

HEMANT RITU

EARLY WINTER Mid November to Mid January

ANCIENT SEASONAL REGIMEN

Food To Be Taken



Food Not To Be Taken



Recommended Activities



- Residing in warm places
- Wearing of heavy woollen clothes
- Avoid walking in cold & foggy places

Head & Body Massage With Vataghan Taila or Nourishing oils

Ashang baidya, S.S., Ch-3, 2007

RECOMMENDED HEALTHFUL HERBS as per ZODIAC SIGN



SAGITTARIUS षनु राशि JACK FRUIT

Artocarpus heterophyllus

- Fights Fever & Infection
- Fights Upper Respiratory Infections
- Helpful in Asthma

Other beneficial plants : Shalmali and Raal



CAPRICORN मकर राशि ARKA

Calotropis gigantea

- Benefits in skin disorders
- Heals wounds, reduces pile mass
- Helps restore hair growth in alopecia

Other beneficial plants : Shisham and Milk weed

November

MO	TU	WE	TH	FR	SA	SU
सोमवार	मंगळवार	बुधवार	गुरुवार	शुक्रवार	शनिवार	रविवार
1	2	3	4	5	6	7
एकदशी	द्वादशी	त्रयोदशी / चतुर्दशी	अमावसी	पुनर्वसु	द्वितीया	तृतीया
8	9	10	11	12	13	14
चतुर्थी	पंचमी	षष्ठी	सप्तमी / अष्टमी	नवमी	दशमी	एकादशी
15	16	17	18	19	20	21
द्वादशी	त्रयोदशी	चतुर्दशी	पुनर्वसु	द्वितीया	तृतीया	चतुर्थी
22	23	24	25	26	27	28
पुनर्वसु	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
29	30					
दशमी	एकादशी					

04 Nov Diwali
05 Nov Govardhan Puja
06 Nov Bhai Dooj
14 Nov Children's Day
19 Nov Guru Nanak Jayanti

December

		1	2	3	4	5
		द्वादशी	त्रयोदशी	चतुर्दशी	अमावसी	पुनर्वसु / द्वितीया
6	7	8	9	10	11	12
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
13	14	15	16	17	18	19
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	पुनर्वसु	द्वितीया
20	21	22	23	24	25	26
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
27	28	29	30	31		
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी		

25 Dec Merry Christmas

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AIMIL
SINCE 1984

Amlycure D.S.
SYRUP/CAPSULES

Amycordial
SYRUP/TABLETS

SHARAD RITU

AUTUMN

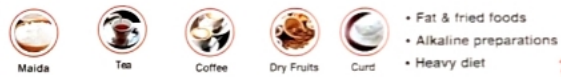
Mid September to Mid November

ANCIENT SEASONAL REGIMEN

Food To Be Taken



Food Not To Be Taken



Recommended Activities



- In-house use of seasonal flowers
- Getting exposed to the moon rays

September

MO	TU	WE	TH	FR	SA	SU
सोमवार	मंगलवार	बुधवार	गुरुवार	शुक्रवार	शनिवार	रविवार
		1	2	3	4	5
		दशमी	एकादशी	द्वितीया	तृतीया	चतुर्थी
6	7	8	9	10	11	12
चतुर्थी/अष्टमि	एकम्	द्वितीया	तृतीया	चतुर्थी	पंचमी	षष्ठी
13	14	15	16	17	18	19
षष्ठी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी/त्रयोदशी	चतुर्थी
20	21	22	23	24	25	26
पुर्णिमा	एकम्	द्वितीया	तृतीया	चतुर्थी	पंचमी	षष्ठी
27	28	29	30			
षष्ठी	सप्तमी	अष्टमी	नवमी			

05 Sep Teachers' Day
10 Sep Ganesh Chaturthi

October

				1	2	3
				दशमी	एकादशी	द्वादशी
4	5	6	7	8	9	10
त्रयोदशी	चतुर्थी	अष्टमि	एकम्	द्वितीया	तृतीया/चतुर्थी	पंचमी
11	12	13	14	15	16	17
षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी
18	19	20	21	22	23	24
त्रयोदशी	चतुर्थी	पुर्णिमा	एकम्	द्वितीया	तृतीया	चतुर्थी
25	26	27	28	29	30	31
पंचमी	षष्ठी	सप्तमी	अष्टमी	अष्टमी	नवमी	दशमी

02 Oct Gandhi Jayanti
14 Oct Maha Navami
15 Oct Dussehra
19 Oct Eid e Milad

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SINCE 1984

FIFATROL
TABLETS

BGR-34
TABLETS



Siddha Ghrita
Pure Ghee processed
in Tikta Drugs

Ashang Irliya, S.S., Ch-3, 2007

**RECOMMENDED
HEALTHFUL HERBS as per**

ZODIAC SIGN



LIBRA तुला राशि
(23 September-22 October)

