

Ayurveda, the traditional system of medicine gives equal to daily regimen as well as seasonal regimen. Both are dependent. Because we change our daily regimen according to seasons. Humans are blessed with a beautiful environment to live in. The nature of the environment changes with the seasons. There are six seasons. Summer, rainy, spring, autumn, early winter and late winter. One season accompanies the other in the form of a cycle. In our life's journey, we pass through childhood, middle age, old age which is not under our control. Similarly we have to face all season irrespective of what your age is or where you live in. Seasons are a part of our life. Ayurveda has described each season with its features and appropriate regimen in ritucharya chapter. Ritu means season and charya means regimen. From this we come to know that regimen in each season is different from the other. Another thing is that seasons is not unique in all parts of the world.

The basic concepts in Ayurveda is related to tridoshas. Vata, pitta and kapha are the tridoshas. Human body can't exist without these basic principles. These doshas are subjected to variation according to ages, day and night, food, lifestyle, seasons etc. Doshas predominate in a particular season depends upon the characteristic feature of that season. Each season has its own features. Seasons are formed as a result of earth's position with respect to sun. Depending on this, there are two major divisions: uttarayana and dakshinayana. In case of uttarayana, sun is predominant. Strength of the person decreases during this season. In dakshinayana, moon is predominant. Here, strength of the person increases. So, according to the characteristics of each season, it's regimen is planned. The regimen is for adapting ourselves to that season and to prevent vitiation of doshas which is very essential to attain aim of Ayurveda.

Here, we are dealing with autumn season which is one of the most beautiful season. It is in between summer and winter. In this season, usually trees shed their leaves, the temperature decreases. It means not too hot nor too cold. Night is longer than the day. In this season, weather is dry in nature with less temperature. So these qualities are related to vata dosha. Autumn is the season of vata dosha. This causes various effects on the human life as well as environment. People will be having various health issues such as dehydration, dry skin, constipation, lack of sleep, exhaustion, mental stress, irregular appetite etc. Increase of vata properties in the environment results in increase in vata properties in our body.

The change in season has good effects and bad effects. Bad effects can be overcome by making changes in our diet and lifestyle to adapt ourselves to the new season. This helps to reduce the adverse effects of the seasonal changes. In Autumn, since vata is high, regimen which is having opposite properties of vata or that season can be adapted. This is mainly for those who are predominant of vata dosha. For such persons, even small changes in this season can affect them badly. We know, vata is related to movements. Stability is the main concept related to vata dosha. When vata increases, our activities become irregular. So first thing is to regulate our activities by adopting a suitable regimen. Emaciation, weakness, dryness of body are all common in this season. As the temperature is not hot, people often drink less water. So, first and foremost thing is to drink plenty of water which is the best remedy for skin problems, weakness etc. This can also include fruits and vegetables having more water content. In order

to reduce dryness, vata pacifying oils (dhanwantaram tailam, maharajarasayana tailam etc) can be applied over the body. This helps to reduce body and joint pain. If skin is left without proper care can result in cracking, wrinkles, loss of texture of skin. Daily self-massage with suitable oils can be done. Moderate regular exercise is recommended according to your fitness level. While doing these, keep in mind that these are for your health and not just for any entertainment. Bathing is recommended in this season. Avoid use of cosmetics. Foods which are unctuous or oily in nature can be included. Include sweet, sour and salt tastes in your food because this can pacify vata. Ghee is good for health. It increases our digestive fire, strength, longevity, intellect, good for skin, pacifies vata and pitta, removes constipation. Foods which are freshly prepared, cooked and warm is recommended. Avoid dry, cold foods which aggravate vata. Food should be taken in proper time. Skipping meals should be strictly avoided because this can cause increase of vata. Sleep is usually disturbed along with mental stress in case of vata increase. There should be proper timing for sleep. Going to bed too late will aggravate vata. Good sleep at right time can give you freshness of body and mind while you get up in the morning. Yoga and meditation should be included in your daily regimen so that you can have control over your mind and sense organs. Always wear cotton dress which is clean loose in nature. Since temperature is low, there is more chance for infection. So cleanliness is must.

These are some of the small tips which is recommended in autumn to overcome vata. These changes depend from persons to persons. It is related to the predominant dosha in that person. So each individual can make changes gradually in their diet and lifestyle according to change in season, by keeping in mind their constitution (prakriti). So, seasons are a part of life which is unavoidable. We can't have control over seasons. Instead, we need to arrange our lifestyle in order to make that season favourable. Or else, it can lead to vitiation of doshas which in turn causes diseases. Most people are unaware about this fact. As a result, lifestyle disorders are increasing day by day. So make necessary changes in life. Changes are a part of human life. Always think positively and welcome each season happily irrespective of whether you like that season or not. Our life is one of the most precious gifts of God. So live this precious life in this beautiful earth with good health by enjoying all seasons.