



Textual and Scientific Perspectives on *Ritu Vinischaya*: A Critical Review

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Abstract

Ritu Vinischaya, the precise determination of seasonal transitions, is a foundational concept in classical Ayurveda, integrating ecological observation with human physiology. Classical texts conceptualize *Ritu* as distinct temporal divisions characterized by specific climatic attributes like temperature, humidity, rainfall, wind, and photoperiod. They influence *Dosha* balance, *Agni* (digestive fire), and overall homeostasis. These literatures also provides detailed criteria for identifying seasonal changes through solar-lunar movements, regional environmental signs, and physiological markers. A qualitative textual synthesis was conducted across major Ayurvedic compendia and correlated with environmental physiology and chronobiology literature to reinterpret these concepts scientifically. The analysis demonstrates that Ayurveda's conceptualization of *Ritu Vinischaya* aligns with contemporary chronobiological understanding, emphasizing anticipatory physiological adaptation to seasonal variations. Recognizing these traditional insights provides a framework for personalized seasonal regimens (*Ritucharya*), preventive strategies, and integrative health management. This review highlights Ayurveda's sophisticated ecological and chronobiological intelligence, underscoring its relevance in contemporary medicine and public health.

Keywords: *Ritu Vinischaya*, *Ritu*, *Ayurveda*, Seasonal demarcation, *Agni*, *Dosha*.

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