

**YOGA PRACTICE ACCORDING TO VARSHA RITU- A REVIEW****Pankaj Kumar<sup>1\*</sup>, Kashinath Samagandi<sup>2</sup>, Punit Chaturvedi<sup>3</sup>, Sukh Ram<sup>4</sup> and Meenu<sup>5</sup>**

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**ABSTRACT**

Human body is consisting of three basic elements. These basic elements are called *Tristambha/Tristhuna* in Ayurveda. To keep these three pillars optimum, there is a description of *Dinacharya* and *Ritucharya* in our Ayurvedic literature. Seasonal regime's aim is that what should we eat and what should be do so that we become able to preserve and promote our healthy state. When we talk the health preservation *Aacharya Charkrapani* says that there are two mediums by which we can preserve our health, one is to give required nutrition to the constant decaying human body and second one is to stop the disease occurrence which can facilitate decaying. Exercise provides us the optimum state of good health and many more benefits of exercise

are also compiled in our Ayurvedic text. In the context of *Vyayama* it is clearly mentioned that *Vyayama* facilitate the ignition of digestive fire which is the base of all metabolic processes in the body. Therefore, the focus on digestive power-oriented exercise, Asana and Pranayama can help us to a greater extent to keep the body healthy and disease free. In this present research we tried to give the group of Asana and Pranayama which directly help to maintain our healthy state according to rainy season by facilitating digestive power ignition and by helping in excreta disposal.

**KEYWORDS:** Exercise, Seasonal yoga, Rainy Season.

## INTRODUCTION

Human body is consisting of three basic elements. These basic elements are called *Tristambha/Tristhuna* in *Ayurveda*.<sup>[1]</sup> To keep these three pillars optimum, there is a description of *Dinacharya* and *Ritucharya* in our *Ayurvedic* literature. The word *Charya* includes *Aahar* (meal) and *Vihar* (activity) in it. Seasonal regime's aim is that what should we eat and what should be do so that we become able to preserve and promote our healthy state. When we talk the health preservation *Aacharya Charkrapani* says that there are two mediums by which we can preserve our health, one is to give required nutrition to the constant decaying human body and second one is to stop the disease occurrence which can facilitate decaying.<sup>[2]</sup> When the second point comes there is one more reference of exercise in the *Charka Sutra* 7<sup>th</sup> chapter. *Aacharya Sushruta* also writes in context of *Vyayama*: -

आरोग्यं चापि परमं व्यायामादुपजायते । सु चि 24/40

Exercise provides us the optimum state of good health and many more benefits of exercise are also compiled in our *Ayurvedic* text. When we talk about seasonal regimen it is based more or less upon seasonal properties of that particular season. Specially *Varsha Ritu* is considered responsible for vitiation of all the three *Doshas*. *Aacharya Charka* talks about *Varsha Ritu* that in this *Adana Kala* the digestive power of human becomes weaker and weaker in this rainy season.<sup>[3]</sup> In another context *Acharya Charka* writes the importance of *Agni* as follows: -

शान्तेऽग्नौ म्रियते, युक्ते चिरं जीवत्यनामयः ।

रोगी स्याद्विकृते, मूलमाग्निः तस्मात् निरुच्यते ॥ च चि 15/4

In the context of *Vyayama* it is clearly mentioned that *Vyayama* facilitate the ignition of digestive fire which is the base of all metabolic processes in the body. Therefore, the focus on digestive power-oriented exercise, *Asana* and *Pranayama* can help us to a greater extent to keep the body healthy and disease free. In this present research we tried to give the group of *Asana* and *Pranayama* which directly help to maintain our healthy state according to rainy season by facilitating digestive power ignition and by helping in excreta disposal.

## Aim

1. Importance of *Aasana* and *Pranyama* in health preservation.
2. Seasonal importance of some specific *Aasana* and *Pranayama* practices.

