

KĀLĀCAKRA (कालचक्र)

(The cyclic motion of Astronomical bodies with time)

This is a **Luni-Solar calendar**, prominently displaying the '*Tithi*' and '*Pakṣa*'. It also displays the corresponding date as per the Indian National Calendar of Government of India and the Gregorian system, highlighting the scientific basis of Indian calendar system.

Our effort is to render the calendar user friendly. In the present pandemic scenario, it becomes imperative to understand the correlation between the diet, health and seasons. The calendar is based on the theme '**Food as Medicine**'. *United Nations* has declared the year 2021 as the *International year of Fruits and Vegetables*, so the calendar includes significant nutritional data about fruits and vegetables, seasonal availability, medicinal value and their Indian names. Other features include National holidays, festivals, birthdays of Indian scientists etc.



Vijnana Bharati (VIBHA)

Vijñāna Bhāratī (VIBHA) is a science movement with swadeshi spirit lead by the eminent scientists of Bhārata. VIBHA works for the total development of Bhārata with the intervention of Science and Technology.



CSIR- NISCAIR

National Institute of Science Communication and Information Resources (CSIR-NISCAIR) is CSIR's premier institute for science communication, popularization and inculcation of scientific temper.

TERMS AND EXPLANATIONS

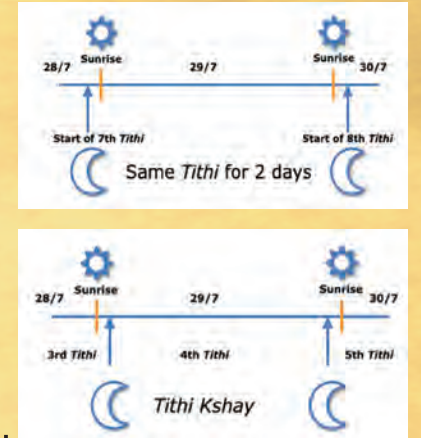
1. Tithi

Just as the date is used to represent a day in the Gregorian calendar as well as Indian National Calendar; similarly, a *tithi* is a concept closer to the date used in the Indian traditional calendars. The Sun and Moon happen to be apparently moving from west to east on the celestial background. The Moon moves approximately 12° per day, i.e. 360° in 30 days! Therefore, the time taken for the longitudinal angle between the Moon and the Sun to increase by 12° is called a *tithi*.

The Moon revolves around the Earth in an elliptical orbit. Therefore, its angular speed changes constantly per day. When the Moon is closest to the earth, its apparent angular speed is 15.33° per day, while when it is farthest, the apparent angular speed of the Moon is about 11.33° per day. The *tithi* is defined as the time taken by the moon to span an angular distance of 12° w.r.t. the Sun. But depending upon the speed of the Moon, this time period varies from 28 hours to 20 hours.

A lunar month has 30 *tithis*. The *tithi* running during the Sunrise is the *tithi* of that day. Since the duration of the *tithi* is less than 24 hours, *tithi vṛddhi* and *tithi kṣaya* occur. In a normal year, the *tithi vṛddhi* takes place 7 times, while the *tithi kṣaya* occurs 13 times. *Tithi vṛddhi*: On the days, when a *tithi* is completed under two solar days, *tithi vṛddhi* is said to have occurred. (one which comprises two sunrises).

Tithi kṣaya: If the Moon spans two *nakṣatras* between two sunrises of two consecutive days, a *tithi* is dropped or a *kṣaya* occurs.



2. Vāra

Vāra means a day consisting of 24 hours. The seven days that make a week are named as *Ravivāra*, *Somavāra*, *Maṅgalavāra*, *Budhavāra*, *Guruvāra*, *Śukravāra*, *Śanivāra*.

3. Pakṣa

The unit consisting of two weeks that make a fortnight is called "*Pakṣa*". Two *Pakṣas* make a month/ *māsa*. *Śukla Pakṣa* and *Kṛṣṇa Pakṣa*, have been the terms used in the Indian chronometry.

The period of fortnight after *amāvasyā* in which the western front of the Moon gets illuminated gradually (waxing of moon), is called *Śukla Pakṣa*. In the next fortnight after *Pūrṇimā*, the Moon's eastward illumination reduces gradually (waning of moon), which is called the *Kṛṣṇa Pakṣa*.

4. Māsa

The *Śukla Pakṣa* and *Kṛṣṇa Pakṣa* make a *māsa*/month. There are two types of *māsa*, the *Cāndramāsa* and the *Sauramāsa*.

Cāndramāsa

It is a lunar month based on motion of the Moon. The months have been named after the *nakṣatra* in the lunar background on the corresponding full moon or new moon day. The east-west distance between the Moon and the Sun becomes zero at one point on the day of the new moon or full moon. Such two consecutive days occur after an average of 29.53 days. It is called *Cāndramāsa* and named as *Caitra*, *Vaiśākha*, *Jyeṣṭha*, *Āṣāḍha*, *Śrāvaṇa*, *Bhādrapadaa*, *Aśvin*, *Kārtika*, *Mārgaśīrṣa*, *Pauṣa*, *Māgha*, *Phālguna*.

Sauramāsa

The practice of considering the solar months based on the location of the Sun in the sky is prevalent in some parts of India. As the earth revolves around the Sun, the Sun appears to move in the sky along the ecliptic. The 360° ecliptic has been further divided into twelve parts. Each part consists of thirty degrees and is called a zodiac sign or *rāśi*. In Indian traditional calendars, these months are named as *Madhu*, *Mādhava*, *Śukra*, *Śuci*, *Nabhas*, *Nabhasya*, *Īśa*, *Ūrj*, *Sahas*, *Sahasya*, *Tapas*, *Tapasya*.*

* Kindly note, in the present calendar, the names of *Sauramāsa* are written as *Caitra*, *Vaiśākha*, *Jyeṣṭha*, *Āṣāḍha*, *Śrāvaṇa*, *Bhādrapadaa*, *Aśvin*, *Kārtika*, *Mārgaśīrṣa*, *Pauṣa*, *Māgha*, *Phālguna* in reference to Indian National Calendar.

5. Saṃvatsara

The ancient Indian chronometry considers a special time period called the *saṃvatsara* comparable to Year. The word *saṃvatsara* literally means the 'year'.

Vikram saṃvat

The new year of *Vikram saṃvatsara* begins on the *Dīpāvalī Pāḍvā* (*Kārtik śukla pratipadā-Bali pratipadā*). If we add 56 or 57 to the number of AD, then we get *Vikram saṃvat* number.

Vikram saṃvat - 135 = *Śaka saṃvat*.

Śālivāhana śaka saṃvat

Śālivāhana śaka is associated with the *Sātavāhana* kings of Central India. This shaka was started in the year 78 AD. Thus, subtracting 78 or 77 from the AD number gives the *Śālivāhana Śaka* number.

6. Calendars

Lunisolar Calendar: A calendar based on the combined motion of the Sun and the Moon.

e.g. Buddhist, Jain, Nanakshahi, Hindu, Burmese, Assyrian, Hebrew, Chinese, Japanese, Korean, Mongolian, Tibetan, Babylonian etc.

Indian National Calendar: The official calendar of the Government of India started on 22 March 1957 with 1 *Caitra* 1879, *Śaka* Era. It is based on the motion of the Sun and seasons. It starts on 22 March, as 01 *Sauramās Caitra*. It has twelve month with definite days as *Caitra* (30/31), *Vaiśākha* (31), *Jyeṣṭha* (31), *Āṣāḍha* (31), *Śrāvaṇa* (31), *Bhādra* (31), *Aśvin* (30), *Kārtika* (30), *Agrahāyaṇa* (30), *Pauṣa* (30), *Māgha* (30), *Phālguna* (30).

Gregorian Calendar: It is a solar calendar based on the motion of the Sun and seasons, started on 04 October, 1582 by Pope Gregory XIII. This calendar starts on January 1st every year.

7. Āyaṇa (Motion of the Sun)

Uttarāyaṇa

Uttarāyaṇa means motion of Sun towards North starting from 01 *Sauramāsa Pauṣa* (22/23 December) onward.

