

REVIEW ARTICLE

Role of *Ritucharya* (Ayurvedic Seasonal Regimens) in Cosmetology and Skin Health: A Review

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ARTICLE INFO

Article history:

Received on: 08-04-2026

Accepted on: 21-05-2026

Published on: 31-05-2026

Key words:

Ritucharya,
Aahar,
Vihara,
Ayurveda cosmetology,
Saundarya,
Skin Health

ABSTRACT

Introduction: Seasonal variations significantly influence skin and hair health by altering environmental conditions, Dosha balance, and physiological functions. Ayurveda explains these seasonal adaptations through the concept of *Rtucaryā* and recommends specific *Ahara* (diet), *Vihara* (lifestyle), and external therapies such as *Lepa Kalpana* for maintaining *Saundarya* (beauty) and preventing skin disorders. Classical Ayurvedic cosmetology emphasizes individualized and season-specific care for the preservation of skin complexion, texture, and hair health.

Materials and Methods: The present review was conducted through an extensive literature survey of classical Ayurvedic texts, including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* and *Ashtanga Sangraha*.

Results: The review revealed that each season exerts distinct effects on skin and hair through variations in temperature, humidity, ultraviolet exposure, and Dosha predominance. Classical Ayurvedic regimens recommend season-specific dietary measures, lifestyle modifications, and topical herbal applications to maintain skin health. Modern studies also demonstrate seasonal variations in acne, eczema, psoriasis, fungal infections, pigmentation, and hair disorders, supporting the Ayurvedic concept of seasonal influence on dermatological conditions. Several Ayurvedic herbs and *Lepa* formulations possess antioxidant, anti-inflammatory, antimicrobial, rejuvenating, and complexion-enhancing properties relevant to modern cosmeceutical science.

Conclusion: Ayurvedic seasonal regimens and *Lepa Kalpana* provide a holistic and preventive approach for maintaining skin and hair health throughout the year. Integration of Ayurvedic principles with modern dermatological and cosmeceutical research may help develop safe, effective, and evidence-based seasonal skincare strategies. Further clinical validation and standardization of classical formulations are required for broader scientific acceptance.

1. INTRODUCTION

Among the preventive principles explained in Ayurveda, *Ritucharya* holds a significant place. *Ritucharya* refers to the seasonal regimen that guides an individual to adapt dietary habits, lifestyle practices, and therapeutic measures according to different seasons in order to maintain homeostasis. Climatic factors such as temperature, humidity, wind, and sunlight directly affect skin hydration, sebum secretion, pigmentation, sensitivity, and ageing.

Ayurveda describes six seasons (*Ṣaḍaritu*), namely *Hemanta*, *Shishira*, *Vasanta*, *Grishma*, *Varsha*, and *Sharad*, each possessing distinct qualities that alter the balance of Vata, Pitta, and Kapha Doshas.^[1] These seasonal alterations may manifest on the skin in the form of dryness, acne, dullness, pigmentation, inflammation, tanning, excessive oiliness, or premature ageing. Understanding the role of predominant Mahabhutas and Doshas in each season^[2] helps in adopting appropriate seasonal beauty care measures for preservation of skin health and enhancement of *Saundarya*.

The present article aims to explore the influence of *Ritu*, *Dosha*, and *Pancha Mahabhutas* on skin health and to highlight seasonal cosmetic concerns along with suitable Ayurvedic beauty care measures and *Lepas* described in classical literature.

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2. MATERIALS AND METHODS

2.1. Study Design

The present study is a narrative review aimed at evaluating the role of *Ritucharya* (seasonal regimen) in Ayurvedic cosmetology and its relevance in maintaining skin health through seasonal adaptation.

2.2. Data Sources

Classical Ayurvedic literature was reviewed from *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* and *Ashtanga Sangraha* and other Ayurvedic compendia describing *Ritucharya*, *Twachya Dravyas*, and seasonal skin and hair care practices. Classical Ayurvedic concepts were correlated with modern dermatological and cosmetological findings to evaluate the preventive and therapeutic relevance of *Ritucharya* in contemporary skincare.

2.3. Classification of Seasons and Their Influence on Skin Health

According to Ayurveda, the year is divided into two major phases, *Uttarayana* (*Adanakala*) and *Dakshinayana* (*Visargakala*), based on the movement of the sun. These phases comprise six seasons (*Ritus*).

Uttarayana (*Adanakala*)-*Shishira* - late winter, *Vasanta* - spring, *Grishma* - summer.

Dakshinayana (*Visargakala*)-*Varsha* - monsoon, *Sharad* - autumn, *Hemanta* - early winter, each possessing distinct environmental characteristics that influence Dosha balance, body strength, skin physiology, and overall health.

2.4. Uttarayana and Its Influence on Skin

Uttarayana is also known as *Adana Kala*, the period from mid-January to mid-July during which the sun gradually gains strength and absorbs moisture and vitality from the earth and living beings. Due to the predominance of *Vayu* and *Agni Mahabhutas*.^[3] Bitter (*Tikta*), pungent (*Katu*), and astringent (*Kashaya*) tastes become dominant in nature.

