

HEMANT RITU MAIN DINCHARYA (DAILY ROUTINE) AND FOR PREGNANT WOMEN ACCORDING TO AYURVEDA

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ABSTRACT

Hemant Ritu, or early winter, represents a time of cool and dry weather in Ayurveda, affecting the body by elevating the Vata dosha and reducing the Pitta dosha. This shift in seasons requires a specific Dincharya (daily routine) to maintain balance and health. Ayurvedic principles emphasize the significance of nurturing the body through warming, hydrating, and balancing techniques. Key recommendations involve waking up early, engaging in self-care practices like Abhyanga (oil massage), consuming warm and easily digestible meals, and ensuring adequate hydration. Additionally, incorporating warming spices, healthy fats, and seasonal veggies is suggested to support the body and enhance digestion. The main aim of the regimen is to address the dryness and chill typical of Hemant Ritu, improving general health and preventing imbalances. This article explores the Ayurvedic view on daily routines and food guidelines for Hemant Ritu, highlighting the importance of syncing with seasonal changes to attain ideal health.

Keywords: Hemant Ritu, Pitta dosha, Dincharya.

INTRODUCTION

Hemant Ritu, known as the Hemant season, signifies the onset of early winter in the traditional Indian calendar, typically occurring from mid-November to mid-January. In Ayurveda, this period is marked by cold and dry conditions, influencing the body and mind in particular ways. The traditional practice of Ayurveda recommends a personalized daily regimen, or "Dincharya," for every season to uphold equilibrium and enhance well-being.

This article examines Hemant Ritu and the key Dincharya (daily routine) suggested during this time, according to Ayurvedic principles. We'll also explore the effect of Hemant Ritu on the doshas (body energies) and how to preserve optimal health during this period.

UNDERSTANDING HEMANT RITU (EARLY WINTER)

The Hemant Ritu is defined by the subsequent characteristics:

- **Chilly, arid air:** The temperatures decrease considerably, resulting in a cold and dry atmosphere.
- **Rise in Vata dosha:** Vata, made up of air and ether elements, gets intensified during this season, causing issues like dryness, skin cracking, and joint discomfort.
- **Lowered pitta dosha:** Pitta, associated with heat and fire, tends to lessen during Hemant Ritu, resulting in a sensation of reduced warmth in the body, and digestive

fire (Agni) may slow down.

In this time, it is crucial to tackle the seasonal disparities by concentrating on caring for the body, offering warmth, and improving digestion.

THE AYURVEDIC DINCHARYA (DAILY ROUTINE) FOR HEMANT RITU

Ayurvedic Dincharya signifies a systematic daily regimen that synchronizes with the natural cycles of day and season to aid the body in preserving equilibrium. In Hemant Ritu, the Dincharya emphasizes nurturing, hydrating, and enhancing digestion.

- **Morning Routine (Pratah Kal) Get Up Early:** It is advised to get up before the sun rises, preferably between 5:30 and 6:30 in the morning. Getting up early helps balance Vata dosha, avoiding lethargy and exhaustion, and the early morning air is fresh.
- **Warm Water Hydration:** To promote digestion and eliminate toxins, start your day with a glass of lukewarm water. During this time of year, Ayurveda advises drinking slightly warm water to prevent agitating the Vata dosha.
- **Oil Pulling (Gandusha):** Oil pulling with coconut or sesame oil relieves the dryness that is typical of Hemant Ritu by moisturizing the body from the inside out. For

five to ten minutes, swirl the oil around in your mouth.

- **Gentle Exercise:** It helps to do light exercises like yoga or a morning stroll. Because the body tends to feel less energetic in the cooler months, it's important to keep the body active to maintain circulation, but avoid over-exertion.
- Self-massaging with warm sesame oil, or abhyanga, is particularly advantageous.

DAYTIME ROUTINE (MADHYAHNA KAL)

- **Breakfast:** A hearty, filling breakfast is advised. The best foods are soups, porridge, and cooked grains like wheat and rice with ghee. These foods are warm, easy to digest, and provide the nutrition needed to balance out the dry, chilly weather.
- **Activity/Work:** Moderately engage in your usual activities. Steer clear of stressful situations because the winter months can cause feelings of exhaustion or weight. Work at a pace that promotes your health and wellbeing.
- **Hydration:** Throughout the day, keep drinking warm water or herbal teas to stay hydrated. Dryness and dehydration can be avoided in this way. Warmth and digestion are enhanced by beverages like turmeric milk, ginger tea, and cumin-coriander-fennel water.