Dakṣiṇāyaṇa

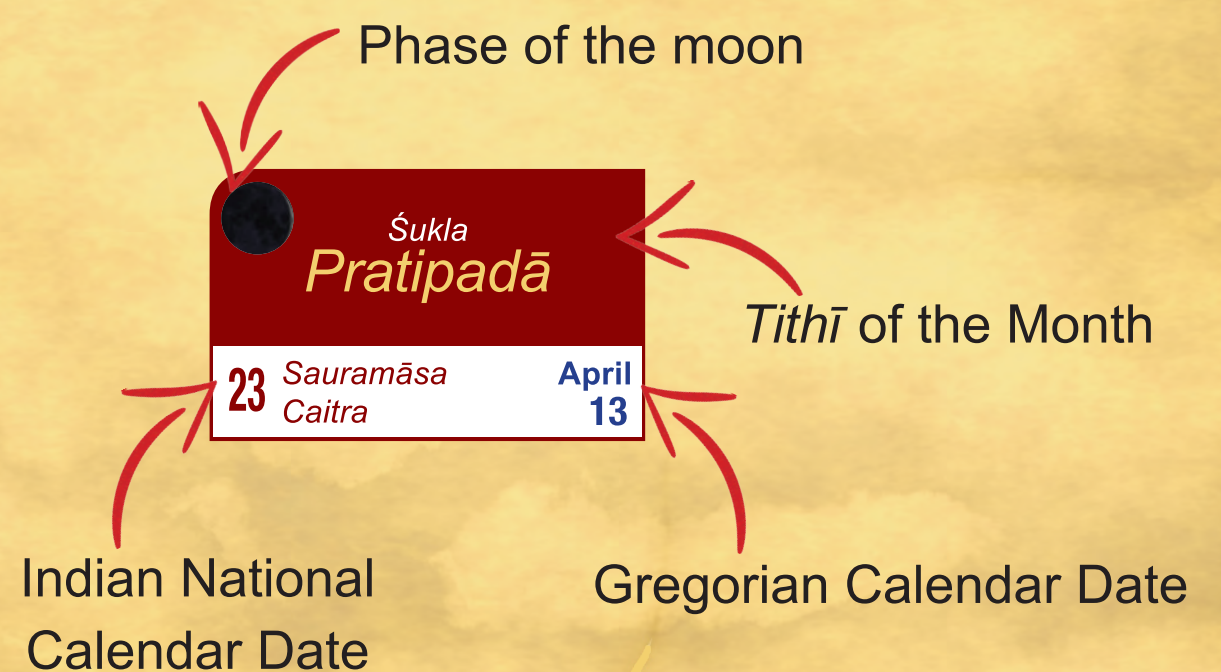
Dakṣiṇāyaṇa means motion of Sun towards South starting from 01 *Sauramāsa Āṣāḍha* (21/22 June) onward.

8. RTU

In Indian traditional calendars *ṛtu* means season based on the motion of the Sun on its path corresponding to the *Cāndramās*.

Following table depict *māsa*, *ṛtu* and corresponding colour of calendar pages

Māsa	RTU	Colour
Caitra	Vasanta	Yellow
Vaiśākha	Vasanta	Yellow
Jyeṣṭha	Grīṣma	Light Blue
Āṣāḍha	Grīṣma	Light Blue
Śrāvaṇa	Varṣā	Green
Bhādrapadaa	Varṣā	Green
Aśvin	Śarad	Pink
Kārtika	Śarad	Pink
Mārgaśīrṣa	Hemanta	Light Yellow
Pauṣa	Hemanta	Light Yellow
Māgha	Śiśira	Light Blue
Phālguna	Śiśira	Light Blue



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Notes	Śukla Śaṣṭhī	Śukla Trayodaśī	Kṛṣṇa Śaṣṭhī	Kṛṣṇa Trayodaśī
	28 Sauramāsa Caitra April 18	05 Sauramāsa Vaiśākha April 25	12 Sauramāsa Vaiśākha May 02	19 Sauramāsa Vaiśākha May 09
	29 Sauramāsa Caitra April 19	06 Sauramāsa Vaiśākha April 26	13 Sauramāsa Vaiśākha May 03	20 Sauramāsa Vaiśākha May 10
	23 Sauramāsa Caitra April 13	30 Sauramāsa Caitra April 20	07 Sauramāsa Vaiśākha April 27	14 Sauramāsa Vaiśākha May 04
	24 Sauramāsa Caitra April 14	01 Sauramāsa Caitra April 21	08 Sauramāsa Vaiśākha April 28	15 Sauramāsa Vaiśākha May 05
	25 Sauramāsa Caitra April 15	02 Sauramāsa Caitra April 22	09 Sauramāsa Vaiśākha April 29	16 Sauramāsa Vaiśākha May 06
	26 Sauramāsa Caitra April 16	03 Sauramāsa Caitra April 23	10 Sauramāsa Vaiśākha April 30	17 Sauramāsa Vaiśākha May 07
	27 Sauramāsa Caitra April 17	04 Sauramāsa Caitra April 24	11 Sauramāsa Vaiśākha May 01	18 Sauramāsa Vaiśākha May 08

21 April: Rāma Navmi
 25 April: Mahāvira Jayanti
 13 April: Caitra Śuklāḍī/
 Guḍhīpāḍavā/Ugāḍī/
 Ceti Cāṇḍa/
 Vaiśākhi/Viṣu
 14 April: Meṣādi Tamil
 New Year's Day
 15 April: Vaiśākhādi
 (Bengal)/Bahag Bihu
 (Assam)
 07 May: Jamat-Ul-Vida
 09 May : Guru
 Rabindranath's birthday
 19 April: launch of
 India's First Satellite,
 Aryabhata.
 11 May: National
 Technology Day

- Ravivāra
- Somavāra
- Maṅgalavāra
- Budhavāra
- Guruvāra
- Śukravāra
- Śanivāra

FRUITS & VEGETABLES OF VASANTA R̥TU



Mango (Āmra)

The Ayurveda King of Fruits, Mangos are rich in Vitamin C, required for forming blood vessels and healthy collagen, as well as healing.

C: 57.05
P: 0.41
F: 1.73



Pineapple (Annānāsa)

Useful in urine infection due to anti-bacterial property.

C: 41.2
P: 0.52
F: 3.46



Indian Jujube (Ber)

Full of Vitamin C & B, it is used for treatment of jaundice of newborn babies.

C: 46.11
P: 1.34
F: 3.73



Longkong (Laṅgat)

Found in Nilgiri hills, rich source of Vitamin C.

C: 57
P: 0.8
F: 0



Water Melon (Tarbuja)

Watermelon has over 90% water; a cooling and hydrating effect on the body. Beneficial in excessive thirst and fatigue.

C: 19.28
P: 0.6
F: 0.7



- Cold
- Hot
- Sweet
- Sour
- Bitter
- Pungent
- Astringent
- Salty



Cucumber (Khirā)

It contains mostly water which helps to prevent dehydration during summers.

C: 18.2
P: 0.71
F: 2.14



Mint (Puḍinā)

It is used as carminative and good for digestion of food.

C: 34.05
P: 4.66
F: 5.89



Bitter Gourd (Karelā)

Detoxes blood by acting as purifier.

C: 17.94
P: 1.61
F: 3.72



Onion (Pyāj)

Slices of Onion fried in ghee are used to treat cough with phlegm, asthma and hoarseness of voice due to cold.

C: 46.4
P: 1.5
F: 2.45



Kair (Kair)

Good weather forecasting species, helps overcome cardiac and gastric troubles.

