

KĀLACAKRA (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 Bhārati (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

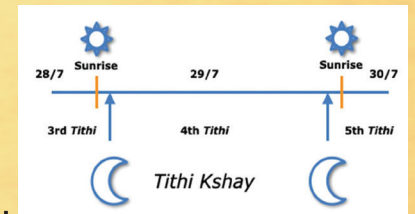
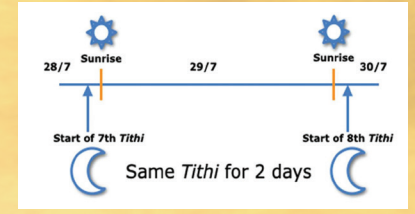
1. Tithi

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 *Pūrnimā*, 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

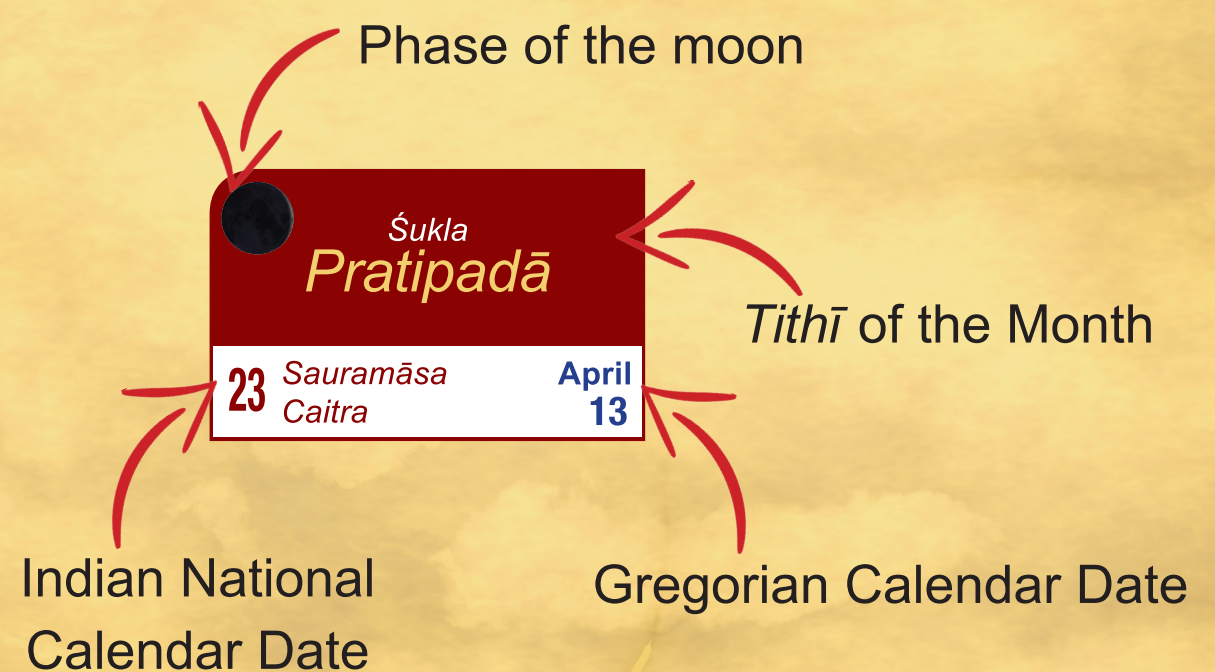
Dakṣiṇāyaṇa means motion of Sun towards South starting from 01 *Sauramāsa Āṣāḍha* (21/22 June) onward.

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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Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Caitra (April-May 2021)



Uttarāyaṇa

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

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

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 (Laṅgsat)

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 (Khīrā)

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

C: 18.2
P: 0.71
F: 2.14



Mint (Pudīnā)

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



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



14 May: Id-UI-Fitar;
26 May: Budha Purnima

Śukla Pratipadā	22 Sauramāsa Vaiśākha	May 12
Śukla Dvītiyā	23 Sauramāsa Vaiśākha	May 13
Śukla Dvītiyā	24 Sauramāsa Vaiśākha	May 14
Śukla Tṛtīyā	25 Sauramāsa Vaiśākha	May 15

