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Editorials:**AYURVEDA & RUTUCHARYA**

Ayurved is the holistic aspect of ancient medicine which has the detailed expressions about the *Rutucharya* and gives us an immense knowledge of *Aahara* and *Vihara* to be followed in the specific *Rutu*.

Early winter is characterized by some skin related diseases due to vitiation of *Vata Dosh*a. The *rutu* coming next is *Sharada*, but the humidity and coldness of *Varsha Rutu* makes the *Vata Dosh*a vitiated, so the skin disorders occurs in this climate. So people are advised to have *Pariseka* of hot water medicated by *Hot Dravyas* like *Shigru*, *Manjishtha* etc. also *Ayurveda* suggests *Abhyanga* of *Hot Tailas* like *Tila Taila*. In this season it is advised in *Ayurveda* to have *Hot Ahara* and *Vihara*.

Editor in Chief

Dr.Houserao A. Patil Jadhav

MD Agadtantra

Associate Professor, Department of Agadtantra.

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