C: 41.6
P: 8.6
F: 5



Ravivāra		Śukla Caturthī 26 Sauramāsa Vaiśākha May 16	Śukla Ekādaśī / Dvādaśī 02 Sauramāsa Jyeṣṭha May 23	Kṛṣṇa Pañcamī 09 Sauramāsa Jyeṣṭha May 30	Kṛṣṇa Ekādaśī 16 Sauramāsa Jyeṣṭha June 06
Somavāra	14 May: Id-UL-Fitar; 26 May: Budha Purnima	Śukla Pañcamī 27 Sauramāsa Vaiśākha May 17	Śukla Trayodaśī 03 Sauramāsa Jyeṣṭha May 24	Kṛṣṇa Ṣaṣṭhī 10 Sauramāsa Jyeṣṭha May 31	Kṛṣṇa Dvādaśī 17 Sauramāsa Jyeṣṭha June 07
Maṅgalavāra		Śukla Ṣaṣṭhī 28 Sauramāsa Vaiśākha May 18	Śukla Caturdaśī 04 Sauramāsa Jyeṣṭha May 25	Kṛṣṇa Saptamī 11 Sauramāsa Jyeṣṭha June 01	Kṛṣṇa Trayodaśī 18 Sauramāsa Jyeṣṭha June 08
Budhavāra		Śukla Pratīpadā 22 Sauramāsa Vaiśākha May 12	Śukla Saptamī 29 Sauramāsa Vaiśākha May 19	Śukla Pūrnimā 05 Sauramāsa Jyeṣṭha May 26	Kṛṣṇa Aṣṭamī 12 Sauramāsa Jyeṣṭha June 02
Guruvāra		Śukla Dvītiyā 23 Sauramāsa Vaiśākha May 13	Śukla Aṣṭamī 30 Sauramāsa Vaiśākha May 20	Kṛṣṇa Pratīpadā 06 Sauramāsa Jyeṣṭha May 27	Kṛṣṇa Navamī 13 Sauramāsa Jyeṣṭha June 03
Śukravāra		Śukla Dvītiyā 24 Sauramāsa Vaiśākha May 14	Śukla Navamī 31 Sauramāsa Vaiśākha May 21	Kṛṣṇa Dvītiyā 07 Sauramāsa Jyeṣṭha May 28	Kṛṣṇa Daśamī 14 Sauramāsa Jyeṣṭha June 04
Śanivāra		Śukla Tṛtīyā 25 Sauramāsa Vaiśākha May 15	Śukla Daśamī 01 Sauramāsa Jyeṣṭha May 22	Kṛṣṇa Tṛtīyā / Caturthī 08 Sauramāsa Jyeṣṭha May 29	Kṛṣṇa Ekādaśī 15 Sauramāsa Jyeṣṭha June 05

Notes

FRUITS & VEGETABLES OF VASANTA RĪTU



Mulberry (Śahatūta)

it is good for digestive systems, eyes, boosts immunity.

C: 43
P: 1.42
F: 0.4



Coconut Dry (Sukhā Nāriyal)

Rich in manganese, maintains bone health & metabolism of carbohydrates, proteins.

C: 630.46
P: 7.27
F: 8.1



Banana (Kelā)

World's most popular fruit. Charaka Samhita says banana should not be combined with milk and yoghurt.

C: 107.68
P: 1.25
F: 2.21



Indian Gooseberry (Āaīvalā)

A superfood, amla is among the most antioxidant-rich foods produced in nature.

C: 20.36
P: 0.34
F: 7.75



Cape Gooseberry (Rasbhari)

It provides more than 50% of daily value of Vitamin C. High in content of antioxidant, protects from free radical damage.

C: 53
P: 1.9
F: 0.7



- Cold
- Hot
- Sweet
- Sour
- Bitter
- Pungent
- Astringent
- Salty



Bottle Gourd (Lauki)

Among various benefits of lauki, it also helps in treating sleep disorders. For a good sleep, mix some sesame oil with the lauki juice.

C: 12.88
P: 0.42
F: 2.1



Pumpkin (Kaddū)

A low-calorie vegetable contains an abundant powerhouse of Vitamin A, C, E, B1, B2, B6, D & beta carotene.

C: 20.8
P: 0.84
F: 2.56



Lotus Root (Kamalakkāḍī)

Being used since the times of Susruta, the stalk is used as probes in surgical procedures. It helps to stop the development of age spots and age lines.

C: 74.81
P: 1.94
F: 4.7



Spring Onion (Harā Pyāj)

Spring onions are preferred as appetizers. They contain good amount of Sulphur compounds, helps body to produce more insulin.

C: 32
P: 1.8
F: 0.2



Purslane (Kulphā Sāga)

A favourite of Mahatma Gandhi, it was once termed as "India's gift to the World", has highest Omega 3 fatty acids amongst all leafy vegetables.

C: 16
P: 1.3
F: 0.1





Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Jyeṣṭha (June-July 2021)



Uttarāyana / Dakṣiṇāyana (starts 01 Sauramāsa Āṣāḍha)

Ravivāra

29 June: Birthday of Prasanta Chandra Mahalanobis

Somavāra

Notes

Maṅgalavāra

Budhavāra

Guruvāra

Śukravāra

Śanivāra

Śukla Tṛtīyā 23 Sauramāsa Jyeṣṭha June 13	Śukla Daśamī 30 Sauramāsa Jyeṣṭha June 20	Kṛṣṇa Tṛtīyā 06 Sauramāsa Āṣāḍha June 27	Kṛṣṇa Daśamī 13 Sauramāsa Āṣāḍha July 04
Śukla Caturthī 24 Sauramāsa Jyeṣṭha June 14	Śukla Ekādaśī 31 Sauramāsa Jyeṣṭha June 21	Kṛṣṇa Caturthī 07 Sauramāsa Āṣāḍha June 28	Kṛṣṇa Ekādaśī 14 Sauramāsa Āṣāḍha July 05
Śukla Pañcamī 25 Sauramāsa Jyeṣṭha June 15	Śukla Dvādaśī 01 Sauramāsa Āṣāḍha June 22	Kṛṣṇa Pañcamī 08 Sauramāsa Āṣāḍha June 29	Kṛṣṇa Dvādaśī 15 Sauramāsa Āṣāḍha July 06
Śukla Ṣaṣṭhī 26 Sauramāsa Jyeṣṭha June 16	Śukla Trayodaśī /Caturdaśī 02 Sauramāsa Āṣāḍha June 23	Kṛṣṇa Ṣaṣṭhī 09 Sauramāsa Āṣāḍha June 30	Kṛṣṇa Trayodaśī 16 Sauramāsa Āṣāḍha July 07
Śukla Saptamī 27 Sauramāsa Jyeṣṭha June 17	Śukla Pūrnimā 03 Sauramāsa Āṣāḍha June 24	Kṛṣṇa Saptamī 10 Sauramāsa Āṣāḍha July 01	Kṛṣṇa Caturdaśī 17 Sauramāsa Āṣāḍha July 08
Śukla Pratipadā 21 Sauramāsa Jyeṣṭha June 11	Śukla Aṣṭamī 28 Sauramāsa Jyeṣṭha June 18	Kṛṣṇa Pratipadā 04 Sauramāsa Āṣāḍha June 25	Kṛṣṇa Amāvasyā 18 Sauramāsa Āṣāḍha July 09
Śukla Dvītīyā 22 Sauramāsa Jyeṣṭha June 12	Śukla Navamī 29 Sauramāsa Jyeṣṭha June 19	Kṛṣṇa Dvītīyā 05 Sauramāsa Āṣāḍha June 26	Kṛṣṇa Navamī 12 Sauramāsa Āṣāḍha July 03
			Kṛṣṇa Amāvasyā 19 Sauramāsa Āṣāḍha July 10

FRUITS & VEGETABLES OF GRĪṢMA ṚTU



Java Plum (Jāmun)

Jamun dry seeds powder contains jamboline, a type of glucose, which helps to control the conversion of starch into sugar.

**C: 57
P: 7
F: 2.4**



Wood Apple (Bela)

Provides relief in chest congestion and cold, the bael fruit oil is applied over chest and forehead, over sinus region.

**C: 128.49
P: 2.63
F: 6.31**



Madras Thorn (Jaṅglī Jalebi)

The juice of jungle jalebi pod extracts is known to exhibit anti-hyperglycemic attributes.

**C: 78
P: 3
F: 1.2**



Indian Black Currant (Phālsā)

Rich in anthocyanin and tannins, which are effective in cleaning the bacterias in urinary tract and inhibits their growth.

**C: 90.5
P: 1.57
F: 0.1**



Cashew Nut (Kājū)

These nuts contain abundant amount of Vitamin E, K, B6, phosphorous, zinc, magnesium. The magnesium content improves bone health.

**C: 583.76
P: 18.78
F: 3.86**



Cold



Hot



Sweet



Sour



Bitter



Pungent



Astringent



Salty



Arrow Root (Arārūṭa)

The Arrowroot plant is a Vitamin B storehouse and popular in treatment of healing wounds and as an antidote to toxins.