As a result, the body gradually loses strength and unctuousness, leading to increased dryness and depletion of tissues. Common cosmetic concerns during this period include dry and rough skin, dehydration, reduced skin elasticity, tanning and photosensitivity and hair dryness and brittleness.

2.5. Dakshinayana and Its Influence on Skin

Dakshinayana is known as the *Visarga Kala* period, from mid-July to mid-January, the phase during which nature regains moisture, coolness, and strength. During this period, the moon becomes relatively dominant, producing cooling and nourishing effects on the environment. *Sour* (*Amla*), *salty* (*Lavana*), and *sweet* (*Madhura*) tastes predominate, while *Jala* and *Prithvi Mahabhutas* increase in the atmosphere.^[4]

However, increased humidity and seasonal fluctuations may predispose the skin to various cosmetic concerns such as excess oiliness, acne and comedones, fungal infections, and inflammatory skin conditions.

2.6. Shishira Ritu and Its Influence on Skin Health

Shishira Ritu is observed approximately from mid-January to mid-March and represents the late winter season. During this period, the atmosphere remains extremely cold, dry, and windy. According to

Ayurveda, *Tikta Rasa* and *Akasha Mahabhutas* predominate during this season.^[5] Due to external coldness, *Jatharagni* remains strong, resulting in increased digestive and metabolic activity. If proper nourishment is not provided, the strong *Agni* may consume body tissues, leading to dryness and depletion, affecting the skin and hair.

These seasonal changes directly influence skin health and *Saundarya*. The cold, dry environment, along with Vata-Kapha imbalance, may alter skin texture, hydration, and complexion (Table 1).

2.6.1. Effect of Shishira Ritu on Skin and Saundarya

Due to increased coldness, dryness, and reduced environmental humidity, exposure to cold winds impairs the normal moisture balance of the skin.^[4]

Common effects on the skin include:

- Dry and rough skin (*Rukshta*)
- Reduced skin lustre
- Cracked lips and heels
- Increased sensitivity
- Early wrinkle formation in Vāta-predominant individuals
- Comedone formation
- Closed pores
- Mild oil accumulation.

Hair may also become dry, frizzy, and brittle due to Vāta aggravation associated with cold climatic conditions.

2.7. Vasanta Ritu and Its Influence on Skin Health

Vasanta Ritu is observed approximately from mid-March to mid-May and represents the spring season. During this period, the accumulated Kapha from *Shishira* and *Hemanta Ritu* undergo liquefaction due to the increasing warmth of the sun. Liquefied Kapha causes mild weakening of digestive fire (*Jatharagni*), resulting in sluggish metabolism and increased tendency toward Kapha aggravation (*Kapha Prakopa*) (Table 2).

2.7.1. Effect of Vasanta Ritu on Skin and Saundarya

The accumulated *Kapha Dosha* of the previous seasons undergoes liquefaction (*Kapha Prakopa*), with impaired skin metabolism, which may lead to excessive oiliness, blockage of skin pores, and reduced skin clarity. The skin tends to appear heavier, greasier, and prone to eruptions during this season.

Common effects on the skin:

- Oily and sticky skin
- Excess sweating
- Greasy complexion
- Dullness and reduced skin clarity
- Enlarged or clogged pores
- Acne and pimples
- Increased sebum secretion
- Itching and mild skin irritation
- Puffiness and heaviness of face.

The hair is also affected due to *Kapha* predominance, as an oily scalp, sticky hair texture, and increased dandruff tendency.

2.8. Grishma Ritu and Its Influence on Skin Health

Grishma Ritu is observed approximately from mid-May to mid-July and represents the summer season. During this period, the intensity of the sun increases markedly, leading to excessive heat, dryness, and depletion of bodily moisture.^[6] According to Ayurveda, *Katu Rasa* and *Agni-Vayu Mahabhutas* predominate during this season. The digestive

fire (*Jatharagni*) also becomes mild due to excessive heat, resulting in reduced appetite and fatigue.

These climatic changes significantly influence skin health and *Saundarya*. Excessive sweating, dehydration, and exposure to ultraviolet rays impair the natural moisture balance of the skin (Table 3).

2.8.1. Effect of Grishma Ritu on Skin and Saundarya

Constant exposure to sunlight and hot environmental conditions disturbs the normal hydration and protective barrier of the skin. The skin becomes more sensitive, dehydrated, and vulnerable to environmental damage.

Common effects on the skin:

- Excessive sweating
- Dehydrated skin
- Burning sensation
- Tanning and pigmentation
- Sunburn
- Dull complexion and reduced glow
- Increased skin sensitivity, heat rashes
- Redness and irritation
- Premature fine lines due to dehydration.

The hair is also affected due to heat exposure and vata accumulation. Common changes include dry scalp, frizzy and rough hair, increased hair fall due to dehydration and split ends

2.9. Varsha Ritu and Its Influence on Skin Health

Varsha Ritu is observed approximately from mid-July to mid-September and represents the rainy season. During this period, the atmosphere becomes cold, humid, cloudy, and damp due to continuous rainfall and reduced exposure to sunlight. The digestive fire (*Jatharagni*) becomes significantly weakened due to the combined effect of atmospheric moisture and aggravated Vata Dosha.^[7] Impaired digestion and increased moisture in the environment lead to an imbalance in body channels and the accumulation of toxins (*Ama*).

