



A FREE GUIDE

Seasonal Eating: North India

What to add and ease back on through the year, built around what is actually in the Punjab and Delhi-belt market, ritu by ritu.



ANANTA HARMONY

INFINITE WELLNESS

BEFORE YOU BEGIN

Six Seasons, Not Four

Ayurveda divides the year into six ritus of roughly two months each, not the four seasons most calendars use. Each one has a climate signature and a matching effect on the doshas, and north India's climate happens to express all six clearly, which is part of why this framework has held up here for as long as it has.

This guide follows the market rather than a fixed date. If sarson is still in the sabzi mandi, you are still in Hemant, whatever the calendar says. Use the month ranges as a starting point and let what is actually in season correct you.

THE SIX RITUS AT A GLANCE

- | | |
|--------------------------|-------------------------------|
| • Shishira — Late Winter | Mid-January to mid-March |
| • Vasant — Spring | Mid-March to mid-May |
| • Grishma — Summer | Mid-May to mid-July |
| • Varsha — Monsoon | Mid-July to mid-September |
| • Sharad — Autumn | Mid-September to mid-November |
| • Hemant — Early Winter | Mid-November to mid-January |



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INFINITE WELLNESS

RITU 1 OF 6

Shishira — Late Winter

Mid-January to mid-March

VATA RISING

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

LEAN INTO

- Sesame and mustard oil, generously, in cooking and on skin
- Methi paranthas, warm milk with turmeric, jaggery in moderation
- Root vegetables, warm soups, khichdi with extra ghee
- Ajwain and dry ginger in your tea or your dal tempering

EASE BACK ON

- Cold or refrigerated food and drinks
- Raw salads as a main component of a meal
- Long gaps between meals
- Late nights without warming down first

ONE THING TO TRY

Oil your skin before you bathe, not after. It is the single most-skipped Vata-season habit, and the one people notice fastest when they resume it.

A typical plate this season

Methi paranthas with extra ghee, a bowl of warm milk with turmeric, and a spoon of til-gur after the meal.





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RITU 2 OF 6

Vasant — Spring

Mid-March to mid-May

KAPHA MELTING

The Kapha built up over winter starts to loosen as the weather warms, which is exactly when colds and congestion tend to show up.

LEAN INTO

- Bathua, sarson and other bitter spring greens while they last
- Honey in warm water rather than sugar
- Barley and older, lighter grains over freshly harvested heavy ones
- Ginger and black pepper to keep digestion brisk

EASE BACK ON

- Heavy dairy: paneer, curd and sweets in large quantity
- Daytime naps, which thicken Kapha further
- Fried and oily snacking
- Sleeping in past sunrise

ONE THING TO TRY

This is the season classical texts single out for a lighter routine generally, not just lighter food. If you are going to fast or detox at all this year, this is the traditional window for it.

A typical plate this season

Bathua raita, barley roti, and moong dal — light, slightly bitter, easy on digestion as Kapha loosens.



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RITU 3 OF 6

Grishma — Summer

Mid-May to mid-July

VATA ACCUMULATING, PITTA BUILDING

Heat and dryness both increase before the rains break. Fatigue and irritability are common even before Pitta season proper arrives.

LEAN INTO

- Mango, melon, lychee — the fruit that is actually in season now
- Chaas and thin lassi through the day, not just with meals
- Mint, coriander and cucumber worked into everything
- Cool (not iced) water, kept in a clay matka if you have one

EASE BACK ON

- Midday sun between roughly noon and 3pm
- Alcohol and excess caffeine
- Deep-fried snacks and heavy non-veg
- Intense exercise in the heat of the day

ONE THING TO TRY

Move hard physical activity to early morning or after sunset. The instinct to push through midday heat is exactly what this season asks you not to do.

A typical plate this season

Cucumber-mint raita, thin dal, plain rice, and a tall glass of chaas rather than a heavy curry.



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RITU 4 OF 6

Varsha — Monsoon

Mid-July to mid-September

VATA AGGRAVATED, DIGESTION WEAKEST

Digestive fire is at its lowest of the year during the monsoon, even though appetite sometimes spikes. This is the season most guides get wrong by recommending heavy comfort food.

LEAN INTO

- Warm, simply cooked food: moong dal, khichdi, clear soups
- Fresh corn (bhutta) roasted rather than boiled in standing water
- Ginger, ajwain and hing worked into daily cooking
- Boiled and cooled water, always

EASE BACK ON

- Raw leafy greens and salads — genuinely a hygiene issue this season, not just a dosha one
- Street food and anything sitting out
- Heavy, oily or hard-to-digest meals
- Curd at night

ONE THING TO TRY

This is the one season where the food safety reason and the Ayurvedic reason for caution are the same reason. Cook everything through, and lean lighter than your appetite tells you to.

A typical plate this season

Moong dal khichdi with ghee, roasted bhutta, and ajwain-ginger tea rather than anything raw or fried.



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RITU 5 OF 6

Sharad — Autumn

Mid-September to mid-November

PITTA AGGRAVATED

The heat of summer and the dampness of monsoon both linger into this season, which is why late summer and early autumn are when Pitta symptoms peak in north India.

LEAN INTO

- Pomegranate, coconut water, sweet ripe fruit
- Rice and moong dal as a base, cooked simply
- Coriander, fennel and mint rather than heavy spice
- Ghee, in normal quantity — this is a season it suits well

EASE BACK ON

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

ONE THING TO TRY

Classical texts recommend moonlit evenings specifically for this season. Whatever your version of that is — sitting outside after dinner rather than straight to a screen — it is worth taking seriously here.

A typical plate this season

Rice, moong dal, a coconut-based sabzi, and pomegranate to close the meal — cooling and easy.





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RITU 6 OF 6

Hemant — Early Winter

Mid-November to mid-January

KAPHA BUILDING, DIGESTION STRONGEST

Digestive fire is classically at its peak of the year in this window, which is exactly why north Indian winter food culture is as rich as it is.

LEAN INTO

- Sarson ka saag and makki di roti, without apology
- Til, gur and groundnut — the classical winter trio
- Urad dal, ghee, dry fruit in real quantity
- Warm milk with turmeric or saffron before bed

EASE BACK ON

- Nothing needs heavy restriction this season — the caution is more about not skipping movement
- Long stretches of complete inactivity
- Cold drinks and cold food, even though appetite is strong
- Late, heavy dinners despite the urge — midday is still where the biggest meal belongs

ONE THING TO TRY

This is the season the body can handle the richest food of the year. The mistake isn't eating well now, it's carrying winter eating habits into spring once digestion has naturally slowed again.

A typical plate this season

Sarson ka saag, makki di roti, a spoon of white makkhan, and til-gur laddoo to finish.



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ONE LAST THING

Follow the Market, Not the Calendar

None of this needs to be exact. The point isn't to track six precise dates, it's to notice that your body's needs genuinely shift through the year, and that the food already arriving in your local market each season is usually a fairly good guide to what suits it.

If you want the general version of this same framework, without the north Indian produce list, 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 the season's spices are actually doing

Educational only. Not a substitute for medical care.