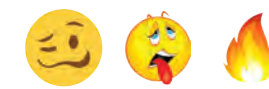
**C: 65
P: 4
F: 1.3**



Brinjal (Baiṅgana)

Actually a fruit, brinjal prevents brain damage as it is full of phytonutrients, which protects cell membranes and boost memory function.

**C: 23.11
P: 1.47
F: 4**



Jackfruit (Kaṭāhala)

The medicinal properties of jackfruit vary in various stages of its development. Enhances moistness of tissues & acts as body coolant.

**C: 68.35
P: 2.74
F: 3.62**



Ivy Gourd (Kuṅḍaru)

Its roots are made into a paste and given in a dose daily to control bed wetting of young children.

**C: 18
P: 1.57
F: 1.6**



Green Banana (Kaccā Kelā)

Green banana helps in controlling diarrhea due to its grahi property and helps body in absorbing more nutrients.

**C: 137
P: 1.5
F: 0.7**



Abbreviations: C: Calories; P: Protein; F: Fat

	Notes	Śukla Saptamī	Śukla Pūrnimā	Kṛṣṇa Saptamī	Kṛṣṇa Trayodaśī
Ravivāra		24 Sauramāsa Śrāvaṇa August 15	31 Sauramāsa Śrāvaṇa August 22	07 Sauramāsa Bhādra August 29	14 Sauramāsa Bhādra September 05
Somavāra		18 Sauramāsa Śrāvaṇa August 09	25 Sauramāsa Śrāvaṇa August 16	01 Sauramāsa Bhādra August 23	08 Sauramāsa Bhādra August 30
Maṅgalavāra		19 Sauramāsa Śrāvaṇa August 10	26 Sauramāsa Śrāvaṇa August 17	02 Sauramāsa Bhādra August 24	09 Sauramāsa Bhādra August 31
Budhavāra		20 Sauramāsa Śrāvaṇa August 11	27 Sauramāsa Śrāvaṇa August 18	03 Sauramāsa Bhādra August 25	10 Sauramāsa Bhādra September 01
Guruvāra		21 Sauramāsa Śrāvaṇa August 12	28 Sauramāsa Śrāvaṇa August 19	04 Sauramāsa Bhādra August 26	11 Sauramāsa Bhādra September 02
Śukravāra		22 Sauramāsa Śrāvaṇa August 13	29 Sauramāsa Śrāvaṇa August 20	05 Sauramāsa Bhādra August 27	12 Sauramāsa Bhādra September 03
Śanivāra		23 Sauramāsa Śrāvaṇa August 14	30 Sauramāsa Śrāvaṇa August 21	06 Sauramāsa Bhādra August 28	13 Sauramāsa Bhādra September 04

15 August: Independence Day
 19 August: Muharram
 30 August: Janmāṣṭamī
 16 August: Parsi New Year's day/Nauraj
 21 August: Onam or Thiru Onam Day
 22 August: Rakṣābandhana
 August 10: Birthday of M. K. Vainu Bappu
 12 August: Birthday of Vikram Sarabhai
 5 September: Teachers Day

FRUITS & VEGETABLES OF VARṢĀ ṚTU



Peach (Āḍū)

Rich in vitamins and proficient in vital trace minerals like potassium, zinc, phosphorus.

C: 38.05
P: 0.86
F: 2.13



Plum (Ālū Bukhārā)

It is beneficial for removing diseases of the stomach, strengthens the intestines and relaxes the bile.

C: 54.56
P: 0.64
F: 2.07



Bengal Currant (Karaūṇḍā)

Rich source of iron and vitamin C, which helps in growth and repair of tissues and to keep the liver healthy.

C: 31.11
P: 1.15
F: 7.25



Dragon Fruits (Kamalama)

Naturally fat free with high fibre content. Better used for nibbling as it keeps one full in between meals.

C: 60
P: 1.2
F: 0



Raspberries (Rāspberi)

Raspberries protects from the harmful effects of UV rays, as it contains Zeaxanthin antioxidant, which filters blue light.

C: 53
P: 1.2
F: 7



Malabar Spinach (Pui Sāga)

The fresh leaves of this phytonutrient rich vegetable contain anti-oxidants.

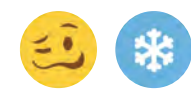
C: 18
P: 1.8
F: 0.3



Long Beans (Lobiya)

Lobia is a super nutritious legume for diabetics. It has low glycemic index, due to high concentration of protein and soluble fibre content

C: 47
P: 2.8
F: 0.4



Arugula Leaves (Gargira)

Used as salad mainly leaves, the chlorophyll in arugula makes liver healthy and controls DNA damage.

C: 25
P: 2.5
F: 1.6



Pointed Gourd (Paravala)

It is mentioned in books of Charaka & Susruta, being highly beneficial in gastric problems.

C: 22.46
P: 1.4
F: 2.61



Edible Fern (Dhekiyā)

Dhekiya contain high content of copper, which is required for oxygenation of RBCs. Highly nutritious, contain Vitamin A, C, B1, B2, B3.

C: 34
P: 4.6
F: 0.4



Ravivāra	<p>02 October: Gandhi Jayanti</p> <p>10 September: Vināyaka Caturthī/Gaṇeśa Caturthī</p> <p>15 September: Engineers Day' Birthday of M Visvesaraya</p> <p>06 October: Birthday of Meghnad Saha</p>	Śukla Ṣaṣṭhī	Śukla Caturdaśī	Kṛṣṇa Pañcamī	Kṛṣṇa Dvādaśī
Somavāra		Śukla Saptamī	Śukla Pūrnimā	Kṛṣṇa Ṣaṣṭhī	Kṛṣṇa Trayodaśī
Maṅgalavāra		Śukla Aṣṭamī	Kṛṣṇa Pratipadā	Kṛṣṇa Saptamī	Kṛṣṇa Caturdaśī
Budhavāra		Śukla Pratipadā /Dvītiyā	Śukla Navamī	Kṛṣṇa Dvītiyā	Kṛṣṇa Aṣṭamī
Guruvāra		Śukla Ṭṛtiyā	Śukla Daśamī	Kṛṣṇa Dvītiyā	Kṛṣṇa Navamī
Śukravāra		Śukla Caturthī	Śukla Ekādaśī	Kṛṣṇa Ṭṛtiyā	Kṛṣṇa Daśamī
Śanivāra		Śukla Pañcamī	Śukla Dvādaśī /Trayodaśī	Kṛṣṇa Caturthī	Kṛṣṇa Ekādaśī
		<p>Notes</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			

FRUITS & VEGETABLES OF VARṢĀ ṚTU



Blueberries (Nilābadri)

Blueberries protect the liver and support health eyes. They have antitumor and anticancer effects and increase immunity.

C: 57
P: 7
F: 2.4



Musk Melon (Kharbūjā)

Packed with loads of minerals and anti-oxidants, it helps to fight cellular damage. Since ages, its facemask helps to reduce signs of dryness, blemishes, acne etc.

C: 26.06
P: 0.53
F: 1.49



Banyan Tree Figs (Baragad ke Anjir)

The fruit of national tree of India contains abundant dietary fiber which helps in building weight.

C: 72
P: 2
F: 8



Breadfruit (Nirphaṇas)

One serve of Breadfruit provides more than 100% of Vitamin C and approximately 45% of fiber needs of the body.

C: 103
P: 1.7
F: 4.9



Mangosteen (Maiṅgostin)

Its juice have high anti-inflammatory properties and is full of Vitamin C, Copper rich, protects the skin from ultraviolet radiations.

C: 73
P: 0.41
F: 0.58



Cold



Hot



Sweet



Sour



Bitter



Pungent



Astringent



Salty



Raw Banana Flower (Kele ka Phūl)

These flowers are full of anti-oxidants. Ayurvedic texts, recommends that feeding mothers should eat banana flowers to boost supply of milk.

C: 20.15
P: 1.47
F: 5.25



Ridge Gourd (Turai)

It is a great source of vitamin B6, which plays a key role in the proper synthesis of red blood cells in the body along with iron.