These seasonal changes have a marked influence on skin health and *Saundarya*. Excess humidity, sweating, and weakened metabolism impair skin hygiene and barrier function. Hair and scalp also become weak and unhealthy due to excess moisture and Vāta aggravation (Table 4).

2.9.1. Effect of Varsha Ritu on Skin and Saundarya

Excessive humidity and weakened digestive fire disturb the balance of the skin and hair. Increased moisture and accumulation of toxins lead to clogging of channels, reduced skin clarity, and susceptibility to infections and inflammatory conditions. The aggravated Vata, along with dampness, may also impair the nourishment of skin tissues.

Common effects on the skin:

- Sticky and oily skin
- Dull complexion
- Excess sweating and clamminess
- Increased skin sensitivity
- Itching and irritation
- Acne and eruptions
- Fungal infections
- Uneven skin texture
- Puffiness and tired appearance.

The hair is also affected due to humidity and Vāta aggravation. Common changes include sticky scalp, increased dandruff, hair fall, and scalp itching

2.10. Sharat Ritu and Its Influence on Skin Health

Sharat Ritu is observed approximately from mid-September to mid-November and represents the autumn season. During this period, the rains subside, and the environment becomes clear, warm, and bright with increased exposure to sunlight. According to Ayurveda, *Lavana Rasa* and *Agni-Jala Mahabhutas* predominate during this season.^[8] The digestive fire (*Jatharagni*) gradually improves, but excess Pitta in the body increases heat and sensitivity in the skin and blood tissues.

Increased internal heat and Pitta aggravation may lead to redness, burning sensation, excessive sensitivity, pigmentation, and inflammatory skin conditions. The skin becomes delicate and more reactive to sunlight and heat exposure. Hair may also become weak and prone to premature graying and hair fall due to aggravated Pitta (Table 5).

2.10.1. Effect of Sharat Ritu on Skin and Saundarya

Aggravated Pitta dosha increases heat and sensitivity in the body, affecting the skin and hair. Exposure to sunlight and residual environmental warmth may impair skin balance and increase susceptibility to inflammatory and pigmentary disorders.

Common effects on the skin:

- Redness and flushing
- Burning sensation
- Increased skin sensitivity
- Hyperpigmentation and tanning
- Acne and inflammatory eruptions
- Excess sweating
- Itching and irritation
- Reduced skin tolerance to sunlight.

The hair is also affected due to aggravated pitta. Common changes include excess scalp heat, hair fall, increased scalp sensitivity and loss of hair lustre.

2.11. Hemanta Ritu and Its Influence on Skin Health

Hemanta Ritu is observed approximately from mid-November to mid-January and represents the early winter season. During this period, the environment becomes cold, calm, and slightly unctuous, while the body gains strength due to enhanced digestive power. According to Ayurveda, *Madhura Rasa* and *Prithvi-Jala Mahabhutas* predominate during this season. The external cold causes constriction of body channels and prevents dissipation of internal heat, thereby strengthening the digestive fire (*Jatharagni*).

Adequate nourishment and improved tissue metabolism support skin softness, lustre, and complexion. However, exposure to cold winds and dryness without proper care may still lead to roughness, dryness, and cracking of skin in susceptible individuals (Table 6).

2.11.1. Effect of Hemanta Ritu on Skin and Saundarya

Strong digestive power and improved nourishment help maintain healthy skin and hair. Proper nutrition and unctuous regimens enhance tissue strength, complexion, and natural glow. However, exposure to cold climate and dry winds may disturb skin hydration and increase mild Vata-related dryness if preventive care is neglected.

Common effects on the skin:

- Improved skin nourishment and complexion
- Enhanced skin glow and lustre
- Mild dryness and roughness due to cold exposure
- Reduced sweating

- Tightness of skin in cold weather
- Cracked lips in susceptible individuals
- Mild skin dehydration
- Increased need for moisturization and oil application.

The hair is also influenced by seasonal cold and dryness. Common changes include: Hair becoming slightly rough in texture and improved hair strength with proper nourishment

3. DISCUSSION

Although seasonal variations occurring during different Ritus significantly influence skin and hair health, Ayurveda provides a well-structured approach for their management through the principles of *Ritucharya*. Classical Ayurvedic texts describe specific Ahara (dietary regimens) and Vihara (lifestyle practices) for each season to maintain Dosha balance, preserve skin complexion, promote hair health, and prevent seasonal cosmetic disorders. By adapting food habits, daily routines, and external care according to seasonal changes.

Seasonal regimens in Ayurveda are broadly classified according to *Uttarayana* and *Dakshinayana*. During *Uttarayana*, progressive dryness and aggravation of Vata require nourishing, cooling, and hydrating measures to preserve skin and hair health. In *Dakshinayana*, although body strength gradually improves, improper adaptation to seasonal changes may disturb Dosha balance and adversely affect complexion, skin texture, and hair quality.

