Ritu Haritaki (Seasonal consumption of *Terminalia chebula* Retz.) - **an Ayurvedic sovereign remedy in non communicable diseases (NCDs). A literary review**

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Abstract: Glycoxidation, increasing number of AGEs, oxidative stress, reactive oxygen species (ROS) along with accumulation and outbreak of *Tridoshas* throughout year plays decisive role in the development of lifestyle disorders as well as their complications. In the present study, we have discussed about their effective and economical management based on the principle of Ayurveda in the form of *Ritu Haritaki* (seasonal consumption of *Terminalia chebula* Retz.). With so many benefits concealed inside, the single drug *Terminalia chebula* from *Ritu Haritaki* is having remarkable potential regarding antiglycating activity by the means **of breaking cross-links of proteins induced by AGEs, inhibition of AGE formation, blockade of the AGE–RAGE interactions, suppression of RAGE expression and prevention from glycer-AGEs-induced ROS formation ensuring good control over intricate pathology like lifestyle disorders.** The crown over it is the *Anupaan* (adjuvant); added by *Bhavmishra* which takes *Ritu Haritaki* indeed to another level. *Ritu Haritaki* not only cleanses *Tridoshas* (*Vaat,Pitta & Kaph*) but also prevents their accumulation and outbreak due to seasonal variations, lifestyle modalities etc happening round the year. This is the most imperative thing regarding intricate pathology like lifestyle disorders slowly footing towards us.

Only the integrated approach towards this gruesome situation will going to help mankind and this small piece of work can unquestionably lend a hand to revolutionize the future scenario of these tribulations. May this study of '*Ritu Haritaki*' rewarding all the necessities of treatment regime could serve as a light of hope towards search of ideal treatment of Lifestyle disorders.

Key Words: *Ritu Haritaki* (Seasonal consumption of *Terminalia chebula* Retz.), Aadvanced glycation end products (AGEs), *Anupaan* (adjuvant), *Tridoshas (Vaat,Pitta & Kaph)*, Lifestyle disorders.