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**Editorials:****AYURVEDA & RAINY SEASON (VARSHA RITU CHARYA) IN INDIA**

In Ayurveda, rainy is considered the vata season, characterized by sheeta condition. It's important to balance Vata dosha during this time to maintain overall well-being. The monsoon may appear serene and idyllic, but your body might experience a different reality. Our internal environment shifts with the changes in the external environment, and Ayurveda refers to this as the imbalance of the three doshas. Varsha ritu is the season that significantly impacts Vata, the dosha characterized by mobility. Visualize vata as the wind - dry, light, and rough. The summer can intensify these vata qualities, allowing them to build up. By the time the rainy season arrives, the vata dosha could be excessively aggravated, which is why Varsha ritu is considered to aggravate vata. Therefore, expelling excess vata from the system and restoring dosha balance is crucial for good health.

By following these Ayurvedic principles, you can support your body's natural ability to stay warm, balanced, and healthy during the summer rainy season.

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