3.1. Shishira Ritu Regimen

3.1.1. Aahar (diet regimen)

During this season, foods predominantly having *Amla* Rasa (sour taste), along with nourishing items such as wheat, gram flour preparations, new rice, corn, ginger, garlic, Haritaki, Pippali, sugarcane products, milk, and milk products are recommended. Intake of *Katu* (pungent), *Tikta* (bitter), *Kashaya* (astringent), *Laghu* (light), and *Shita* (cold) foods should be avoided.

3.1.2. Vihaar (lifestyle regimen)

Table 7.

3.2. Vasant Ritu Regimen

3.2.1. Aahar (diet regimen)

During this season, light and easily digestible foods such as old barley, wheat, old rice, *Mudga*, and lentils are recommended. Foods predominantly having *Tikta*, *Katu*, and *Kashaya* Rasa, along with honey, warm water, and digestive spices such as ginger, black pepper, garlic, and *Pippali*, help alleviate aggravated Kapha and maintain metabolic balance.

Heavy, oily, cold, fried, excessively *sweet*, sour, and *salty* foods, along with curd, new grains, excessive dairy products, overeating, and daytime sleep, should be avoided as they may increase Kapha and impair digestion.

3.2.2. Vihaar (lifestyle regimen)

Table 8.

3.3. Grishma Ritu

3.3.1. Diet regimen

- During Grishma Ritu, *sweet*, cooling, unctuous, and hydrating foods such as rice, lentils, milk, buttermilk, fruit juices, mango

juice, and meat soups are recommended to maintain hydration and prevent exhaustion. Adequate fluid intake and cooling dietary measures help balance aggravated Vata and heat-induced depletion.

- Salty, pungent, sour, excessively spicy, fried, hot, alcoholic, dehydrating, heavy, and dry foods should be avoided as they increase heat, dryness, and fatigue during summer vihar mention in Table 9 below.

3.4. Varsha Ritu

- During Varsha Ritu, sour, *salty*, and unctuous foods along with old barley, rice, wheat, Yusha, and moderate meat soup are recommended to improve weakened digestive fire and maintain strength. Warm, freshly prepared, easily digestible foods and boiled or medicated water should be consumed.
- Cold, stale, uncooked, contaminated, heavy, and difficult-to-digest foods, along with excessive liquids, alcohol, and excess meat intake, should be avoided as they aggravate digestive impairment during the rainy season vihar mention in Table 10 below.

3.5. Sharad Ritu

3.5.1. Aahar (diet regimen)

- During Sharad Ritu, *sweet*, bitter, light, cooling, and Pitta-pacifying foods such as wheat, *Mudga*, Patola, sugar candy, honey, and moderate quantities of Jangala Mamsa are recommended. Fresh, easily digestible foods help maintain digestive balance and reduce aggravated Pitta.
- Hot, spicy, sour, *salty*, oily, fried, fermented, and difficult-to-digest foods should be avoided. Excess fats, curd, and aquatic meat are contraindicated as they aggravate Pitta during this season.

3.5.2. Vihaar (lifestyle regimen)

Table 11.

3.6. Hemanta Ritu

3.6.1. Aahar (diet regimen)

- During Hemanta Ritu, unctuous, *sweet*, sour, and *salty* foods along with nourishing cereals, pulses, new rice, flour preparations, green gram, and Masha are recommended to support the strong digestive fire and maintain body strength. Warm, freshly prepared, and nutritious foods are preferred.
- Light, cold, dry, and Vata-aggravating foods should be avoided. Excess fasting, undernutrition, cold drinks, refrigerated items, and excessively dry diets are contraindicated during this season.

3.6.2. Vihaar (lifestyle regimen)

Table 12.

3.7. Modern Correlation of Seasonal Variations in Skin Disorders^[19]

Seasonal variations significantly influence skin health and the occurrence of dermatological disorders. Modern studies show that changes in temperature, humidity, ultraviolet exposure, and microbial flora affect skin barrier function, immunity, sebum production, and inflammation.

A study conducted at Razi Hospital, Iran, reported increased prevalence of acne, eczema, seborrheic dermatitis, fungal infections, viral infections, and pigmentary disorders during winter. Reduced humidity and ultraviolet exposure during colder months were found to impair epidermal barrier integrity, leading to dryness, inflammation, and increased susceptibility to skin disorders.

Another study by Jha and Gurung observed seasonal predominance of fungal infections and miliaria during summer, while psoriasis and eczema were more common during winter. These findings correlate with the Ayurvedic understanding that hot seasons aggravate Pitta and Kapha-related skin conditions, whereas cold and dry seasons predominantly aggravate Vāta-related disorders^[20]

Fungal and viral infections also demonstrated seasonal predominance during winter.^[21] Alterations in immunity, including variations in Vitamin D synthesis due to reduced sunlight exposure, have been proposed as contributing factors. Pigmentary disorders such as lentigo, vitiligo, and nevi also showed seasonal fluctuations, indicating the influence of environmental exposure on melanocyte activity and skin pigmentation.

These modern findings support the Ayurvedic concept that seasonal changes affect the balance of Doshas, Mahabhutas, and skin physiology, thereby influencing the manifestation of cosmetic concerns and dermatological disorders. Hence, adaptation of appropriate *Rtucaryā*, seasonal skincare regimens, and suitable *Lepas* becomes essential for maintaining skin health and preserving *Saundarya* throughout different seasons.

