



SIGNIFICANT OF SHISHIR RITUCHARYA IN THE ASPECT OF HUMAN PHYSICAL & MENTAL HEALTH

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ABSTRACT

Ayurveda deals with health and health problems and suggests the preventive methods for health problems and the methods that helps in boost immunity. Ayurveda strongly recommends the prevention is better than cure is an age old saying, holding good for good. It is the science that can assure positive health including physical, mental, spiritual well-being and preventing/combating diseases. Ritucharya, classified by different features expresses different effects on the body as well as the (Charya), regarding diet and behaviour to acclimatize seasonal enforcement easily without altering body homeostasis. The prime principle of Ayurvedic system of medicine is preventive aspect, can be achieved by the change in diet and practices in response to change in climate condition. This is very important aspect of preventive medicine as mentioned in Ayurvedic texts. Life style disorders are very common in the present era, basically originating from lack of following seasonal regimens due to lack of concentration in seasonal characteristics. To maintain the proper homeostasis in body it is inevitable to follow the Pathya and Apathya, Ahara-Viuhara in each Ritu. All Acharyas have uniquely described regarding the same in Samhithas. VasantRitu (March 15-May 15) comes under the Adanakala constituting of Chaithra and Vaishaka Masa. Kaphadosha accumulated in Vasant Ritucharya so in this season Panchakarma Vaman procedure should be performed. Vasant Ritu Subside the excessive pitta dosha so this Ritu maintain the Physical & Mental Health.

KEYWORDS: Ritucharya, VasantRitucharya, Human physical & Mental health.

INTRODUCTION

Ayurveda, the age old science of life, has always emphasized to maintain the health and prevent the diseases by following proper diet and lifestyle regimen rather than treatment and cure of the diseases. The basic principle followed in the Ayurvedic system of medicine is Swasthyashya Swasthya Rakshanam, which means to maintain the health of the healthy, rather than Aturashya Vikara Prashamanancha, means to cure the diseases of the diseased. For this purpose the Dinacharya(daily regimen) and Ritucharya(seasonal regimen) have been mentioned in the classics of Ayurveda. The basic principle followed in the Ayurvedic system is "Swasthasya Swasthya Rakshanam"^[1] i.e. preventive aspect. Here the importance is given to prevention rather than cure. To maintain health and to prevent diseases various rules and regimens have been told.^[2] One among such regimen is Ritucharya. The word Ritu is derived from the Sanskrit root : 'Ri' which means 'to go', time factor and season.^[3] Ritu means time, season and Charya means regimen.^[4] The year according to Ayurveda is divided into two periods Ayana (solstice)

depending on the direction of movement of sun that is Uttarayana (northern solstice) and Dakshinayana (southern solstice). Each is formed of three Ritus (seasons). namely, Shishira (winter), Vasanta (spring), and Grishma (summer) in Uttarayan; Varsha (monsoon), Sharad (autumn) and Hemanta (late autumn) in Dakshinayana.^[5] As Ayurveda has its origin in India, the above seasonal changes are observed predominantly in Indian subcontinent. After the chilly winter it's that time of the year again Yes, spring season. Spring is certainly everyone's favourite season of the year. As the spring season sets in, the earth looks lovely and charming. The trees put forth new leaves and the sight of beautiful flowers blooming brings a smile to all our faces. As a matter of fact spring is the season of beautiful flowers. But have we ever wondered what happens to our body in this season?? During Spring the climate gets warmer and the heat reduces the digestive power of body, As a result Kapha increases leading to various diseases like cough, cold, allergies, sinusitis, indigestion to name a few. It is a known fact that spring is the time of year for seasonal allergies. As the trees start to bloom and the pollen is

released into the atmosphere, allergy sufferers begin their annual ritual of sniffing and sneezing.

Kala vibhajan-Time division Tasyasamvatsaratmanobhaghavaanadhityogativishes

henaakshinimeshakastakala muhurtaahoratraapakshamasarituayananasamvatsarayu gapravibhagamkarothi.

Akshinimesha - Basic unit of time in ancient time.^[6]

Table 1: Kala vibhajan-Time division.

| | | |
|-----------------------|-----------------------|---------------------------------|
| 15 Nimesha | 1 Kashtha | 0.8 min/ 4.8 sec. |
| 30 Kashtha | 1 Kala | 0.04 hours/ 2.4 min. / 144 sec. |
| 20 Kala | 1 Muhurta | 0.8 hours/ 48 min. / 2880 sec. |
| 30 Muhurta | 1 Ahoratra | 24 hours |
| 15 Ahoratra | 1 Paksha | 15 days |
| 2 Paksha | 1 Masa | 1 Month |
| 2 Masa | 1 Ritu | 3 Month |
| 3 Ritu | 1 Ayana | 6 Month |
| 2 Ayana | 1 Samvatsara (Varsha) | 1 year |
| 5 Samvatsara (Varsha) | 1 Yuga | 5 years |

