



A FREE GUIDE

Seasonal Eating

A general version of ritucharya, the seasonal-eating framework, built on climate rather than a fixed calendar or a single region's produce.



ANANTA HARMONY

INFINITE WELLNESS

BEFORE YOU BEGIN

Six Seasons, By Climate

Ayurveda divides the year into six ritus of roughly two months each, defined by climate qualities such as heat, cold, damp and dryness rather than by four fixed calendar seasons. That framework travels well: whatever climate you actually live in, some version of these six shifts shows up.

This edition of the guide names each ritu by its climate signature rather than by month or produce, so you can map it onto your own actual weather and growing season. If you want the version built specifically around the north Indian calendar and market, it is also free on the guides page.

THE SIX RITUS AT A GLANCE

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| • Shishira — The Cold, Dry Stretch | Deep winter, wherever that falls for you |
| • Vasant — The Thawing Stretch | Early spring, as the cold breaks |
| • Grishma — The Hot, Dry Stretch | Early summer, before humidity arrives |
| • Varsha — The Hot, Wet Stretch | The humid or monsoon weeks |
| • Sharad — The Cooling, Turning Stretch | As the heat and damp start to break |
| • Hemant — The Cold, Building Stretch | Early winter, as the cold sets in |



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INFINITE WELLNESS

RITU 1 OF 6

Shishira — The Cold, Dry Stretch

Deep winter, wherever that falls for you

VATA RISING

Cold and dry weather builds Vata directly. Skin, joints and sleep are usually the first to show it.

LEAN INTO

- Warming oils, used generously, in cooking and on the skin
- Cooked grains and root vegetables over anything raw
- Warm milk or warm water as your default drink
- A pinch of dried ginger or warming spice in most meals

EASE BACK ON

- Cold or refrigerated food and drinks
- Raw salads as the main part of a meal
- Long gaps between meals
- Going to bed wound up rather than winding down first

ONE THING TO TRY

Oil your skin before you bathe, not after. It's the most-skipped habit of this season, and the one people notice fastest when they bring it back.

A typical plate this season

A simple template: a cooked grain, a root vegetable, a warming spice, and visible fat. Building a plate around those four covers most of the season's needs.





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RITU 2 OF 6

Vasant — The Thawing Stretch

Early spring, as the cold breaks

KAPHA MELTING

The heaviness built up over the cold months starts to loosen as things warm, which is exactly when colds and congestion tend to show up.

LEAN INTO

- Bitter greens, whatever is locally first into season
- Honey in warm water rather than sugar
- Lighter grains over anything dense and rich
- Ginger and black pepper to keep digestion brisk

EASE BACK ON

- Heavy dairy and rich sweets in quantity
- Daytime naps, which thicken Kapha further
- Fried and oily snacking
- Sleeping in well past your natural wake time

ONE THING TO TRY

This is the traditional season for a lighter routine generally, not just lighter food. If you ever fast or reset your habits, this is the window classical texts point to.

A typical plate this season

Bias the plate toward bitter and pungent: a bitter green, a light grain, and a warming spice, kept simple rather than rich.



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RITU 3 OF 6

Grishma — The Hot, Dry Stretch

Early summer, before humidity arrives

VATA ACCUMULATING, PITTA BUILDING

Heat and dryness both climb before any rains break. Fatigue and a short temper are common even before the hottest weeks hit.

LEAN INTO

- Whatever sweet, water-rich fruit is actually in season locally
- Buttermilk or a thin yoghurt drink through the day
- Mint, coriander and cucumber worked into more meals
- Cool, not iced, water as your default

EASE BACK ON

- Being out in the strongest midday sun
- Alcohol and excess caffeine
- Deep-fried food and heavy meat
- Pushing hard exercise through the heat of the day

ONE THING TO TRY

Move anything physically demanding to early morning or evening. The instinct to push through midday heat is exactly what this season is asking you not to do.

A typical plate this season

Lean sweet, bitter and astringent. A cooling yoghurt side, a light grain, and produce with high water content do most of the work.



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RITU 4 OF 6

Varsha — The Hot, Wet Stretch

The humid or monsoon weeks

VATA AGGRAVATED, DIGESTION WEAKEST

Digestive fire is classically at its lowest of the year in this stretch, even though appetite sometimes spikes. Heavy comfort food is the wrong instinct here.

LEAN INTO

- Warm, simply cooked food: a light dal or soup, cooked grains
- Fresh vegetables cooked through rather than raw
- Ginger and warming spice worked into daily cooking
- Water that has been boiled and cooled, not straight from the tap

EASE BACK ON

- Raw leafy greens and salads — a real hygiene point in humid weeks, not only a dosha one
- Food from anywhere it may have sat out
- Heavy, oily or hard-to-digest meals
- Dairy late in the evening

ONE THING TO TRY

This is the one season where the food-safety reason and the Ayurvedic reason for caution point the same way. Cook everything through, and eat lighter than your appetite suggests.

A typical plate this season

Keep it plain: one cooked grain, one well-cooked vegetable, and a light, warm dal. Nothing raw, nothing sitting out.



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RITU 5 OF 6

Sharad — The Cooling, Turning Stretch

As the heat and damp start to break

PITTA AGGRAVATED

The heat of summer and the damp of the wet season both tend to linger here, which is why this transitional stretch is often when Pitta symptoms peak.

LEAN INTO

- Sweet, ripe fruit and coconut water
- Rice or a similar mild grain, cooked simply
- Coriander, fennel and mint rather than heavy spice
- Ghee or a similar fat, in ordinary quantity

EASE BACK ON

- Sour, salty and heavily fermented food
- Chilli-forward or very spicy cooking
- Alcohol and consistently late nights
- Skipping meals until you are ravenous, then overeating

ONE THING TO TRY

Classical texts point specifically to spending calm evenings outside in this season. Whatever your version of that is, it is worth taking seriously here.

A typical plate this season

Favour sweet, bitter and astringent tastes. A mild grain, a cooling side, and fruit to close the meal suit this stretch well.





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RITU 6 OF 6

Hemant — The Cold, Building Stretch

Early winter, as the cold sets in

KAPHA BUILDING, DIGESTION STRONGEST

Digestive fire is classically at its yearly peak in this stretch, which is exactly why richer, heavier food culture tends to show up here across most food traditions.

LEAN INTO

- Warming, grounding food — this is the season the body can handle it
- Sesame, nuts and seeds in real quantity
- Whole grains and pulses as a base
- Warm milk with a warming spice before bed

EASE BACK ON

- Nothing needs heavy restriction this season — the real caution is inactivity
- Long stretches with no movement at all
- Cold drinks and cold food, even though appetite is strong
- Carrying this season's heavier eating on into spring once digestion naturally slows again

ONE THING TO TRY

This is the stretch of the year the body can handle the richest food. The mistake isn't eating well now, it's not easing off again once the season turns.

A typical plate this season

A whole grain, a pulse, a source of healthy fat, and a warming spice — the template that most winter food cultures independently arrive at.



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ONE LAST THING

Adapt It to Where You Are

None of this needs to be exact. The point isn't six precise dates, it's noticing that what your body needs genuinely shifts through the year, and that whatever is actually in season locally is usually a fair guide to what suits it, wherever you happen to live.

If you're in north India and want the version built around that specific calendar and market, it is also free on the guides page.

More at anantaharmony.com

- The Six Tastes — the taste principle behind these food choices
- Daily Rhythm — the day's six windows, with a live sunrise clock
- Herb Apothecary — what seasonal spices are actually doing

Educational only. Not a substitute for medical care.