4. CONCLUSION

Seasonal variations play a significant role in influencing skin and hair health by altering Dosha balance, environmental conditions, and physiological functions. Ayurveda addresses these changes through the principles of *Rtucaryā*, which emphasizes season-specific Ahara (diet), Vihara (lifestyle), and external therapies such as *Lepa* Kalpana for maintaining *Saundarya* and preventing dermatological disorders. Classical Ayurvedic formulations and regimens demonstrate a holistic and individualized approach toward skincare and cosmetology. Modern scientific observations regarding seasonal fluctuations in skin diseases further support the Ayurvedic understanding of climate-dependent changes in skin physiology. Thus, integration of Ayurvedic seasonal regimens with contemporary dermatological and cosmeceutical approaches may provide safe, preventive, and effective strategies for maintaining healthy skin and hair throughout the year.

5. ACKNOWLEDGMENTS

Nil.

6. AUTHORS' CONTRIBUTIONS

All authors give equal contribution in making of this manuscript.

7. FUNDING

Nil.

8. ETHICAL APPROVALS

Institutional Ethical Committee approval is not required, as it is a review study.

9. CONFLICT OF INTERESTS

The authors declare no conflicts of interest regarding the publication of this paper.

10. DATA AVAILABILITY STATEMENT

The data analyzed in this review were obtained from publicly available sources, including peer-reviewed articles, observational studies, and surveys accessible through databases.

11. DISCLAIMER/VIEW AND OPINIONS

The opinions expressed in this article are solely those of the authors and do not reflect the views of the *International Research Journal of Ayurveda and Yoga* or its editorial board.

12. AI-USE DECLARATION

The authors declare that no generative AI tools were used to create scientific content, interpret data, or draft any sections of this manuscript. AI-based tools were used solely for minor language and grammar refinements to improve clarity and readability. All scientific content, analysis, and conclusions remain the sole responsibility of the author.

13. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliations.

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How to cite this article:

Sharma J, Babu L. Role of *Ritucharya* (Ayurvedic Seasonal Regimens) in Cosmetology and Skin Health: A Review. [online] 2026;9(5);73-82.

Available from: <https://irjay.in>

DOI link- <https://doi.org/10.48165/IRJAY.2026.90513>

Table 1: Dosha predominance in Shishira Ritu

Factor	Predominance
<i>Dominant Dosha</i>	<i>Kapha Chaya with Vata influence</i>
<i>Predominant Rasa</i>	<i>Tikta Rasa</i>
<i>Predominant Mahabhuta</i>	<i>Akasha Mahabhuta</i>
<i>Gunas</i>	<i>Sheeta, Ruksha, Guru</i>
<i>State of Agni</i>	<i>Strong</i>

Table 2: Dosha predominance in Vasanta Ritu

Factor	Predominance in <i>Vasanta Ritu</i>
<i>Dominant Doṣa</i>	<i>Kapha Prakopa</i>
<i>Predominant Rasa</i>	<i>Kashaya Rasa</i>
<i>Predominant Mahabhutas</i>	<i>Prithvi and Jala Mahabhutas</i>
<i>Guṇas</i>	<i>Snigdha, Guru, Picchila</i>
<i>State of Agni</i>	<i>Manda (mildly weakened)</i>

Table 3: Dosha predominance in Grishma Ritu

Factor	Predominance in <i>Grishma Ritu</i>
<i>Dominant Dosha</i>	<i>Vata Chaya</i>
<i>Predominant Rasa</i>	<i>Katu Rasa</i>
<i>Predominant Mahabhutas</i>	<i>Agni and Vayu Mahabhutas</i>
<i>Guṇas</i>	<i>Ruksha, Laghu, Ushṇa</i>
<i>State of Agni</i>	<i>Manda (mildly weakened)</i>

Table 4: Dosha Predominance in Varsha Ritu

Factor	Predominance in <i>Varsha Ritu</i>
<i>Dominant Dosha</i>	<i>Vata Prakopa</i>
<i>Predominant Rasa</i>	<i>Amla Rasa</i>
<i>Predominant Mahabhutas</i>	<i>Prṥthvi and Jala Mahabhutas</i>
<i>Guṇas</i>	<i>Snigdha, Sheeta, Picchila</i>
<i>State of Agni</i>	<i>Manda (weakened)</i>

Table 5: Dosha Predominance in Sharat Ritu

Factor	Predominance in <i>Sharat Ritu</i>
<i>Dominant Dosha</i>	<i>Pitta Prakopa</i>
<i>Predominant Rasa</i>	<i>Lavana Rasa</i>
<i>Predominant Mahabhutas</i>	<i>Agni and Jala Mahabhutas</i>
<i>Guṇas</i>	<i>Ushṇa, Tikshṇa, Laghu</i>
<i>State of Agni</i>	<i>Moderate to improved</i>

Table 6: Dosha Predominance in Hemanta Ritu

Factor	Predominance in <i>Hemanta Ritu</i>
<i>Dominant Dosha</i>	<i>Kapha Chaya</i>
<i>Predominant Rasa</i>	<i>Madhura Rasa</i>
<i>Predominant Mahabhutas</i>	<i>Prṥthvi and Jala Mahabhutas</i>
<i>Guṇas</i>	<i>Snigdha, Guru, Sheeta</i>
<i>State of Agni</i>	<i>Tikshṇa (strong)</i>