ARJUNA
Terminalia arjuna



- Benefits in Heart Diseases
- Effectively Manages Hypertension
- Lowers Cholesterol Level

Other beneficial plants : Bakul and Nagkesar



SCORPIO वृश्चिक राशि
(23 October-21 November)

ASHOKA
Saraca indica



- Beneficial in Female Disorders
- Relieves Pain & Inflammation
- Restores Hormonal Balance

Other beneficial plants : Khadira and Palash

VARSHA RITU MONSOON

Mid July
to Mid September

ANCIENT SEASONAL REGIMEN

Food To Be Taken



Pumpkin
(Sitaphal)



Brinjal



Ginger



Garlic



Cumin seeds



Jamun



Fenugreek
Leaves



Litchi



Pomegranate



Banana



Papaya



Old Barley



Wheat



Rice



Dalia

- Milk with sunthi, elaichi, laung
- Drinks with honey

Food Not To Be Taken



New Rice



Heavy
Diet



Curd

- Excessive salt
- Fermented preparations
- Over night kept food

Recommended Activities



Use of warm water
for bath



Panchkarma



Dry Massage

- Avoid too much sun exposure
- Avoid day time sleeping
- Avoid getting wet in rain & hard work

July

MO	TU	WE	TH	FR	SA	SU
सोमवार	मंगलवार	बुधवार	गुरुवार	शुक्रवार	शनिवार	रविवार
			1	2	3	4
			सप्तमी	अष्टमी	नवमी	दशमी
5	6	7	8	9	10	11
एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावस्या	अमावस्या	पक्ष्म
12	13	14	15	16	17	18
द्वितीया	तृतीया	चतुर्थी	पंचमी/शष्ठी	सप्तमी	अष्टमी	नवमी
19	20	21	22	23	24	25
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	पुर्णिमा/एकम्	द्वितीया
26	27	28	29	30	31	
तृतीया	चतुर्थी	पंचमी	शष्ठी	सप्तमी	अष्टमी	

21 Jul Eid-ul-Adha/Bakrid
24 Jul Goro Purnima

August

2	3	4	5	6	7	8
नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावस्या
9	10	11	12	13	14	15
पक्ष्म	द्वितीया	तृतीया	चतुर्थी	पंचमी	शष्ठी	सप्तमी
16	17	18	19	20	21	22
अष्टमी/नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	पुर्णिमा
23	24	25	26	27	28	29
पक्ष्म	द्वितीया	तृतीया	चतुर्थी	पंचमी	शष्ठी	सप्तमी
30	31	15 Aug Independence Day 19 Aug Muharram	22 Aug Raksha Bandhan 30 Aug Krishna Janmashtami			
अष्टमी	नवमी					

Regular use of Honey,
Blacksalt, Ginger (Dry)
in Food Items

Ashang Jyotya, S.S., Ch-3, 2007



Honey



Blacksalt



Dry Ginger

RECOMMENDED
HEALTHFUL HERBS as per

ZODIAC SIGN



LEO सिंह राशि
(23 July- 22 August)

PALASH

Butea monosperma



- Fights Skin Diseases
- Benefits in Bleeding Disorders
- Combats Diarrhoea

Other beneficial plants : Wild Ber and Juvvi



VIRGO कन्या राशि
(23 August - 22 September)