C: 14.05
P: 0.98
F: 1.85



Amaranth Leaves (Caulāi)

The whole plant is known to have therapeutic active ingredients. Very important for pregnant mothers, as it contains folate vitamin.

C: 28.61
P: 3.09
F: 4.6



Bamboo Shoot (Bāṅsa Karil)

Bamboo shoot inhibits cholesterol absorption and production in the body. Reduces LDL levels.

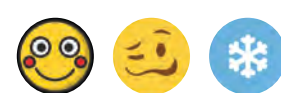
C: 15.15
P: 1.33
F: 1.55



French Beans (Phaṅsi)

They are best used for belly fat loss since they contain high amount of soluble fibre.

C: 288.98
P: 19.01
F: 17.74



- Ravivāra
- Somavāra
- Maṅgalavāra
- Budhavāra
- Guruvāra
- Śukravāra
- Śanivāra

15 October: Dussehra
 19 October: Id-E-Milad
 04 November: Divālī
 12 October: Dussehra (Saptami)
 13 October: Dussehra (Mahāṣṭami)
 14 October: Dussehra (Mahānavamī)
 8 October: Birthday of G. N. Ramchandran
 11 October: Birthday of Harish Chandra
 15 October: World Student Day
 Birthday of APJ Abdul Kalam
 19 October: Birthday of S. Chandrashekhar
 21 October: Foundation Day of Vijnana Bharati
 30 October: Birthday of Homi Bhabha

<p>Śukla Pañcamī</p> <p>18 Sauramāsa Aśvin October 10</p>	<p>Śukla Dvādaśī</p> <p>25 Sauramāsa Aśvin October 17</p>	<p>Kṛṣṇa Caturthī</p> <p>02 Sauramāsa Kārtika October 24</p>	<p>Kṛṣṇa Daśamī</p> <p>09 Sauramāsa Kārtika October 31</p>
<p>Śukla Ṣaṣṭhī</p> <p>19 Sauramāsa Aśvin October 11</p>	<p>Śukla Trayodaśī</p> <p>26 Sauramāsa Aśvin October 18</p>	<p>Kṛṣṇa Pañcamī</p> <p>03 Sauramāsa Kārtika October 25</p>	<p>Kṛṣṇa Ekādaśī</p> <p>10 Sauramāsa Kārtika November 01</p>
<p>Śukla Saptamī</p> <p>20 Sauramāsa Aśvin October 12</p>	<p>Śukla Caturdaśī</p> <p>27 Sauramāsa Aśvin October 19</p>	<p>Kṛṣṇa Pañcamī</p> <p>04 Sauramāsa Kārtika October 26</p>	<p>Kṛṣṇa Dvādaśī</p> <p>11 Sauramāsa Kārtika November 02</p>
<p>Śukla Aṣṭamī</p> <p>21 Sauramāsa Aśvin October 13</p>	<p>Śukla Pūnīmā</p> <p>28 Sauramāsa Aśvin October 20</p>	<p>Kṛṣṇa Ṣaṣṭhī</p> <p>05 Sauramāsa Kārtika October 27</p>	<p>Kṛṣṇa Trayodaśī /Caturdaśī</p> <p>12 Sauramāsa Kārtika November 03</p>
<p>Śukla Pratipadā</p> <p>15 Sauramāsa Aśvin October 07</p>	<p>Śukla Navamī</p> <p>22 Sauramāsa Aśvin October 14</p>	<p>Kṛṣṇa Pratipadā</p> <p>29 Sauramāsa Aśvin October 21</p>	<p>Kṛṣṇa Saptamī</p> <p>06 Sauramāsa Kārtika October 28</p>
<p>Śukla Dvītīyā</p> <p>16 Sauramāsa Aśvin October 08</p>	<p>Śukla Daśamī</p> <p>23 Sauramāsa Aśvin October 15</p>	<p>Kṛṣṇa Dvītīyā</p> <p>30 Sauramāsa Aśvin October 22</p>	<p>Kṛṣṇa Aṣṭamī</p> <p>07 Sauramāsa Kārtika October 29</p>
<p>Śukla Tṛtīyā /Caturthī</p> <p>17 Sauramāsa Aśvin October 09</p>	<p>Śukla Ekādaśī</p> <p>24 Sauramāsa Aśvin October 16</p>	<p>Kṛṣṇa Tṛtīyā</p> <p>01 Sauramāsa Kārtika October 23</p>	<p>Kṛṣṇa Navamī</p> <p>08 Sauramāsa Kārtika October 30</p>

Notes

FRUITS & VEGETABLES OF ŚARAD RĪTU



Pear (Nākh)

Useful in urine infection due to anti-bacterial property.

C: 36.23
P: 0.36
F: 4.48



Ambrella (Rājadūta Phala)

Blessed with the goodness of cardiac glycoside group of antioxidants. It helps to maintain blood pressure.

C: 41
P: 0.88
F: 0.27



Prunes (Sukhā Ber)

Prunes are high in fiber, which helps to prevent hemorrhoids brought on by constipation.

C: 54.56
P: 0.64
F: 2.07



Black Berry (Kriśnabadrī)

Useful in the treatment of cancer, diarrhea, whopping cough, toothache, anemia, sore throat and mouth ulcer.

C: 51.91
P: 0.92
F: 4.35



Carambola (Kamarakh)

Helpful in fever, skin disorders, high blood pressure, and controlling diabetes.

C: 31
P: 1
F: 0.3



Cold



Hot



Sweet



Sour



Bitter



Pungent



Astringent



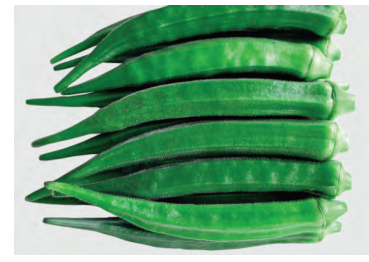
Salty



Red Cabbage (Lāl Gobhī)

Good source of fibre, vitamins and minerals.

C: 90
P: 2.95
F: 5



Okra (Bhiṅḍī)

Maintains healthy blood sugar levels, contains typical protein (lectin) which may inhibit growth of human cancer cells.

C: 24.78
P: 2.08
F: 4.08



Dela (Lasauḍā)

Useful for treatment of cough, asthma, skin diseases, fever, diarrhea, intestinal worms and wounds.

C: 394
P: 2
F: 2



Asparagus (Śatabarī)

Great source of nutrients, including fiber, folate and vitamins A, C and K, used for bladder infections, joint pain and obesity.

C: 20
P: 2.35
F: 2.1



Dolichos Bean (Semphalī)

Dolichos Beans are gluten-free food products which also reduces blood cholesterol levels.

C: 101.7
P: 1.7
F: 2.9



- Ravivāra
- Somavāra
- Maṅgalavāra
- Budhavāra
- Guruvāra
- Śukravāra
- Śanivāra

Notes

19 November: Guru Nanaks Birthday
 20 October : Maharṣī Vālmīkī's Birthday
 24 October: Karaka Caturthī (Karwa Chouth)
 03 November: Naraka Caturdaśī
 07 November: Birthday of Bharat Ratna C V Raman
 12 November: Birthday of Sālim Moizuddin Abdul Ali
 14 November: Birthday of Birbal Sahani
 30 November: Birthday of J C Bose