Table 2: Seasonal division of yearSamvatsara – Year.

| | |
|---|--|
| Adana Kala/Uttarayana | Visarga Kala/Daskhinanyana |
| Six Months | Six Months |
| 1. Magha – Phalgun | 1. Sravana - Bhadrapada |
| 2. Chaitra - Vaisakha | 2. Asvayuja - Kartika |
| 3. Jyestha - Asadha | 3. Margsirsa - Pausa |
| Three Seasons 1. Shishira 2. Vasanta 3. Grishma | Three Seasons 1. Varsha 2. Sharad 3. Hemanta |

Fundamentals of Ritucharya

1. While passing through six seasons our body is bound to face different variations and accordingly it is likely to get affected if the same routine is followed in all seasons.
2. A particular rhythmic pattern of three Doshas occur in relation to six seasons. Sanchaya (Accumulation), Prakopa (Aggravation) and Prashaman (Mitigation) of all three Doshas takes place when the sun changes from one Rashi to the other.
3. The basic principle of Ritucharya is to preserve the equilibrium of Doshas through the concept of Samanya and Vishesha.

4. Knowledge and regular observance of suitable Ritucharya (Ahara and Vihara for different seasons) is mainly for the maintenance of health and prevention of diseases. For diseased persons Ritucharya has to be modified accordingly.

5. The seasons are differentiated according to month, Rashi and characteristics. More importance has been given to the appearance of characteristics, as there is Rituvaiparyata.

Vasanta Ritucharya

Table 3: Conception of Kala according to different classical texts.

| Sr. Nu. | Classical Texts | Conception |
|---------|------------------|---|
| 1. | Charaka Samhita | <ul style="list-style-type: none"> • Jatharagni (digestive fire) become weak due to Kapha • Guru-Amla-Snigdha-Madhura Ahaar, Divasvapna (day sleeping), must be avoided. • Exercises, Ubtana, Dhumpna, Kavalgrha, Anjana, Agar-Chandana Lepa on body must be done • Jo-Gehun, Sharabha-Khaegosh-Lava-Bateradi Mamas, Sidhu, Madhivika paan, Upvana Vihara must be done only for balancing Kapha. |
| 2. | Sushruta Samhita | <ul style="list-style-type: none"> • In the spring, due to the presence of the brothers of Siddha and Vidyadharas, engraved on the feet of Alaktak (Mahor or Ladharas) on top of it, flavoured with the embrace (extreme contact) of vines like jasmine-Malti, etc., mounted on sandalwood. The southern wind of Malaygiri blows, which gives light to Anang (Kama-Dev) and brings about mutual respect between men and women. • In the spring all the directions are pure, beautified with the Groves, |

| | | |
|----|---------------|---|
| | | <p>Palash, Lotus, Bakul (Mauldhi), Mango and Ashoka etc.</p> <ul style="list-style-type: none"> • All around are enchanted by the hum (song) of Nightingale and the group of Bhramars, pervaded by the south wind and adorned with many new light-red soft plates. |
| 3. | AstangHridaya | <ul style="list-style-type: none"> • In the spring, the mucus accumulated in the winter season melts with the rays of the sun and destroys the fire, causing many diseases. Therefore, in this season, try to remove that phlegm as soon as possible. Strong vomit and sharp Nasya etc. should be used. Eat small and hard meals. • Do exercise, Ubtan and trauma (Mardan with the feet), so that the increased Kapha Dosha gets pacified. After taking bath, apply camphor (Cinnamomum camphor), Agar (Aquilaria agallocha Roxb), sandalwood (Santalum album Linn) and Kukum (Crontation Linn) on the body. • In food, eat old yew (Hordeum pulgare Lion), wheat (Triticum raigare Linn), honey and the meat of the animals of Jangal country (cook it in an iron rod). • Mixed with ripe Sahakar (Mango/Magnifera indica Linn), Aromatic from the mouth of Priya, inscribed with the lotus eyes of Priya, Pleasant to the mind, Energizing the heart, Defect free infusion, Arishta, Sidhu (liquor made from Ikshuras), Mardik (Vraksha-Sura) and Madhava (Mahua should be consumed while sitting with friends. Cooked Ginger (Zingiber officinale Rosc.), Sarambu (Vijayasar/Pterocarpus marsupium Roxb) water, honey mixed water or Jalad (Musta/Cyperus) rotundus Linn.) drink cooked water. • The Kanan (forest) which is cool in the south wind, the water is everywhere, they are so dense that wherever the sun is visible and nowhere to be seen and it looks like a beautiful grove of gems. Floor) has been made, (Paripushta Vighushteshu) Paripushta Kokil is cooking, (Kaamkarantbhoomishu) Kama (Maithun) Where there is a land where there are different types of flowers and trees and fragrance is spreading everywhere, with such symptoms, there is a seminar in Kanan in the mid-day, Story and spend with friends. • In this season, consumption of guru and cold substances, sleeping, aliphatic, acid and sweet juices should not be taken during the day. |

Dosha Avastha

The Dosha predominant in this Ritu is Kapha. KaphaDosha is in Prakopaavastha during VasanthaRutu.