Table 7: Vihaar (Lifestyle regimen) in Shishira Ritu

Preventive measure in Shishira Ritu	Effect on skin/Saundarya
<i>Abhyanga</i> with medicated oils	Nourishes skin, prevents dryness, improves elasticity and complexion
<i>Mukhalepa</i> with drugs Root of Simhi, Tila (<i>Sesamum indicum</i>), Krishnaa, Darvi bark (<i>Daruharidra</i>), dehusked yava. ^[9]	Herbs such as Simhi and Tila help balance aggravated Doshas during seasonal transition. Darvi and Yava support detoxification by pacifying Kapha and Pitta, while Tila nourishes the skin and hair and alleviates Vata-induced dryness. Ushna Virya herbs like Krsna and Darvi enhance warmth and digestion, thereby improving resistance against seasonal disorders during the transition to spring.
<i>Udvartana</i> with herbal powders or paste	Improves circulation, removes dead cells, and enhances glow
Bathing with lukewarm water	Maintains skin hydration and reduces stiffness
Exposure to mild sunlight	Improves circulation and supports skin health during cold climate
Wearing warm clothing	Protects skin from cold-induced dryness and Vāta aggravation

Table 8: Vihaar (Lifestyle regimen) in Vasanta Ritu

Lifestyle Regimen in Vasanta Ritu	Effect on skin/Saundarya
<i>Vamana Karma</i> (therapeutic emesis)	Considered the prime seasonal purification therapy during Vasanta Ritu. It expels aggravated Kapha Dosha accumulated during winter, thereby preventing acne, ^[10] excessive oiliness, itching, comedones, dull complexion, and other Kapha-dominant skin disorders. It enhances skin clarity, glow, and overall <i>Saundarya</i> .
<i>Nasya Karma</i>	Cleanses the channels above the clavicle, improves facial complexion, supports scalp and hair health, reduces heaviness of the face, and maintains freshness and clarity of the sensory organs.
<i>Mukhalepana</i> with Root of <i>Darbha</i> , <i>Hima</i> , <i>Usira</i> , <i>Sirisa</i> , <i>Misi</i> , <i>Tandula</i> . ^[11]	During Vasanta Ritu, aggravated Kapha undergoes liquefaction and causes seasonal imbalance. Herbs such as <i>Darbha</i> , <i>Misi</i> , and <i>Uśīra</i> help pacify Kapha and Pitta, detoxify accumulated toxins, and reduce inflammation. <i>Tandula</i> and <i>Hima</i> provide nourishment and rejuvenation, while <i>Sirisa</i> promotes healthy skin. <i>Uśīra</i> and <i>Darbha</i> impart cooling and refreshing effects, and <i>Misi</i> supports digestion and appetite during the seasonal transition to warmer months.
<i>Udvartana</i> with powders of <i>Chandana</i> , <i>Kesara</i> , <i>Agaru</i> , and similar herbs	Reduces stickiness and excessive oiliness of skin, improves circulation, exfoliates dead cells, enhances complexion, and provides freshness and fragrance to the body.
Regular exercise (<i>Vyayama</i>)	Helps liquefy and eliminate aggravated Kapha, improves circulation and metabolism, induces proper sweating, and maintains healthy skin tone and body fitness.
Bathing with warm water	Cleanses oily secretions, reduces heaviness and lethargy, refreshes the skin, and helps maintain proper skin hygiene during the spring season.
<i>Kavala</i> (gargling therapy)	Maintains oral hygiene, prevents bad breath and Kapha accumulation in the oral cavity, and promotes freshness and clarity.
<i>Dhoomapana</i> (medicated smoking)	Helps eliminate excess Kapha from the head and neck region, prevents congestion, and supports clarity of the senses and facial freshness.
<i>Anjana</i> (application of collyrium)	Cleanses and protects the eyes from Kapha accumulation, improves eye clarity, and enhances facial appearance.
Avoidance of day sleep (<i>Divasvapna</i>)	Day sleep increases Kapha accumulation, leading to heaviness, puffiness, oily skin, sluggish metabolism, and dull complexion; therefore, it is strictly contraindicated in Vasanta Ritu.