<p>Śukla Tṛtīyā</p> <p>16 Sauramāsa November 07 Kārtika</p>	<p>Śukla Ekādaśī</p> <p>23 Sauramāsa November 14 Kārtika</p>	<p>Kṛṣṇa Dvītiyā</p> <p>30 Sauramāsa November 21 Kārtika</p>	<p>Kṛṣṇa Navamī</p> <p>07 Sauramāsa November 28 Agrahāyaṇa</p>
<p>Śukla Caturthī</p> <p>17 Sauramāsa November 08 Kārtika</p>	<p>Śukla Dvādaśī</p> <p>24 Sauramāsa November 15 Kārtika</p>	<p>Kṛṣṇa Tṛtīyā</p> <p>01 Sauramāsa November 22 Agrahāyaṇa</p>	<p>Kṛṣṇa Daśamī</p> <p>08 Sauramāsa November 29 Agrahāyaṇa</p>
<p>Śukla Pañcamī</p> <p>18 Sauramāsa November 09 Kārtika</p>	<p>Śukla Dvādaśī</p> <p>25 Sauramāsa November 16 Kārtika</p>	<p>Kṛṣṇa Caturthī</p> <p>02 Sauramāsa November 23 Agrahāyaṇa</p>	<p>Kṛṣṇa Ekādaśī</p> <p>09 Sauramāsa November 30 Agrahāyaṇa</p>
<p>Śukla Ṣaṣṭhī</p> <p>19 Sauramāsa November 10 Kārtika</p>	<p>Śukla Trayodaśī</p> <p>26 Sauramāsa November 17 Kārtika</p>	<p>Kṛṣṇa Pañcamī</p> <p>03 Sauramāsa November 24 Agrahāyaṇa</p>	<p>Kṛṣṇa Dvādaśī</p> <p>10 Sauramāsa December 01 Agrahāyaṇa</p>
<p>Śukla Saptamī /Aṣṭamī</p> <p>20 Sauramāsa November 11 Kārtika</p>	<p>Śukla Caturdaśī</p> <p>27 Sauramāsa November 18 Kārtika</p>	<p>Kṛṣṇa Ṣaṣṭhī</p> <p>04 Sauramāsa November 25 Agrahāyaṇa</p>	<p>Kṛṣṇa Trayodaśī</p> <p>11 Sauramāsa December 02 Agrahāyaṇa</p>
<p>Śukla Pratipadā</p> <p>14 Sauramāsa November 05 Kārtika</p>	<p>Śukla Navamī</p> <p>21 Sauramāsa November 12 Kārtika</p>	<p>Śukla Pūrnimā</p> <p>28 Sauramāsa November 19 Kārtika</p>	<p>Kṛṣṇa Saptamī</p> <p>05 Sauramāsa November 26 Agrahāyaṇa</p>
<p>Śukla Dvītiyā</p> <p>15 Sauramāsa November 06 Kārtika</p>	<p>Śukla Daśamī</p> <p>22 Sauramāsa November 13 Kārtika</p>	<p>Kṛṣṇa Pratipadā</p> <p>29 Sauramāsa November 20 Kārtika</p>	<p>Kṛṣṇa Aṣṭamī</p> <p>06 Sauramāsa November 27 Agrahāyaṇa</p>
			<p>Kṛṣṇa Amāvasyā</p> <p>13 Sauramāsa December 04 Agrahāyaṇa</p>

FRUITS & VEGETABLES OF ŚARAD R̥TU



Papaya (Papitā)

It is used for preventing and treating gastrointestinal tract disorders and intestinal parasite infections.

C: 21.56
P: 0.42
F: 2.83



Soft Pear (Nāśapātī)

Rich in fiber and Vitamins, helps to prevent diabetes and controls blood pressure.

C: 239
P: .36
F: 3.1



Persimmon (Jāpāni Phala)

Rich in powerful antioxidant Vitamin C which helps to lower inflammation, a common cause of many diseases.

C: 92
P: 0
F: 0



Passion Fruit (Khūramā)

It is loaded with fiber and nutrients. It lowers Blood Pressure, supports Weight Loss and helps to prevent Iron-Deficiency Anemia.

C: 97.03
P: 2.18
F: 10.38



Cranberry (Khaṭṭī Berī)

Helpful in urinary tract infection (UTI) prevention, chronic fatigue syndrome an scurvy. Also useful in treatment of cancer.

C: 300
P: 2.5
F: 5



- Cold
- Hot
- Sweet
- Sour
- Bitter
- Pungent
- Astringent
- Salty



Capsicum (Śimlā Mirc)

Herbal supplement for treatment of post-herpetic pain (shingles), clotting disorders, diarrhea and digestion problems.

C: 14.86
P: 1.11
F: 2.06



Mustard Green (Sarsaur)

Contains many health-boosting antioxidants like beta carotene, which protect skin and lowers diabetes risk.

C: 15
P: 2
F: 2



Corn (Makki)

Provides essential minerals such as zinc, magnesium, copper, iron and manganese, good source of the antioxidants.

C: 328.21
P: 8.8
F: 12.24



Lettuce (Salād Patṭā)

Rich in antioxidants and vitamins A and K. Additionally, lowers blood pressure, aid weight loss and boosts heart health.

C: 20.63
P: 1.54
F: 1.79



Drumstick (Sahajana Phali)

It is extremely low in fat and contains no harmful cholesterol. It has antifungal, antiviral, antidepressant, and anti-inflammatory properties.

C: 567
P: 30
F: 3.3



ŚAKA 1943/VIKRAM SAMVAT 2078

Mārgaśīrṣa (December 2021-January 2022)

	Sukla Pratipadā / Dvītiyā	Sukla Navamī	Sukla Pūrṇimā	Kṛṣṇa Saptamī	Kṛṣṇa Amāvasyā
Ravivāra	14 Sauramāsa December 05 Agrahāyaṇa	21 Sauramāsa December 12 Agrahāyaṇa	28 Sauramāsa December 19 Agrahāyaṇa	05 Sauramāsa December 26 Pauṣa	12 Sauramāsa January 02 Pauṣa
Somavāra	15 Sauramāsa December 06 Agrahāyaṇa	22 Sauramāsa December 13 Agrahāyaṇa	29 Sauramāsa December 20 Agrahāyaṇa	06 Sauramāsa December 27 Pauṣa	25 December: Christmas 24 December: Christmas Eve 22 December: Birthday of great mathematician Rāmanujāma 1 January: Birthday of Satyendra Nātha Bose
Maṅgalavāra	16 Sauramāsa December 07 Agrahāyaṇa	23 Sauramāsa December 14 Agrahāyaṇa	30 Sauramāsa December 21 Agrahāyaṇa	07 Sauramāsa December 28 Pauṣa	
Budhavāra	17 Sauramāsa December 08 Agrahāyaṇa	24 Sauramāsa December 15 Agrahāyaṇa	01 Sauramāsa December 22 Pauṣa	08 Sauramāsa December 29 Pauṣa	
Guruvāra	18 Sauramāsa December 09 Agrahāyaṇa	25 Sauramāsa December 16 Agrahāyaṇa	02 Sauramāsa December 23 Pauṣa	09 Sauramāsa December 30 Pauṣa	Notes _____ _____ _____ _____ _____ _____ _____ _____ _____
Śukravāra	19 Sauramāsa December 10 Agrahāyaṇa	26 Sauramāsa December 17 Agrahāyaṇa	03 Sauramāsa December 24 Pauṣa	10 Sauramāsa December 31 Pauṣa	
Śanivāra	20 Sauramāsa December 11 Agrahāyaṇa	27 Sauramāsa December 18 Agrahāyaṇa	04 Sauramāsa December 25 Pauṣa	11 Sauramāsa January 01 Pauṣa	

FRUITS & VEGETABLES OF HEMANTA RṬU



Dates (Khajura)

Dates are free from cholesterol, high in Fiber and antioxidants.

C: 312.59
P: 2.45
F: 8.95



Avocado (Makhkhan Phala)

It is used to lower cholesterol levels, to increase sexual desire, and to stimulate menstrual flow.

C: 160
P: 2
F: 14.7



Kumquat (Choṭā Sañtrā)

Super source of immune-supportive Vitamin C, treats inflammation of the respiratory tract, cold and cough.

C: 71
P: 2
F: 1



Sweet Lime (Mausammī)

Nutritional powerhouse of antioxidants, various vitamins and minerals. It stimulates Appetite, regulates Digestion, and prevents Nausea.

C: 28
P: 0
F: 0



Quince (Śrphala)

It is said to be a cardiac, brain, liver and stomach tonic. It has anti-inflammatory, antiemetic and ulcer healing effects.

C: 52
P: 0.3
F: 0



Cold



Hot



Sweet



Sour



Bitter



Pungent



Astringent



Salty



Celery Stalk (Ajvāina ki Ḍanṭhal)

Great source of important antioxidants, reduces inflammation and supports digestion. It has an alkalizing effect.

C: 15.4
P: 0.98
F: 2.09



Water Chestnut (Siñghāḍā)

Contains high amounts of Disease-Fighting Antioxidants, lowers Blood Pressure and reduces the risk of Heart Disease.

