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Comprehension of seasons and its importance of updation

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Abstract: -

Every moment witnesses change. When this change becomes more evident for a time period it is called as season. Ayurveda classics calls it as *ritu* and classified as six. Each country have their own seasonal variations. This concept of the six *ritu* is not relevant in India too, as India do not have an uniform distribution of season. The atmospheric conditions have changed drastically which have also affected the seasons. Blindly following the instructions written in classics of Ayurveda without proper understanding is unscientific. This article tries to unravel the importance of clear understanding of prevalent seasons.

Key words: - Ritu, Season, Ayurveda.

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