Table 9: Vihar in Grishma Ritu

Lifestyle Regimen in Grishma Ritu	Effect on skin/Saundarya
Staying in cool places	Protects the body from excessive heat exposure, prevents dehydration, reduces burning sensation, and helps maintain skin freshness and hydration.
<i>Mukhalepa</i> with <i>Kumuda</i> , <i>Utpala</i> , <i>Kalhara</i> , <i>Durva</i> , <i>Madhuka</i> , <i>Candana</i> . ^[12]	Grishma ritu brings heat and dryness that can aggravate pitta and kapha doshas. Herbs like kumuda, utpala, and kalhara cool and calm the body, offering relief from the summer heat. <i>Durva</i> and <i>Madhuka</i> detoxify, hydrate, and soothe heat-related discomfort. <i>Candana</i> and <i>Madhuka</i> promote healthy skin by cooling and preventing dryness. These herbs also support digestive health as the digestive fire fluctuates during the summer.
Application of sandalwood and aromatic pastes	Sandalwood and other cooling aromatic pastes soothe the skin, reduce heat and sweating, prevent irritation, and improve complexion and skin glow.
Wearing light and thin clothing	Helps maintain comfort, reduces excessive sweating, prevents skin irritation and heat rashes, and allows proper ventilation of the skin.
Day sleep (<i>Divasvapna</i>)	Recommended during Grishma Ritu due to depletion of strength caused by heat. It helps restore energy, maintains hydration, and prevents dryness and fatigue affecting the skin.
Exposure to cool breeze and moonlight during night	Provides cooling effect to the body and mind, reduces heat stress, calms aggravated Vāta, and supports healthy skin texture and complexion.
Adequate relaxation	Prevents exhaustion, maintains body strength, and helps preserve skin lustre and moisture balance during excessive summer heat.
Avoidance of excessive exercise and hard work	Excessive physical activity increases dehydration, fatigue, dryness, and heat in the body, leading to dull and dehydrated skin; therefore strenuous activity should be avoided.
Avoidance of excessive sexual indulgence	Prevents depletion of body strength and fluids, thereby helping maintain vitality, skin nourishment, and overall <i>Saundarya</i> .
Avoidance of alcoholic preparations	Alcohol aggravates dehydration and body heat, leading to skin dryness, dullness, premature ageing, and loss of natural skin glow.

Table 10: Vihar in Varsha Ritu

Lifestyle Regimen in Varṣhā R̥tu	Effect on skin/ <i>Saundarya</i>
Basti Karma (medicated enema therapy)	The most important seasonal therapy during Varsha Ritu for controlling aggravated Vata Dosha. Basti nourishes body tissues, improves hydration and lubrication, enhances skin softness, prevents dryness and roughness, and supports healthy complexion and tissue nourishment. It also helps maintain scalp and hair health by reducing Vāta-related hair fall, ^[13] brittleness, and dryness. Regular Basti during Varṣhā R̥tu helps preserve overall <i>Saundarya</i> by restoring systemic balance and improving nutrient assimilation.
Use of medicated and boiled water	Helps improve weakened digestion, prevents toxin accumulation (<i>Āma</i>), reduces risk of infections, and maintains healthy and clear skin during humid conditions.
<i>Mukhalepa</i> with <i>Kaliyaka</i> , <i>Tila</i> , <i>Usira</i> , <i>Mamsi</i> , <i>Tagara</i> , <i>Padmaka</i> . ^[11]	These herbs help absorb excess moisture and oiliness, soothe itching and irritation, reduce inflammation, and improve skin complexion and freshness during the rainy season. Candana and Usheera provide cooling and prevent inflammatory skin conditions, while Lodhra and Priyangu improve skin tone and texture.
Application of aromatic and drying herbal pastes	Helps reduce excessive sweating, stickiness, unpleasant odour, and fungal tendency while maintaining skin cleanliness and freshness.
Wearing clean, light, and dry clothing	Protects the skin from excessive dampness, fungal infections, irritation, and discomfort associated with continuous humidity.
Avoidance of excessive exposure to rain and humidity	Prevents aggravation of Vāta and protects the skin from infections, itching, rashes, and impaired skin texture.
Regular cleansing and hygiene practices	Maintains skin and scalp hygiene, prevents microbial growth, reduces clogged pores, and helps maintain healthy skin appearance.
Mild exercise and physical activity	Improves circulation, stimulates digestion, reduces sluggishness, and supports nourishment of skin tissues without aggravating Vāta.
Adequate rest and proper sleep	Maintains body strength, immunity, tissue nourishment, and healthy skin function during the season of weakened digestion and vitality.
Avoidance of day sleep (<i>Divasvapna</i>)	Prevents Kapha accumulation, puffiness, dull complexion, sluggish metabolism, and congestion of skin channels.
Avoidance of excessive exercise and exertion	Excessive physical activity aggravates Vāta and leads to fatigue, dehydration, reduced nourishment, and deterioration of skin and hair quality.
Avoidance of excessive sexual indulgence	Prevents depletion of body strength and maintains vitality, skin nourishment, and overall <i>Saundarya</i> .
Avoidance of contaminated water and unhygienic surroundings	Protects against fungal and bacterial infections, allergies, scalp disorders, and skin eruptions commonly observed during Varṣhā R̥tu.