EVENING ROUTINE (SAYAHNA KAL)

- **Dinner:** A light, warm, and easily digestible meal is ideal for the evening. Steer clear of foods that are heavy, cold, or raw as these could make the season damper and colder. Good choices include stews, soups, and vegetables with a hint of spice.
- **Evening Relaxation:** As the evening draws to a close, it's critical to partake in a soothing activity, like meditation, light reading, or just sleeping. This aids in calming the mind, which could be overstimulated by the season's increased coolness and dryness.
- **Early Bedtime:** To guarantee enough sleep, try to get into bed by 10:00 p.m. Rest is essential for renewal, and the cool weather frequently encourages a feeling of heaviness. Maintaining ideal Vata and Pitta balance is aided by getting a good night's sleep.

DIETARY RECOMMENDATIONS FOR HEMANT RITU

An appropriate diet is crucial for handling the seasonal shifts of Hemant Ritu. Ayurveda highlights the intake of warm, oily,

and moist foods to balance the cool and dry climate.

- **Seasonings:** Add cumin, coriander, ginger, black pepper, and turmeric to your dishes. These seasonings enhance digestion and assist in preserving internal heat.
- **Fats:** Include healthy fats such as ghee, sesame oil, and almonds to nourish your body and maintain skin hydration.
- **Seasonal Vegetables:** Choose root vegetables such as sweet potatoes, carrots, and squash, which are nourishing and simple to digest during this time.
- **Hot Drinks:** Consume herbal teas infused with ginger, fennel, or cardamom, as they promote digestion and improve circulation.

PRECAUTIONS FOR HEMANT RITU

- **Stay Away from Cold Foods & Drinks:** Cold and uncooked foods can worsen Vata imbalance and cause digestive problems. Focus on warm, cooked, and moist meals during this time.
- **Wind Exposure:** Chilly winds can dehydrate the skin and worsen Vata conditions. Shield the body by donning cozy, gentle garments.
- **Follow Appropriate Skin Care:** Dry skin is a frequent problem in Hemant Ritu. Apply oils, lotions, or moisturizers to maintain your skin's hydration and softness.

DINCHARYA FOR PREGNANT WOMEN DURING HEMANT RITU

In Hemant Ritu (early winter), Ayurveda recommends that pregnant women adhere to a gentle and supportive Dincharya (daily routine) to sustain balance, particularly since the cool, dry conditions can heighten Vata dosha. This time calls for an emphasis on warmth, hydration, and tranquility for overall physical and emotional health.

Morning Habits:

- up early (5:30-6:30 am) and have a glass of warm water to rehydrate and kickstart digestion.
- Engage in soft yoga or stretching to maintain body flexibility without straining.
- Abhyanga (oil massage) using warmed sesame oil hydrates the skin and avoids dryness.

Daytime Schedule:

Consume comforting, hearty dishes such as soups, stews, rice with ghee, and root vegetables to aid digestion and keep

warm.

- Keep hydrated by drinking herbal teas such as ginger or cumin-fennel tea to enhance digestion and maintain body moisture.
- Engaging in moderate exercise like walking or gentle yoga supports circulation and alleviates stress.

Nighttime Ritual:

- Have a simple, digestible meal in the evening between 6-7 pm. Choose steamed vegetables, rice, and gentle seasonings.
- Engage in soothing practices such as meditation or gentle stretching to relax and release tension before sleep.
- Going to bed early (9:00-10:00 pm) is essential for rest and recovery.

Safety Measures:

- Shield the skin from cold, dry winds and use moisturizers to fight against dryness.
- Engage in relaxation techniques to handle stress and sustain emotional equilibrium.

Implementing these Ayurvedic methods can help pregnant women achieve comfort and wellness throughout the cool, dry period of Hemant Ritu.

CONCLUSION

Ayurveda highlights the significance of synchronizing daily practices with seasonal changes in both Dinacharya for Hemant Ritu and for pregnant women to uphold balance and well-being. In Hemant Ritu, the cold, dry conditions can worsen Vata dosha, so it is essential to implement habits that

encourage warmth, nourishment, and stability. For expectant mothers, the regimen should prioritize gentle self-care, a nourishing and stable diet, sufficient hydration, and ample rest to promote the health of both mother and baby.

Pregnant women can effortlessly manage the colder months by adhering to Ayurvedic practices, including oil massage (Abhyanga), eating warm and nourishing foods, participating in gentle exercise, and fostering a tranquil and soothing environment. This comprehensive method aids in alleviating dryness, avoiding discomfort, and promoting emotional well-being, guaranteeing a smooth and healthy pregnancy throughout Hemant Ritu. In the end, embracing a conscious daily practice aligned with the season can promote ideal health, tranquility, and general wellness.

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