BILVA

Aegle marmelos



- Relieves Hyperacidity
- Benefits in Thyroid
- Improves Digestion

Other beneficial plants : Mango and Chameli

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JUFEX[®] Forte
SYRUP

PURODIL
SYRUP/TABLETS/GEL

GREESHMA RITU

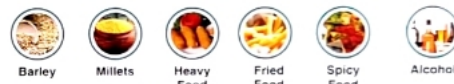
SUMMER *Mid May to Mid July*

ANCIENT SEASONAL REGIMEN

Food To Be Taken



Food Not To Be Taken



Recommended Activities



MO	TU	WE	TH	FR	SA	SU
सोमवार	मंगलवार	बुधवार	गुरुवार	शुक्रवार	शनिवार	रविवार
					1	2
					एकमी	दो
3	4	5	6	7	8	9
सोम	अठनी	नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी
10	11	12	13	14	15	16
चतुर्दशी	अमावस्या	एकम्	द्वितीय	तृतीय	चतुर्थ	पंचमी
17	18	19	20	21	22	23
षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी/द्वादशी	
24	25	26	27	28	29	30
त्रयोदशी	चतुर्दशी	पुर्णिमा	एकम्	द्वितीय	तृतीय/चतुर्थ	पंचमी
31						
षष्ठी						
	1	2	3	4	5	6
	सोम	अठनी	नवमी	दशमी	एकादशी	द्वादशी
7	8	9	10	11	12	13
द्वादशी	त्रयोदशी	चतुर्दशी	अमावस्या	एकम्	द्वितीय	तृतीय
14	15	16	17	18	19	20
चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी
21	22	23	24	25	26	27
एकादशी	द्वादशी	त्रयोदशी/चतुर्दशी	पुर्णिमा	एकम्	द्वितीय	तृतीय
28	29	30				
चतुर्थी	पंचमी	षष्ठी				

05 Jun World Environment Day
13 Jun Maharana Pratap Jayanti
21 Jun International Yoga Day
25 Jun World Vitiligo Day



Sheetal Panak (Sharbat)

Ashtang Hridya, S.S., Ch-3, 2007

RECOMMENDED HEALTHFUL HERBS as per ZODIAC SIGN



GEMINI मिथुन राशि VANSHLOCHAN

(21 May - 20 June)

Bambusa arundinacea



- Fights Rheumatism
- Supplements Micronutrients like Silica, Calcium
- Improves Bone Health

Other beneficial plants : Jack fruit and Agar wood



CANCER कर्क राशि PEEPAL

(21 June - 22 July)

Ficus religiosa



- Beneficial in Skin Diseases
- Tones & Brightens Complexion
- Blood Purifier

Other beneficial plants : Palash and Nagkesar

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Boniheal
SUSPENSION/TABLETS

LUKOSKIN
ORAL LIQUID/OINTMENT

SHISHIR RITU WINTER

Mid January
to Mid March

ANCIENT SEASONAL REGIMEN

Food To Be Taken



Food Not To Be Taken



Recommended Activities



- Avoid walking in cold & foggy places
- Wearing of heavy woollen clothes
- Avoid daytime sleep

January

MO	TU	WE	TH	FR	SA	SU
शनिवार	मंगलवार	बुधवार	गुरुवार	शुक्रवार	शनिवार	रविवार
				1	2	3
				दिनीय	तुनीय	बुनीय
4	5	6	7	8	9	10
पक्षी/चर्दी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी
11	12	13	14	15	16	17
त्रयोदशी	चतुर्दशी	अमावस्या	पक्ष	दिनीय	तुनीय	बुनीय
18	19	20	21	22	23	24
पक्षी	चर्दी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी
25	26	27	28	29	30	31
द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा	एकम्	दिनीय	तुनीय

12 Jan: Vivekananda Jayanti
13 Jan: Lohri
14 Jan: Makar Sankranti
20 Jan: Guru Gobind Singh Jayanti
23 Jan: Subhas Chandra Bose Jayanti
26 Jan: Republic Day

February

1	2	3	4	5	6	7
बुनीय	पक्षी	चर्दी	सप्तमी	अष्टमी	नवमी/दशमी	एकादशी
8	9	10	11	12	13	14
द्वादशी	त्रयोदशी	चतुर्दशी	अमावस्या	एकम्	दिनीय	तुनीय
15	16	17	18	19	20	21
बुनीय	पक्षी	चर्दी	सप्तमी	अष्टमी	नवमी	दशमी
22	23	24	25	26	27	28
द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा	बुनीय	पक्षी	चर्दी

04 Feb: World Cancer Day
16 Feb: Vasant Panchami
27 Feb: Guru Ravidas Jayanti



Apply
Chandanadi
Lepa

Ashang hridya, S.S., Ch-3, 2007

RECOMMENDED HEALTHFUL HERBS as per ZODIAC SIGN



AQUARIUS कुम्भ राशि
(20 January- 18 February)

KADAMBA
Anthocephalus
cadamba



- Cardiac Tonic
- Normalizes Blood Pressure
- Relieves Rheumatic Pain

Other beneficial plants : Neem and Jammi



PISCES मीन राशि
(19 February-20 March)

