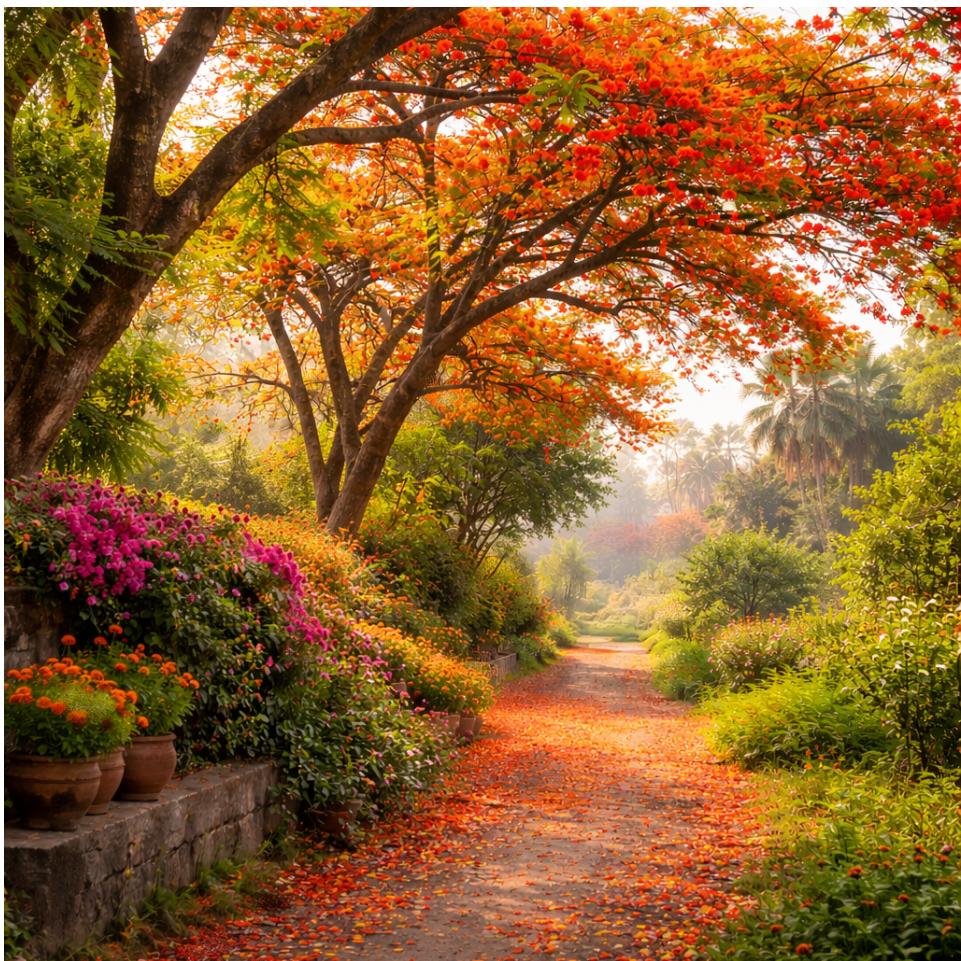




Prevention is Care

Vasantha Ritu and Exercise: Why Workouts Should Be Gradual in Spring



As winter transitions into spring (Vasantha Ritu), many people feel motivated to restart exercise routines. Ayurveda supports this instinct. According to Ritucharya (seasonal regimen), Vasantha Ritu is the ideal time to introduce physical activity, but gradually. Understanding about Vasantha Ritu and exercise can prevent fatigue, injury, and seasonal imbalance.

What Happens in the Body During Vasantha Ritu?

During winter, the body accumulates [Kapha](#) dosha due to cold weather and heavy, nourishing foods.

As temperatures rise, this [Kapha](#) liquefies and circulates, leading to:

- Heaviness
- Sluggish digestion
- Mucus formation
- Lethargy

This makes exercise during Vasantha Ritu beneficial, as it helps mobilize and reduce excess Kapha.

Why Should Exercise Be Gradual in Vasantha Ritu? & Khichdi Eaten During Makara Sankranthi?

Although exercise is recommended, [Ayurveda](#) does not support sudden intense workouts. The body is in a transitional phase. Digestion may fluctuate, and energy levels are adjusting. Excessive or aggressive exercise can:

- Aggravate [Vata](#)
- Cause fatigue
- Reduce immunity
- Lead to burnout

Ashtanga Hridaya advises exercising only until light sweating and mild breathlessness, not exhaustion. Overexertion (Ativyayama) is described as a cause of weakness and tissue depletion.

How to Begin Exercising in Vasantha Ritu?

- Start with brisk walking or Surya Namaskara before sunrise
- Choose moderate-intensity workouts
- Gradually increase strength and duration
- Exercise to half of your capacity (Ardha Shakti) - until light sweating
- Support digestion with light, warm meals

- Make sure to sleep on time. Sleep quality plays a vital role in exercise. When the sleep quality is good, then the exercise routine will not cause sore muscles, pain or stiffness. Use of [Agar wood](#) can improve the quality of sleep.

This steady approach reduces Kapha while protecting overall vitality.

Relevance of Vasantha Ritu and Exercise

Many people move from inactivity to extreme workouts within days. This often leads to joint pain, sleep disturbance, and loss of motivation. Seasonal wisdom prevents this cycle.

Vasantha Ritu is the season to move, lighten, and build discipline gradually.

When exercise aligns with nature's rhythm, it becomes sustainable, strengthening both body and mind.