C: 92.61
P: 0.86
F: 3.02



Fenugreek Green (Methī)

Enriched with antioxidants like Beta Carotene and Vitamin C, reduces the risk of constipation and prevents rise in glucose levels after meals.

C: 394
P: 2
F: 2



Kohlrabi (Gāñṭh Gobhī)

Contains many antioxidants such as Vitamin C, anthocyanins, isothiocyanates, and glucosinolates, also high in fiber and Vitamin B6.

C: 15.03
P: 1.58
F: 4.6



Garden Cress (Halim)

Useful in cough, Vitamin C deficiency, constipation, tendency toward infection (poor immune system).

C: 47.6
P: 5.62
F: 2.6



Notes	Śukla Saptamī	Śukla Caturdaśī	Kṛṣṇa Pañcamī	Kṛṣṇa Trayodaśī
	19 Sauramāsa Pauṣa January 09	26 Sauramāsa Pauṣa January 16	03 Sauramāsa Māgha January 23	10 Sauramāsa Māgha January 30
Ravivāra				
Somavāra	Śukla Pratipadā 13 Sauramāsa Pauṣa January 03	Śukla Aṣṭamī 20 Sauramāsa Pauṣa January 10	Śukla Pūrnimā 27 Sauramāsa Pauṣa January 17	Kṛṣṇa Caturdaśī 11 Sauramāsa Māgha January 31
Maṅgalavāra	Śukla Dvītiyā 14 Sauramāsa Pauṣa January 04	Śukla Navamī 21 Sauramāsa Pauṣa January 11	Kṛṣṇa Pratipadā 28 Sauramāsa Pauṣa January 18	Kṛṣṇa Saptamī /Aṣṭamī 05 Sauramāsa Māgha January 25
Budhavāra	Śukla Tṛtīyā 15 Sauramāsa Pauṣa January 05	Śukla Daśamī 22 Sauramāsa Pauṣa January 12	Kṛṣṇa Dvītiyā 29 Sauramāsa Pauṣa January 19	Kṛṣṇa Navamī 06 Sauramāsa Māgha January 26
Guruvāra	Śukla Caturthī 16 Sauramāsa Pauṣa January 06	Śukla Ekādaśī 23 Sauramāsa Pauṣa January 13	Kṛṣṇa Dvītiyā 30 Sauramāsa Pauṣa January 20	Kṛṣṇa Daśamī 07 Sauramāsa Māgha January 27
Śukravāra	Śukla Pañcamī 17 Sauramāsa Pauṣa January 07	Śukla Dvādaśī 24 Sauramāsa Pauṣa January 14	Kṛṣṇa Tṛtīyā 01 Sauramāsa Māgha January 21	Kṛṣṇa Ekādaśī 08 Sauramāsa Māgha January 28
Śanivāra	Śukla Ṣaṣṭhī 18 Sauramāsa Pauṣa January 08	Śukla Trayodaśī 25 Sauramāsa Pauṣa January 15	Kṛṣṇa Caturthī 02 Sauramāsa Māgha January 22	Kṛṣṇa Dvādaśī 09 Sauramāsa Māgha January 29

26 January: Republic Day
09 January: Guru Gobind Singh's Birthday
13 January: Lohri
14 January: Makar Sankranti/Māgha Bihu/Pongal
9 January: Birthday of Hargobind Khorana
14 January: Foundation day of NISCP

FRUITS & VEGETABLES OF HEMANTA ṚTU



Guava (Amarud)

Lowers Blood Sugar levels, relieves painful symptoms of Menstruation and boosts the immunity.

C: 43.57
P: 1.19
F: 7.39



Orange (Santrā)

High in Vitamin C, keeps blood pressure under check, lowers cholesterol and controls blood sugar level.

C: 47
P: 0.9
F: 2.4



Rambutan (Rāmbutān)

Cures small ailments like dry lips and sprue mouth. It is an immunity booster, lowers blood pressure, a cure for diarrhea and prevents constipation.

C: 123
P: 1
F: 0.3



Elephant Apple (Caltā)

Treats Hypertension symptoms, rejuvenates Ageing skin, boosts Vitality & Vigour, also alleviates Anxiety & Depression.

C: 59
P: 0.8
F: 2.5



Red Banana (Lāl Kelā)

Rich in essential minerals, antioxidants, Vitamin B6, and fiber, also lowers Blood Pressure.

C: 90
P: 1.3
F: 0.3



Cold



Hot



Sweet



Sour



Bitter



Pungent



Astringent



Salty



Colocasia (Arabi)

Excellent source of fiber and resistant starch, also protects against free radical damage and potentially cancer.

C: 86.17
P: 3.31
F: 3.22



Turnip (Śalajama)

Supports blood sugar control, protects against harmful bacteria and provides anti-inflammatory effects.

C: 15.01
P: 1.41
F: 1.91



Bathua Leaves (Bathuā)

Used in the treatment of rheumatism, bug bites, sunstroke, urinary problems, skin problems etc.

C: 24.2
P: 2.5
F: 4.01



Sweet Potato (Śakkarkandi)

Maintains healthful blood pressure levels, also contains many nutrients, anti-inflammatory, anti-diabetic, and anticancer properties.

C: 104.66
P: 1.33
F: 3.99



Leeks (Liks)

Leeks are rich in fiber, folic acid, calcium, potassium and vitamin C, also easily digestible as compared to onions.

C: 32
P: 1.83
F: 2.6



Ravivāra

Somavāra

Maṅgalavāra

Budhavāra

Guruvāra

Śukravāra

Śanivāra

<p>05 February: Basant Panchami 01 March: Māhāśivarātrī 21 February: Birthday Of Shanti Swarup Bhatnagar 28 February: National Science Day</p>	<p>Śukla Śaṣṭhī 17 Sauramāsa Māgha February 06</p>	<p>Śukla Dvādaśī 24 Sauramāsa Māgha February 13</p>	<p>Kṛṣṇa Caturthī 01 Sauramāsa Phālguna February 20</p>	<p>Kṛṣṇa Ekādaśī /Dvādaśī 08 Sauramāsa Phālguna February 27</p>
	<p>Śukla Saptamī 18 Sauramāsa Māgha February 07</p>	<p>Śukla Trayodaśī 25 Sauramāsa Māgha February 14</p>	<p>Kṛṣṇa Pañcamī 02 Sauramāsa Phālguna February 21</p>	<p>Kṛṣṇa Trayodaśī 09 Sauramāsa Phālguna February 28</p>
	<p>Śukla Aṣṭamī 19 Sauramāsa Māgha February 08</p>	<p>Śukla Caturdaśī 26 Sauramāsa Māgha February 15</p>	<p>Kṛṣṇa Śaṣṭhī 03 Sauramāsa Phālguna February 22</p>	<p>Kṛṣṇa Caturdaśī 10 Sauramāsa Phālguna March 01</p>
	<p>Śukla Pratipadā /Dvītiyā 13 Sauramāsa Māgha February 02</p>	<p>Śukla Aṣṭamī 20 Sauramāsa Māgha February 09</p>	<p>Śukla Pūrnimā 27 Sauramāsa Māgha February 16</p>	<p>Kṛṣṇa Saptamī 04 Sauramāsa Phālguna February 23</p>
	<p>Śukla Tṛtīyā 14 Sauramāsa Māgha February 03</p>	<p>Śukla Navamī 21 Sauramāsa Māgha February 10</p>	<p>Kṛṣṇa Pratipadā 28 Sauramāsa Māgha February 17</p>	<p>Kṛṣṇa Aṣṭamī 05 Sauramāsa Phālguna February 24</p>
	<p>Śukla Caturthī 15 Sauramāsa Māgha February 04</p>	<p>Śukla Daśamī 22 Sauramāsa Māgha February 11</p>	<p>Kṛṣṇa Dvītiyā 29 Sauramāsa Māgha February 18</p>	<p>Kṛṣṇa Navamī 06 Sauramāsa Phālguna February 25</p>
	<p>Śukla Pañcamī 16 Sauramāsa Māgha February 05</p>	<p>Śukla Ekādaśī 23 Sauramāsa Māgha February 12</p>	<p>Kṛṣṇa Tṛtīyā 30 Sauramāsa Māgha February 19</p>	<p>Kṛṣṇa Daśamī 07 Sauramāsa Phālguna February 26</p>