Śukla Caturthī	26 Sauramāsa Vaiśākha	May 16
Śukla Pañcamī	27 Sauramāsa Vaiśākha	May 17
Śukla Ṣaṣṭhī	28 Sauramāsa Vaiśākha	May 18
Śukla Saptamī	29 Sauramāsa Vaiśākha	May 19
Śukla Aṣṭamī	30 Sauramāsa Vaiśākha	May 20
Śukla Navamī	31 Sauramāsa Vaiśākha	May 21
Śukla Daśamī	01 Sauramāsa Jyēṣṭha	May 22

Śukla Ekādaśī /Dvādaśī	02 Sauramāsa Jyēṣṭha	May 23
Śukla Trayodaśī	03 Sauramāsa Jyēṣṭha	May 24
Śukla Caturdaśī	04 Sauramāsa Jyēṣṭha	May 25
Śukla Pūrnimā	05 Sauramāsa Jyēṣṭha	May 26
Kṛṣṇa Pratipadā	06 Sauramāsa Jyēṣṭha	May 27
Kṛṣṇa Dvītiyā	07 Sauramāsa Jyēṣṭha	May 28
Kṛṣṇa Tṛtīyā /Caturthī	08 Sauramāsa Jyēṣṭha	May 29

Kṛṣṇa Pañcamī	09 Sauramāsa Jyēṣṭha	May 30
Kṛṣṇa Ṣaṣṭhī	10 Sauramāsa Jyēṣṭha	May 31
Kṛṣṇa Saptamī	11 Sauramāsa Jyēṣṭha	June 01
Kṛṣṇa Aṣṭamī	12 Sauramāsa Jyēṣṭha	June 02
Kṛṣṇa Navamī	13 Sauramāsa Jyēṣṭha	June 03
Kṛṣṇa Daśamī	14 Sauramāsa Jyēṣṭha	June 04
Kṛṣṇa Ekādaśī	15 Sauramāsa Jyēṣṭha	June 05

Kṛṣṇa Ekādaśī	16 Sauramāsa Jyēṣṭha	June 06
Kṛṣṇa Dvādaśī	17 Sauramāsa Jyēṣṭha	June 07
Kṛṣṇa Trayodaśī	18 Sauramāsa Jyēṣṭha	June 08
Kṛṣṇa Caturdaśī	19 Sauramāsa Jyēṣṭha	June 09
Kṛṣṇa Amāvasyā	20 Sauramāsa Jyēṣṭha	June 10

Notes

FRUITS & VEGETABLES OF VASANTA R̥TU



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 (Āaṇṇvalā)

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 (Laukī)

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 (Kamalakakḍī)

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	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
Somavāra	Notes	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
Mangalavāra		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
Budhavāra		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
Guruvāra		Śukla Saptamī 27 Sauramāsa Jyeṣṭha June 17	Śukla Pūrṇimā 03 Sauramāsa Āṣāḍha June 24	Kṛṣṇa Saptamī 10 Sauramāsa Āṣāḍha July 01	Kṛṣṇa Caturdaśī 17 Sauramāsa Āṣāḍha July 08
Śukravāra		Śukla Pratipadā 21 Sauramāsa Jyeṣṭha June 11	Śukla Aṣṭamī 28 Sauramāsa Jyeṣṭha June 18	Kṛṣṇa Pratipadā 04 Sauramāsa Āṣāḍha June 25	Kṛṣṇa Aṣṭamī 11 Sauramāsa Āṣāḍha July 02
Śanivāra		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
		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
		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

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 Jalebī)

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 (Kaṭahala)

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 (Kuṇḍaru)

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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Śrāvaṇa (August-September 2021)



