body strength and immunity.

R̥tu Sandhi' is nature's way of reminding us to realign with its rhythms.

Be mindful of what you eat, how you move, and how you care for your body. With this awareness and seasonal adjustments, you can stay healthy and balanced throughout the year.

If you have any doubts about the food you are consuming, please comment, and we will help you.