Notes

FRUITS & VEGETABLES OF SHISHIRA ṚTU



<p>Strawberries (Strāberi) Good source of Vitamin C, B9, manganese and potassium. Ayurveda says not to mix them with other food like milk, yogurt, or honey.</p>	<p>C: 22.52 P: 0.97 F: 2.5</p>	<p>Cold ❄️</p>	<p>Radish (Mūli) Most loved vegetable of winters, contains good amount of calcium for bone building.</p>	<p>C: 30.67 P: 0.77 F: 2.65</p>
<p>Pomegranate (Anār) Pomegranates contain punicalagins and punitic acid, unique substances that are responsible for most of their health benefits.</p>	<p>C: 52.99 P: 1.33 F: 2.83</p>	<p>Hot 🔥</p>	<p>Carrot (Gājar) Strongly alkalizing, carrot has a cool and relaxing effect on the eyes.</p>	<p>C: 30.23 P: 0.95 F: 4.18</p>
<p>Kiwi (Kīwi) Kiwis are actually large berries with high amounts of Vitamin C & antioxidants in kiwis can help to control symptoms of asthma.</p>	<p>C: 61 P: 1.35 F: 3</p>	<p>Sweet 😊</p>	<p>Cauliflower (Phūla Gobhī) Cauliflower is an excellent source of Vitamins and Minerals, containing some of almost every Vitamin and mineral that are essential.</p>	<p>C: 20.68 P: 2.15 F: 3.71</p>
<p>Apple (Seb) Apples are laxative in nature and when taken in the morning, it aids in proper digestion.</p>	<p>C: 59.36 P: 0.29 F: 2.59</p>	<p>Sour 🍋</p>	<p>Dill (Soyā Sāga) Dill is packed with flavonoids, which are helpful to reduce the risk of heart disease and stroke.</p>	<p>C: 305 P: 16 F: 21</p>
<p>Kinnow (Kinnū) In comparison to other citrus fruits, kinnow contains nearly 3 times more calcium and thereby making bones stronger.</p>	<p>C: 51 P: 1.04 F: 0</p>	<p>Bitter 🍋</p>	<p>Spinach (Pālāk) Amazing superfood, stabilizes blood glucose levels, reduces risk of developing cancer and good for bone health.</p>	<p>C: 22.52 P: 2.14 F: 2.38</p>

Abbreviations: C: Calories; P: Protein; F: Fat

- Ravivāra
- Somavāra
- Maṅgalavāra
- Budhavāra
- Guruvāra
- Śukravāra
- Śanivāra

Notes











Śukla Caturthī 15 Sauramāsa Phālguna March 06	Śukla Daśamī 22 Sauramāsa Phālguna March 13	Kṛṣṇa Dvītiyā 29 Sauramāsa Phālguna March 20	Kṛṣṇa Daśamī 06 Sauramāsa Caitra March 27
Śukla Pañcamī 16 Sauramāsa Phālguna March 07	Śukla Ekādaśī 23 Sauramāsa Phālguna March 14	Kṛṣṇa Tṛtīyā 30 Sauramāsa Phālguna March 21	Kṛṣṇa Ekādaśī 07 Sauramāsa Caitra March 28
Śukla Ṣaṣṭhī 17 Sauramāsa Phālguna March 08	Śukla Dvādaśī 24 Sauramāsa Phālguna March 15	Kṛṣṇa Caturthī /Pañcamī 01 Sauramāsa Caitra* March 22	Kṛṣṇa Dvādaśī 08 Sauramāsa Caitra March 29
Śukla Saptamī 18 Sauramāsa Phālguna March 09	Śukla Trayodaśī 25 Sauramāsa Phālguna March 16	Kṛṣṇa Ṣaṣṭhī 02 Sauramāsa Caitra March 23	Kṛṣṇa Trayodaśī 09 Sauramāsa Caitra March 30
Śukla Pratīpadā 12 Sauramāsa Phālguna March 03	Śukla Aṣṭamī 19 Sauramāsa Phālguna March 10	Śukla Caturdaśī 26 Sauramāsa Phālguna March 17	Kṛṣṇa Saptamī 03 Sauramāsa Caitra March 24
Śukla Dvītiyā 13 Sauramāsa Phālguna March 04	Śukla Navamī 20 Sauramāsa Phālguna March 11	Śukla Pūrṇimā 27 Sauramāsa Phālguna March 18	Kṛṣṇa Caturdaśī 10 Sauramāsa Caitra March 31
Śukla Tṛtīyā 14 Sauramāsa Phālguna March 05	Śukla Navamī 21 Sauramāsa Phālguna March 12	Kṛṣṇa Pratīpadā 28 Sauramāsa Phālguna March 19	Kṛṣṇa Aṣṭamī 04 Sauramāsa Caitra March 25
			Kṛṣṇa Amāvasyā 11 Sauramāsa Caitra April 01

18 March: Dhulendi
17 March: Holi
17 March: Birthday of Astronaut Kalpana Chawla

* For Indian National Calendar new year and new śaka will start i.e. śaka 1944

FRUITS & VEGETABLES OF SHISHIRA ṚTU



 <p>Sapota (Cikū)</p> <p>Vitamin E present in it moisturizes the skin, thereby helping in having a glowing skin.</p> <p>C: 70.62 P: 0.92 F: 9.6</p> <p>🍌 😐 🔥</p>	<p>Cold ❄️</p> <p>Hot 🔥</p> <p>Sweet 😊</p> <p>Sour 🍋</p> <p>Bitter 🤢</p> <p>Pungent 😬</p> <p>Astringent 😬</p> <p>Salty 🧂</p>	 <p>Agathi Leaves (Agāthī Kīrai)</p> <p>Good for curing physiological and psychological problems of human beings. A sure remedy for mental depression and other illnesses.</p> <p>C: 65.03 P: 8.01 F: 4.91</p> <p>🍌 😐 ❄️</p>
 <p>Custard Apple (Śarīphā)</p> <p>The copper content in custard apple helps cure constipation, indigestion problems and gastrointestinal infections.</p> <p>C: 94.03 P: 1.62 F: 5.1</p> <p>😊 ❄️</p>		 <p>Peas (Maṭar)</p> <p>This naturally sweet legume is a rich source of fibre, protein, Vitamin A, B6, C, K, phosphorus. Peas can do wonder for digestion.</p> <p>C: 294.45 P: 20.43 F: 17.01</p> <p>😊 ❄️</p>
 <p>Grapes (Drākṣa)</p> <p>Called as "Drakshaa Phalottamma", which means - of all fruits, grape is the best. grapes help in soothing throat and improve voice.</p> <p>C: 54.45 P: 0.77 F: 1.25</p> <p>😊 😊 ❄️</p>		 <p>Beetroot (Cukañdara)</p> <p>Beetroots are a rich source of silicone and folic acid, and thus most beneficial for female reproductive system.</p> <p>C: 33.78 P: 1.95 F: 3.31</p> <p>😊 ❄️</p>
 <p>Figs (Anjira)</p> <p>Figs contain abundant amount of iron, calcium (higher than milk), potassium (higher than bananas) and other minerals.</p> <p>C: 76.57 P: 2.03 F: 4.64</p> <p>😊 😐 🔥</p>		 <p>Elephant Foot Yam (Jimmikañd)</p> <p>Jimikand is of high nutritive value, helps in maintaining normal bowel movement in case of constipation and intestinal heat.</p> <p>C: 81.34 P: 2.56 F: 4.17</p> <p>😬 😐 🔥</p>
 <p>Loquat (Lukāṭh)</p> <p>It is high in carotenoid antioxidants, which prevents the damage of cells and provide protection against diseases.</p> <p>C: 47 P: 0.4 F: 0.2</p> <p>😊 😊 ❄️</p>		 <p>Cabbage (Patta Gobhī)</p> <p>Cabbage contains high sulphur content and therefore acts as a blood purifier. It is also a known goitrogenic, it helps in lowering thyroid function.</p> <p>C: 19.52 P: 1.36 F: 2.76</p> <p>😊 ❄️</p>

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