Dakṣiṇāvāṇa

Ravivāra	Notes	Śukla Saptamī 24 Sauramāsa Śrāvaṇa August 15	Śukla Pūrṇimā 31 Sauramāsa Śrāvaṇa August 22	Kṛṣṇa Saptamī 07 Sauramāsa Bhādra August 29	Kṛṣṇa Trayodaśī 14 Sauramāsa Bhādra September 05
Somavāra	Śukla Pratipadā 18 Sauramāsa Śrāvaṇa August 09	Śukla Aṣṭamī /Navamī 25 Sauramāsa Śrāvaṇa August 16	Kṛṣṇa Pratipadā 01 Sauramāsa Bhādra August 23	Kṛṣṇa Aṣṭamī 08 Sauramāsa Bhādra August 30	Kṛṣṇa Caturdaśī 15 Sauramāsa Bhādra September 06
Mangalavāra	Śukla Dvitiyā 19 Sauramāsa Śrāvaṇa August 10	Śukla Daśamī 26 Sauramāsa Śrāvaṇa August 17	Kṛṣṇa Dvitiyā 02 Sauramāsa Bhādra August 24	Kṛṣṇa Navamī 09 Sauramāsa Bhādra August 31	Kṛṣṇa Amāvasyā /Pratipadā 16 Sauramāsa Bhādra September 07
Budhavāra	Śukla Tṛtīyā 20 Sauramāsa Śrāvaṇa August 11	Śukla Ekādaśī 27 Sauramāsa Śrāvaṇa August 18	Kṛṣṇa Tṛtīyā 03 Sauramāsa Bhādra August 25	Kṛṣṇa Daśamī 10 Sauramāsa Bhādra September 01	<p>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</p>
Guruvāra	Śukla Caturthī 21 Sauramāsa Śrāvaṇa August 12	Śukla Dvādaśī 28 Sauramāsa Śrāvaṇa August 19	Kṛṣṇa Caturthī 04 Sauramāsa Bhādra August 26	Kṛṣṇa Daśamī 11 Sauramāsa Bhādra September 02	
Śukravāra	Śukla Pañcamī 22 Sauramāsa Śrāvaṇa August 13	Śukla Trayodaśī 29 Sauramāsa Śrāvaṇa August 20	Kṛṣṇa Pañcamī 05 Sauramāsa Bhādra August 27	Kṛṣṇa Ekādaśī 12 Sauramāsa Bhādra September 03	
Śanivāra	Śukla Ṣaṣṭhī 23 Sauramāsa Śrāvaṇa August 14	Śukla Caturdaśī 30 Sauramāsa Śrāvaṇa August 21	Kṛṣṇa Ṣaṣṭhī 06 Sauramāsa Bhādra August 28	Kṛṣṇa Dvādaśī 13 Sauramāsa Bhādra September 04	

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 (Karauṇḍā)

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)

Dhekia 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



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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Bhādrapadaa (September-October 2021)



Dakṣiṇāvāna

Ravivāra	02 October: Gandhi Jayanti 10 September: Vināyaka Caturthī/Gaṇeśa Caturthī 15 September: Engineers Day' Birthday of M Visvesaraya 06 October: Birthday of Meghnad Saha	Śukla Ṣaṣṭhī 21 Sauramāsa September 12 Bhādra	Śukla Caturdaśī 28 Sauramāsa September 19 Bhādra	Kṛṣṇa Pañcamī 04 Sauramāsa September 26 Aśvin	Kṛṣṇa Dvādaśī 11 Sauramāsa October 03 Aśvin
Somavāra		Śukla Saptamī 22 Sauramāsa September 13 Bhādra	Śukla Pūrnimā 29 Sauramāsa September 20 Bhādra	Kṛṣṇa Ṣaṣṭhī 05 Sauramāsa September 27 Aśvin	Kṛṣṇa Trayodaśī 12 Sauramāsa October 04 Aśvin
Maṅgalavāra		Śukla Aṣṭamī 23 Sauramāsa September 14 Bhādra	Kṛṣṇa Pratipadā 30 Sauramāsa September 21 Bhādra	Kṛṣṇa Saptamī 06 Sauramāsa September 28 Aśvin	Kṛṣṇa Caturdaśī 13 Sauramāsa October 05 Aśvin
Budhavāra		Śukla Pratipadā /Dvītiyā 17 Sauramāsa September 08 Bhādra	Śukla Navamī 24 Sauramāsa September 15 Bhādra	Kṛṣṇa Dvītiyā 31 Sauramāsa September 22 Bhādra	Kṛṣṇa Aṣṭamī 07 Sauramāsa September 29 Aśvin
Guruvāra		Śukla Tṛtīyā 18 Sauramāsa September 09 Bhādra	Śukla Daśamī 25 Sauramāsa September 16 Bhādra	Kṛṣṇa Dvītiyā 01 Sauramāsa September 23 Aśvin	Kṛṣṇa Navamī 08 Sauramāsa September 30 Aśvin
Śukravāra		Śukla Caturthī 19 Sauramāsa September 10 Bhādra	Śukla Ekādaśī 26 Sauramāsa September 17 Bhādra	Kṛṣṇa Tṛtīyā 02 Sauramāsa September 24 Aśvin	Kṛṣṇa Daśamī 09 Sauramāsa October 01 Aśvin
Śanivāra		Śukla Pañcamī 20 Sauramāsa September 11 Bhādra	Śukla Dvādaśī /Trayodaśī 27 Sauramāsa September 18 Bhādra	Kṛṣṇa Caturthī 03 Sauramāsa September 25 Aśvin	Kṛṣṇa Ekādaśī 10 Sauramāsa October 02 Aśvin

