

**REVIEW ARTICLE ON RITU HARITAKI: A HOLISTIC AYURVEDIC APPROACH FOR
SEASONAL HEALTH MAINTENANCE****Dr. Gulshan¹, Dr. Anjali Rawat^{2*}, Prof. Dr. Ramen Santra³, Dr. Dheeraj Kumar Tyagi⁴, Prof. Dr. Anil Kumar⁵**^{1,2}Post Graduate Scholar, Department of Swasthavritta & Yoga, Patanjali Bhartiya Ayurvedic Evam Anusandhan Sansthan, Haridwar.³Professor and H.O.D, Department of Swasthavritta & Yoga, Patanjali Bhartiya Ayurvedic Evam Anusandhan Sansthan, Haridwar.⁴Associate Professor, Department of Swasthavritta & Yoga, Patanjali Bhartiya Ayurvedic Evam Anusandhan Sansthan, Haridwar.⁵Professor and Principal, Patanjali Bhartiya Ayurvedic Evam Anusandhan Sansthan, Haridwar.***Corresponding Author: Dr. Anjali Rawat**

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ABSTRACT

Ayurveda, the ancient science of life, is not just a medical system but a way of living in harmony with nature for the maintenance of health and prevention of disease. One of its most valuable contributions to preventive health is the concept of Ritucharya -seasonal regimen, which guides dietary and lifestyle modification according to seasonal variations. Seasonal variations influence Dosha, Agni and Dhatu making the body susceptible to imbalance if not managed appropriately. Just as the environment changes with each season, our body too undergoes subtle shifts. Ayurveda recommends specific diet and lifestyle changes to align ourselves with nature, rhythm. Among these, one unique and time-tested practice is the use of Ritu Haritaki- seasonal consumption of Ritu Haritaki with different anupana. This review article aims to explore the classical Ayurvedic references, rationale, and therapeutic significance of Ritu Haritaki as a holistic approach to seasonal health maintenance. The concept holds immense potential for promoting sustainable health practices in modern society.

KEYWORDS: Ritu Haritaki, Anupana, Dosha, Agni, Dhatu, Rasayan, Ama.**INTRODUCTION**

Haritaki is a chief herb that can be consumed with different Anupana's according to season to get its complete revitalizing benefits. According to Ayurveda, Ritu Haritaki is the key and most essential Rasayan that can be used in every season, but Anupana should be different.

RITU WISE USAGE OF HARITAKI**SHISHIRA RITU**

Shishira Ritu (mid jan -mid march), Haritaki is taken with pippali to treat cold, flu, pneumonia, and other respiratory infections.

VASANT RITU

Vasant Ritu (mid-march -mid may), Haritaki is taken with honey because of Kapha prakopak kaal and to cure asthma and other allergies.

GREESHAM RITU

Greesham Ritu (mid may -mid July), Haritaki taken with Guda(jaggery) to treat excessive heat related disorders like Sun burn and dehydration.

VARSHA RITU

Varsha Ritu (mid July -mid September), Haritaki is taken along with saindhav lavan to maintain excess humidity and to cure fever, cold and other maladies.

SHARAD RITU

Sharad ritu (mid-September -mid November), Haritaki taken along with sharkara to control pittaj disorders.

HEMANT RITU

Hemant ritu (mid November -mid January), Haritaki is taken with shunti (ginger) to cure infections, allergies and other ailments.

ANUPANA OF RITU HARITAKI IN DIFFERENT SEASON**Table no. 1.**

RITU	ANUPANA
Varsha ritu	Saindhav
Sharad ritu	Sharkara
Hemant ritu	Shunthi
Shishira ritu	Pippali
Vasant ritu	Madhu
Greeshma ritu	Guda

CLINICAL SIGNIFICANCE

Ritu Haritaki prevents allergic rhinitis, indigestion, cough and cold, improves metabolism.

Modern research supports Haritaki is an antioxidant, antibacterial, gut microbiome enhancer and neuroprotective.

RITU HARITAKI IN DAILY LIFE

The practice is easy to adopt and doesn't require elaborate preparations. For students, professionals, and elderly individuals, it is a simple and effective way to maintain seasonal harmony. Ayurvedic physicians may also use it in seasonal panchakarma protocols as a preparatory or follow up Rasayana.

CONCLUSION

Ritu Haritaki is a beautiful example of how Ayurveda integrates seasonal wisdom with daily healthcare. In today's world of unpredictable climate, pollution and lifestyle stress, following such time practices can offer resilience and inner balance. It is an affordable, natural and highly effective way to stay connected with nature and support long term wellness.

By understanding and applying the concept of Ritu Haritaki we are not only preserving an ancient tradition but also enhancing our immunity and vitality with the rhythms of nature.

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