NEEM
Azadirachta indica



- Best Anti-infective
- Detoxifier
- Improves metabolism

Other beneficial plants : Mango and Bargad

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NEERI
SYRUP/TABLETS

NEERIKFT
SYRUP SUGAR FREE

VASANT RITU

SPRING

Mid March
to Mid May

ANCIENT SEASONAL REGIMEN

Food To Be Taken



Food Not To Be Taken



Recommended Activities



March

April

MO	TU	WE	TH	FR	SA	SU
सोमवार	मंगलवार	बुधवार	गुरुवार	शुक्रवार	शनिवार	रविवार
1	2	3	4	5	6	7
द्वितीया/पूर्णिमा	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
8	9	10	11	12	13	14
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावस्या	राक्षस
15	16	17	18	19	20	21
द्वितीया	तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी
22	23	24	25	26	27	28
अष्टमी	नवमी	दशमी	एकादशी	द्वादशी/त्रयोदशी	चतुर्दशी	पूर्णिमा
29	30	31	08 Mar International Women's Day 11 Mar Maha Shivratri 28 Mar Holika Dahan 29 Mar Holi			
एकम्	द्वितीया	तृतीया				
5	6	7	8	9	10	11
नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावस्या
12	13	14	15	16	17	18
अमावस्या	एकम्	द्वितीया	तृतीया	चतुर्थी	पंचमी	षष्ठी
19	20	21	22	23	24	25
सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी
26	27	28	29	30		
चतुर्दशी	पूर्णिमा/एकम्	द्वितीया	तृतीया	चतुर्थी		

01 Apr Bank's Holiday
02 Apr Good Friday
13 Apr Ugadi (Gudi Padwa)

13 Apr Chaitra Navratri Starts
14 Apr Dr. Ambedkar Jayanti
25 Apr Mahavir Jayanti

USE RIG VERAMBU : GINGER WATER (Boil water with dry ginger & consume)

Ashwagandha, S.S., Ch-3, 2007

RECOMMENDED HEALTHFUL HERBS as per ZODIAC SIGN



ARIES मेष राशि

(21 March - 19 April)



AMLA

Emblia officinalis

- Tones Digestion
- Relieves Constipation
- Relieves Chest Congestion
- Tones Respiratory System

Other beneficial plants : Rakta Chandan and Fig



TAURUS वृषभ राशि

(20 April - 20 May)



JAMUN

Syzygium cumini

- Resolves Stomach Issues
- Improves Appetite
- Relieves Indigestion

Other beneficial plants : Saptaparni and Khadira

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Amyron
SYRUP/TABLETS

Amyrity Plus
LIQUID SUGAR FREE

RASHI RAS

Rashi	Ras	Planet
Aries	Mithuna	5 GURU (Jupiter)
Taurus	Kumbha	4 BUJH (Mercury)
Gemini	Makara	6 SUKRA (Venus)
Cancer	Meetha	2 SOMA (Moon)
Leo	Mithuna	3 MANGAL (Mars)
Virgo	Kumbha	8 RAHU (Rahu)
Libra	Makara	7 SWAMI (Shani)
Scorpio	Meetha	1 SUN (Sun)
Sagittarius	Mithuna	9 KETU (Ketu)
Capricorn	Kumbha	6 SUKRA (Venus)
Aquarius	Makara	5 GURU (Jupiter)
Pisces	Meetha	4 BUJH (Mercury)

Outer Ring (Ras):

- 1. Mithuna
- 2. Kumbha
- 3. Makara
- 4. Meetha
- 5. Mithuna
- 6. Kumbha
- 7. Makara
- 8. Meetha
- 9. Mithuna
- 10. Kumbha
- 11. Makara
- 12. Meetha

Inner Ring (Rashi):

- 1. Aries
- 2. Taurus
- 3. Gemini
- 4. Cancer
- 5. Leo
- 6. Virgo
- 7. Libra
- 8. Scorpio
- 9. Sagittarius
- 10. Capricorn
- 11. Aquarius
- 12. Pisces

4. <https://pubs.genbank.ncbi.nlm.nih.gov/genbank/taxonomy/taxonomy.cgi?taxid=331045&tree=1&chapter=204.pdf>
5. <http://motuslab.fishbase.org/Reports/Species/Species%20List/2012/2012%20Species%20List.pdf>
6. <https://www.researchgate.net/publication/326755710> Thengs, Hsiao, Garden
7. https://presidentofindia.nic.in/writerarticle.asp?articleid=16251&Background_information.pdf
8. <https://www.pnn.gov.in/en/makshata/garden>
9. <http://www.ashlingindia.org/india-pyralis-shilpa-sharma-makshata-garden-bharat-academy-awardee-2013>
10. <http://www.ashlingindia.org/india-pyralis-shilpa-sharma-makshata-garden-bharat-academy-awardee-2013>
11. <http://www.ashlingindia.org/india-pyralis-shilpa-sharma-makshata-garden-bharat-academy-awardee-2013>
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14. <http://www.ashlingindia.org/india-pyralis-shilpa-sharma-makshata-garden-bharat-academy-awardee-2013>
15. <http://www.ashlingindia.org/india-pyralis-shilpa-sharma-makshata-garden-bharat-academy-awardee-2013>
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