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Editorials:**AYURVEDA & RUTUCHARYA**

Ayurved primarily aims towards the prevention of diseases rather to cure them. *Ayurved* is science of life.

Ayurveda describes the transition of the climate as *Rutusandhi*. Ancient *Acharyas* of *Ayurveda* explained the *Rutusandhi*, as the period of fourteen days of transformation, of which the seven days are from running out *rutu* and seven days are from succeeding *rutu*. This phase of climate change gives rise to the imbalance of the *Doshas* which may lead to creation of diseases in human being. So *Acharyas* of *Ayurveda* advised the dietary and routine regimen of *Rutu* which is fore coming, should be adopted gradually by man and the dietary and routine regimen of *Rutu* which is running out, should be left out slowly. This prevents the occurrence of diseases and keeps the human being healthy and happy. *Acharya* discussed in details, the *Rutucharya* which should be adopted in each season as per *Rutu*.

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