



HIMALAYIYA AYURVEDIC (P.G.) MEDICAL COLLEGE & HOSPITAL

Doiwala, Dehradun, Uttarakhand

Department of Kriya Sharir

Ayurveda – The Science of Healthy Living

वर्षा ऋतुचर्या Monsoon Seasonal Regimen

Protect Your Digestion • Strengthen Immunity • Prevent Seasonal Diseases



Dr. Shashank Patel
MD Scholar
Department of Kriya Sharir

1. WHAT HAPPENS DURING VARSHA?



- Weak Agni
- Vata aggravation
- Pitta accumulation
- Low immunity
- Increased infections
- Digestive disorders
- Joint pain

2. RECOMMENDED DIET

 Old Rice	 Wheat	 Barley	 Green Gram
 Meat Soup (Jangala)	 Ginger	 Black Pepper	 Pippali
 Honey	 Warm Water	 Buttermilk	 Light Meals

✓ Prefer warm, freshly cooked, easy to digest and lightly sour, salty and unctuous foods.

3. FOODS TO AVOID

 Cold Drinks	 Raw Salads	 River Water
 Curd at Night	 Leafy Vegetables (Excess)	 Heavy Oily Meals
 Excess	 Street Food	 Overeating

! These can weaken Agni, increase Ama (toxins) and disturb Doshas.

4. LIFESTYLE GUIDELINES

 Keep Body Dry	 Wear Clean Clothes	 Avoid Getting Drenched	 Oil Massage (Abhyanga)	 Warm Bath
 Drink Boiled Water	 Avoid Daytime Sleep	 Moderate Exercise	 Use Mosquito Protection	 Stay in Clean Surroundings

5. PANCHAKARMA (BEST THERAPY IN VARSHA)

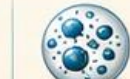


★ BASTI

Best Therapy during Varsha

- ✓ Vata balancing
- ✓ Gut cleansing
- ✓ Improves immunity
- ✓ Supports digestion

6. COMMON DISEASES DURING MONSOON

 Diarrhoea	 Indigestion	 Fever	 Cold
 Cough	 Joint Pain	 Skin Infections	 Water-borne Diseases

7. EMERGENCY HEALTH TIPS

 Drink boiled water
 Wash hands
 Eat freshly prepared food
 Avoid stale food
 Stay hydrated
 Seek medical care when needed

8. RITUCHARYA QUOTE

ऋतुचर्या पालनम्
आरोग्यस्य मूलम् ।

"Following seasonal discipline is the foundation of good health."

Department of Kriya Sharir
Himalayiya Ayurvedic (P.G.) Medical College & Hospital

Follow Us