Notes

FRUITS & VEGETABLES OF VARṢĀ ṚTU



Blueberries (Nīlābadri)

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 Añjir)

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 (Turāi)

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 (Bāṇsa 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 (Phaṇsi)

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



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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Aśvin (October-November 2021)



Dakṣiṇāvāna

Ravivāra

Somavāra

Maṅgalavāra

Budhavāra

Guruvāra

Śukravāra

Śanivāra

15 October: Dussehra
19 October: Id-E-Milad
04 November: Divālī
12 October: Dussehra (Saptamī)
13 October: Dussehra (Mahāṣṭamī)
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. Chandrashekhara
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 Pūrnimā</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 Dvītiyā</p> <p>16 Sauramāsa Aśvin October 08</p>	<p>Śukla Daśamī</p> <p>23 Sauramāsa Aśvin October 15</p>	<p>Kṛṣṇa Dvītiyā</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 R̥TU



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 (Kriśṇabadrī)

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



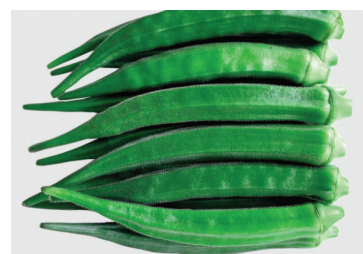
Salty



Red Cabbage (Lāl Gobhī)

Good source of fibre, vitamins and minerals.

C: 90
P: 2.95
F: 5



Okra (Bhīṇḍī)

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



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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Kārtika (November-December 2021)



Dakṣiṇāyana

Ravivāra

Somavāra

Maṅgalavāra

Budhavāra

Guruvāra

Śukravāra

Śanivāra

Notes

19 November: Guru Nanaks Birthday
20 October : Maharṣī Vālmīki'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 Agrahāyana</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 Agrahāyana</p>	<p>Kṛṣṇa Daśamī</p> <p>08 Sauramāsa November 29 Agrahāyana</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 Agrahāyana</p>	<p>Kṛṣṇa Ekādaśī</p> <p>09 Sauramāsa November 30 Agrahāyana</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 Agrahāyana</p>	<p>Kṛṣṇa Dvādaśī</p> <p>10 Sauramāsa December 01 Agrahāyana</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 Agrahāyana</p>	<p>Kṛṣṇa Trayodaśī</p> <p>11 Sauramāsa December 02 Agrahāyana</p>
<p>Śukla Pratipadā</p> <p>14 Sauramāsa November 05 Kārtika</p>	<p>Śukla Navamī</p> <p>21 Sauramāsa November 12 Kārtika</p>	<p>Kṛṣṇa Pūrṇimā</p> <p>28 Sauramāsa November 19 Kārtika</p>	<p>Kṛṣṇa Saptamī</p> <p>05 Sauramāsa November 26 Agrahāyana</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 Agrahāyana</p>
			<p>Kṛṣṇa Amāvasyā</p> <p>13 Sauramāsa December 04 Agrahāyana</p>

FRUITS & VEGETABLES OF ŚARAD R̥TU

INTERNATIONAL YEAR OF FRUITS AND VEGETABLES 2021



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 (Jāpānī 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



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 (Sarsauṇ)

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 Paṭṭā)

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



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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Mārgaśīrṣa (December 2021-January 2022)



Dakṣiṇāvāna / Uttarāvāna (starts 01 Sauramāsa Pauṣa)

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

Notes

FRUITS & VEGETABLES OF HEMANTA R̥TU



Dates (Khajūra)

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.

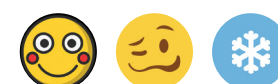
C: 15.4
P: 0.98
F: 2.09



Water Chestnut (Sīṅhāḍā)

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.