Agni

The Kayagni is said to be diminished (Mandagni) during Vasantha Rutu. This could be due to the Kapahaprakopain the body diminishing the Kayagni.

Bala

This Rutu the people are supposed to have Madhyamabala.

Pathya Ahara

AcharyaCaraka explains food products which are Laghu (light) and easily digestible like barley (Yava), wheat (Godhuma), Meat of Sarabha, Sasa(rabbit), Ena (antelope), Lava (quails), Kapinjala, Vishkira(JangalaMamsa) etc. and drinks like Madhvikaand Sidhu.

AcharyaSusrutha has advocated intake of Tikshna(strong), Ruksha (dry), Katu (pungent), Kshara (alkali),Kashaya (astringent), Ushna (hot) and

Adrava(soild) kind of food articles like Yava (barley) Mudga(green gram) and Madhu (honey). AcharyaVagbhata explains the use of Laghu (light), Ruksha (dry), Tiktha (bitter) and Katu (pungent) Rasapredominant food articles. He indicates use of PuranaYava (barley), Godhuma (wheat). Kshoudra (honey) and JangalaMamsa. Liquids like Sringaverambu(water boiled with Shunti), Madhvambu(honey+ water), Jaladhambu (Musta + water), Sarambu (AsanaChandanadidrugs + water). AcharyaBhavamishra quotes the intake of Yava(barley), Godhuma (wheat). Kshoudra (honey) and JangalaMamsa. Food articles which are Laghu(light), Tikshna (strong), Ruksha (dry), Katu(pungent) in nature.

Pathya Vihara

Vyayama (exercise) is advised by all Acharyasduring VasantaRithucharya without fail. Types of Vyayamalike wrestling, walking with bare foot etc. are mentioned. AcharyaBhavamishrahas also quoted the same to have regular Vyayama procedure.

Apathya Ahara

AcharyaCharaka advised not to consume Guru, Snigdha, Amla and MadhuraAharaDravyas. AcharyaSusrutha explains not to consume much of Drava Ahara during this Ritu Acharya Bhavamishraquotes food which are sweet and sour, curds, fats, foods which are hard to digest should be avoided.

Apathya Vihara

All Brihathrayeeshave unanimously told about Divaswapna (day sleep) which is strictly contraindicated during this Ritu. AcharyaBhavamishra also opines the same to avoid Divaswapna (day sleep).

Panchakarma Procedure

Vamana - emesis during VasanthaRituis one of the importantRutuShodhana a healthy person has to undergo so as to eliminate the excess Kaphafrom the body thus, maintaining the homeostasis of the body. Shirovirechana / Nasya- It is a procedure where the Kapha is expelled from the Jathruurdhwapradesha. NiruhaBasti is also advised in VasantaRituby AcharyaSusrutha. Udwartana, Nasya, Vamana and Lepais explained by AcharyaVagbhatta. Kavala / Gandusha / (gargling and oil pulling), Anjana(application of colloriyum), Dhoomapana(smoking) - these Kriyas are specially mentioned by AcharyaCharaka along with Vamana, Udwartana and Lepa- of Chandana, Agaru etc. is mentioned especially for Srotoshodhana. Vamana (emesis) Nasya (nasal medication) Kavala/ Gandusha / (gargling and oil pulling), Anjana(application of colloriyum), Dhoomapana(smoking), Udwarthana, licking of powder of Abhayawith honey are advised by AcharyaBhavamishra.

CONCLUSION

Life style disorders are very common in the present era, basically originating from lack of following seasonal regimens due to lack of concentration in seasonal characteristics. To maintain the proper homeostasis in body it is inevitable to follow the Pathya and Apathya, Ahara-Viahara in each Ritu. All Acharyas have uniquely described regarding the same in Samhithas. VasanthaRutu (March 15-May 15) comes under the Adanakala constituting of Chaithra and VaishakaMasa. Kaphadosha accumulated in VasantRitucharya so in this season PanchakarmaVaman procedure should be performed. VasantRitu Subside the excessive pitta dosha so this Ritu maintain the Physical & Mental Health.

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