Table 11: Vihar in Sharat Ritu

Lifestyle Regimen in Sharat Ritu	Effect on skin/ <i>Saundarya</i>
<i>Virechana Karma</i> (therapeutic purgation)	The prime seasonal purification therapy during Sharat Ritu for elimination of aggravated Pitta Dosha. Virechana detoxifies the body, purifies Rakta Dhatu, reduces internal heat, burning sensation, acne, ^[14] Hyper pigmentation, vicharchika, ^[15] inflammatory skin disorders, and improves complexion and skin clarity. It helps maintain healthy and radiant skin by correcting Pitta imbalance at the systemic level.
<i>Rakta-Mokṣhaṇa</i> (bloodletting therapy)	Highly beneficial in Pitta and Rakta predominant skin disorders occurring during Sharat Ritu. Rakta-Mokṣhaṇa purifies vitiated blood, reduces redness, itching, inflammation, acne, ^[16] hyperpigmentation, ^[17] and heat-related skin eruptions. It promotes a healthy complexion, reduces skin sensitivity, and enhances <i>Saundarya</i> by improving skin tone and texture.
<i>Mukhalepana</i> with <i>Talisa</i> , <i>Gundra</i> , <i>Paundrahva</i> , <i>Yasti</i> , <i>Kasa</i> , <i>Nata</i> , <i>Aguru</i> . ^[11]	Sarat ritu, with its temperature and humidity changes, aggravates kapha dosha. These herbs help balance vata and kapha, with some like gundrā addressing all dosha's. Talisa and yasti provide cooling effects, detoxifying and balancing residual heat from summer. Paundrahva and gundra nourish and strengthen, supporting vitality in the cooler weather. Aguru and nata aid respiratory health, while talisa improves skin by balancing kapha and vata. In addition, yasti and kasa regulate digestion and prevent toxin buildup.
Use of sun- and moon-exposed purified water	Water purified by sunlight during the day and cooled by moonlight at night helps maintain hydration, reduces Pitta aggravation, supports digestion, and promotes skin freshness and cooling.
Application of Chandana (<i>Santalum album</i>) paste	Chandana possesses excellent cooling and Pitta-pacifying properties. It reduces burning sensation, redness, sweating, irritation, and improves complexion and skin glow.
Wearing flower garlands and fragrant substances	Provides cooling, refreshing, and calming effects to the body and mind, helping reduce heat stress and maintain pleasant body fragrance and freshness.
Exposure to moon rays during early night hours	Moonlight provides natural cooling to the body, calms aggravated Pitta, reduces heat and burning sensations, and supports healthy skin texture and radiance.
Adequate rest and a calm lifestyle	Helps reduce stress and excess body heat, preserves tissue nourishment, and maintains healthy skin and hair.
Avoidance of excessive sunlight exposure	Prevents Pitta aggravation, tanning, pigmentation, burning sensation, dehydration, and premature aging caused by heat exposure.
Avoidance of excessive sleeping and overeating	Excessive sleep and food intake impair digestion, increase toxin accumulation, and may lead to dullness, acne, heaviness, and reduced skin clarity.
Avoidance of excessive physical exertion	Excess exertion increases body heat and Pitta aggravation, leading to sweating, dehydration, skin irritation, and reduced skin lustre.

Table 12: Vihar in Hemanta Ritu

Lifestyle Regimen in Hemanta R̥tu	Effect on skin/ <i>Saundarya</i>
Regular exercise (<i>V̥yayama</i>)	Improves circulation, enhances body warmth, promotes a healthy complexion, maintains skin firmness, and supports proper nourishment of skin and hair during cold weather.
<i>Abhyanga</i> (body massage) and <i>Shiroabhyanga</i> (head massage)	Nourishes the skin and scalp, prevents dryness and roughness, improves skin elasticity and glow, strengthens hair roots, ^[18] and protects against Vata aggravation caused by cold climate.
<i>Mukhalepa</i> with <i>Cotyledon of Kola</i> , Root of <i>Vrsa</i> , Bark of <i>Sabara</i> , <i>Gaura sarsapa</i> .	Hemanta ritu is marked by cold, dry, and heavy attributes that can aggravate vata dosha while enhancing sarira bala and agni. The herbs used during this season help balance vata and kapha doshas, nourish the body (kola), detoxify (sabara, vrsa), and safeguard against seasonal ailments. Warming herbs like gaura sarsapa combat cold-related conditions, while cooling herbs such as vrsa reduce inflammation
Use of warm water	Helps maintain body warmth, improves circulation, prevents stiffness, and supports healthy and comfortable skin during the winter season.
Atapa Sevana (sunbath)	Exposure to mild sunlight improves circulation, supports warmth and vitality, reduces cold-induced stiffness, and promotes healthy skin function and complexion.
Application of Agarū and aromatic substances	Agarū provides warmth and pleasant fragrance, helps protect against cold weather, reduces dampness, and supports freshness and healthy skin appearance.
Wearing heavy and warm clothing	Protects the skin from cold winds and dryness, prevents roughness and cracking, and helps maintain the moisture and softness of the skin.
Residing in warm places	Maintains body warmth, prevents excessive Vata aggravation, and protects skin and hair from cold-induced dryness and dehydration.
Moderate sexual indulgence	Permissible during Hemanta R̥tu due to increased body strength and nourishment; helps maintain physical and mental relaxation when practiced in moderation.
Adequate nourishment and rest	Supports tissue strength, enhances skin lustre, and maintains healthy hair growth and overall <i>Saundarya</i> .
Avoidance of exposure to strong and cold winds	Prevents excessive dryness, roughness, cracking of skin, scalp dryness, and Vata aggravation.
Avoidance of day sleep (<i>Divasvapna</i>)	Prevents Kapha accumulation, heaviness, sluggish metabolism, puffiness, and dullness of the skin.