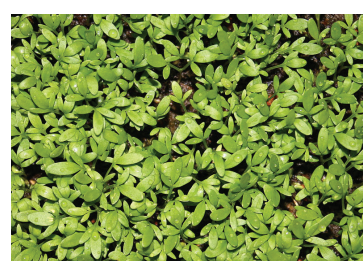
C: 394
P: 2
F: 2



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



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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Pauṣa (January-February 2022)



Uttarāyaṇa

Ravivāra	Notes	Śukla Saptamī 19 Sauramāsa Pauṣa January 09	Śukla Caturdaśī 26 Sauramāsa Pauṣa January 16	Kṛṣṇa Pañcamī 03 Sauramāsa Māgha January 23	Kṛṣṇa Trayodaśī 10 Sauramāsa Māgha January 30
Somavāra	Śukla Pratipadā 13 Sauramāsa Pauṣa January 03	Śukla Aṣṭamī 20 Sauramāsa Pauṣa January 10	Śukla Pūrṇimā 27 Sauramāsa Pauṣa January 17	Kṛṣṇa Ṣaṣṭhī 04 Sauramāsa Māgha January 24	Kṛṣṇa Caturdaśī 11 Sauramāsa Māgha January 31
Mangalavāra	Śukla Dvitiyā 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	Kṛṣṇa Amāvasyā 12 Sauramāsa Māgha February 01
Budhavāra	Śukla Tṛtīyā 15 Sauramāsa Pauṣa January 05	Śukla Daśamī 22 Sauramāsa Pauṣa January 12	Kṛṣṇa Dvitiyā 29 Sauramāsa Pauṣa January 19	Kṛṣṇa Navamī 06 Sauramāsa Māgha January 26	<p>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 NISCPR</p>
Guruvāra	Śukla Caturthī 16 Sauramāsa Pauṣa January 06	Śukla Ekādaśī 23 Sauramāsa Pauṣa January 13	Kṛṣṇa Dvitiyā 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	

FRUITS & VEGETABLES OF HEMANTA R̥TU



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



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Colocasia (Arabī)

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



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



Vijnana Bharati

ŚAKA 1943/VIKRAM SAMVAT 2078

Māgha (February-March 2022)



Uttarāyana

Ravivāra

Somavāra

Maṅgalavāra

Budhavāra

Guruvāra

Śukravāra

Śanivāra

05 February: Basant Panchami

01 March: Māhāśivarātrī

21 February: Birthday Of

Shanti Swarup Bhatnagar

28 February: National

Science Day

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

Notes

FRUITS & VEGETABLES OF SHISHIRA ṚTU



Strawberries (Ṣṭrāberi)

Good source of Vitamin C, B9, manganese and potassium. Ayurveda says not to mix them with other food like milk, yogurt, or honey.

C: 22.52
P: 0.97
F: 2.5



Pomegranate (Anār)

Pomegranates contain punicalagins and puniceic acid, unique substances that are responsible for most of their health benefits.

C: 52.99
P: 1.33
F: 2.83



Kiwi (Kīwī)

Kiwis are actually large berries with high amounts of Vitamin C & antioxidants in kiwis can help to control symptoms of asthma.

C: 61
P: 1.35
F: 3



Apple (Seb)

Apples are laxative in nature and when taken in the morning, it aids in proper digestion.

C: 59.36
P: 0.29
F: 2.59



Kinnow (Kinnū)

In comparison to other citrus fruits, kinnow contains nearly 3 times more calcium and thereby making bones stronger.

C: 51
P: 1.04
F: 0



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Radish (Mūlī)

Most loved vegetable of winters, contains good amount of calcium for bone building

C: 30.67
P: 0.77
F: 2.65



Carrot (Gājar)

Strongly alkalizing, carrot has a cool and relaxing effect on the eyes.

C: 30.23
P: 0.95
F: 4.18



Cauliflower (Phūla Gobhī)

Cauliflower is an excellent source of Vitamins and Minerals, containing some of almost every Vitamin and mineral that are essential.

C: 20.68
P: 2.15
F: 3.71



Dill (Soyā Sāga)

Dill is packed with flavonoids, which are helpful to reduce the risk of heart disease and stroke.

C: 305
P: 16
F: 21



Spinach (Pālāk)

Amazing superfood, stabilizes blood glucose levels, reduces risk of developing cancer and good for bone health.

C: 22.52
P: 2.14
F: 2.38



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

