

Sisira Rtu Charya

Śiṣira Rtu is the late winter season, stretching from mid January to mid- March.

In this season, winter starts receding from it's peak. It is the beginning of Adaana Kala, when the sun and wind are powerful. The sun's heat becomes so powerful that it is energy sapping. During this season digestive activity becomes very powerful. The strong winds ensure lower temperatures.

The suggested practices, things to do and to avoid as per Ayurveda practice are detailed below.

Diet:

- food items that generate heat are preferred to protect the body from chillness.
- Sweet, salty, sour, hot, oily food stuff are preferred as they help keep in check the increasing Vāta
- Rice, wheat, gram flour products, sugarcane products can be added in the diet.

Do's:

- Oil massage should be taken regularly
- Exercise and use woolen clothes to conserve body heat
- Direct exposure to Sun for short times is important —Sunlight is rich in Vitamin-D—lest you be affected by the Seasonal Affective Disorder(lack of sunlight)
- Always drink warm water or warm milk and have bath with mild hot water

Don'ts

- Avoid refrigerated cold water or juices
- Avoid going out in the cold without proper woolen warm clothing
- Avoid cold water baths

Protect your body heat and enjoy Śiṣira, the late winter. Contact us at our centers for season **specific offers.**

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