**Proposed yoga protocol**

S. No.	Yoga Practices	Repetition	Duration
1.	Prayer		1 min.
2.	Warm up Yoga		
	• Neck rotation	3 rounds	8 min.
	• Shoulder rotation	3 rounds	
	• Trunk rotation	3 rounds	
	• Knee rotation	5 rounds	
	• Ankle rotation	5 rounds	
3.	Asanas		20 min.
	01.Standing postures		
	• <i>Trikonasana</i>		
	• <i>Surya Namaskara series</i>		
	02.Sitting postures		
	• <i>Paschimotanasana</i>		
	• <i>Aakarna Dhanurasana</i>		
	• <i>Vajrasana</i>		
	• <i>Matsyasana</i>		
	• <i>Ustrasana</i>		
	03.Supine postures		
	• <i>Sarvangasana</i>		
	• <i>Halasana</i>		
	• <i>Pavanmuktasana</i>		
	• <i>Uttana padasana</i>		
	• <i>Shavasana</i>		
	04. Prone postures		
	• <i>Shalabhasana</i>		
	• <i>Dhanurasana</i>		
	• <i>Bhujangasana</i>		
4.	Pranayama		10 min.
	• <i>Suryabhedhi Pranayama</i>	5 rounds	
	• <i>Bhastrika Pranayama</i>	5 rounds	
	• <i>Anuloma-Viloma Pranayama</i>	5 rounds	
5.	<i>Dhyana</i>		5 min.
6.	<i>Shanti Patha</i>		1 min.
	Total Duration		45 min.

These group of *Asana* are having direct or indirect effect on digestive power as per their literature from the different school of Yoga. Therefore, it is supposed that these group of *Asana* helps the people to maintain their healthy state because in the *Varsha Ritu* all ailments occur due the malfunction of *Jatharagni* (digestive power) and these *Asanas* have effect on *Agni*. Here are some other benefits of that particular *Asana* is also given other than *Agni* effect which also useful for their therapeutic use of that particular *Asana*.

1. ***Trikonasana***: - The asanas of this series effect the muscles of lateral part of trunk and posterior muscle of waist and legs. It stimulates the nervous system and removes the nerve depression. It improves the digestion, stimulates regular rhythmic intestinal contraction by which helps in constipation. From regular practice it help in reducing the fat around waist region.<sup>[4]</sup>
2. ***Surya namaskar series***: - There are a lot of benefits from the full practice of *Surya Namaskar*. It strengthens the back and regulates the metabolism. It stimulates and balance the reproductive, respiratory and digestive system. Due to its effect on endocrine glands the junction period between childhood and adolescent becomes balanced. By adding rhythmic respiration along with body movements our brain gets proper oxygen therefore results in proper mental function.<sup>[5]</sup>
3. ***Paschimottanasana***: - This asana elongates the muscles in the popliteal fossa and also make the hip joint flexible. It strengthens the whole abdomen and pelvis along with Liver, pancreas, spleen, kidney and adrenal-gland.
4. ***Aakarna dhanurasana***: - Leg muscles become flexible with the help of practice of this *Asana*. It helps in increasing the flexibility of abdominal muscles and facilitates defecation. It removes the little oddness of hip joint also.<sup>[7]</sup>
5. ***Vajrasna***: - It checks the hernia and also reliefs in hemorrhoids. By inceasing activity of whole digestive system, it gives relief in hyper-acidity and gastric-ulcer. It is a good meditative asana also because one can keep his body straight without any external help. It is also a good posture for the person suffering from sciatica.<sup>[8]</sup>
6. ***Matsyasana***: - This posture creates tension in the intestine and other abdominal organs. It is helpful in almost all disorder of abdomen. The pressure of feet on the thighs diminishes the blood flow toward legs and increases towards pelvis which in turns helps in rejuvenation and vitality.<sup>[9]</sup>
7. ***Ustrasana***: - This *Asana* is helpful in digestive and reproductive system. It relives the issue of constipation by creating extension in stomach and intestine. It is beneficial in belly-ache, lower back-ache, drop shoulder and scoliosis. Ultimately help in correcting the shape of body.<sup>[10]</sup>
8. ***Sarvangasana***: - Due to pressure on chin it stimulates the thyroid gland. Generally, it provides balance in blood circulation, respiration, digestion, reproduction and endocrine secretions. It relieves the natural gravitational force from the anal muscles, hence helpful in hemorrhoids also. This posture nourishes also the legs, genitals and viscera by removing obstructed blood in their vessels.<sup>[11]</sup>

9. **Halasna:** - It strengthen the muscle of back and abdomen and activate rhythmic contraction of intestine. This helps in digestion and constipation get resolved also. It also provides exercise to liver and pancreas thus helpful in removing fat.<sup>[12]</sup>
10. **Pavanmuktasana:** - This posture provide power to the muscles of lower back and also gives flexibility to the vertebras. It massages the internal organs therefore beneficial in flatulence and constipation. It is also helpful in male and female sterility and also regulates the menstrual problems.<sup>[13]</sup>
11. **Shalabhasana:** - This stimulates complete auto-nomic nervous system. It stimulates the function of abdominal organs and increase appetite.<sup>[14]</sup>
12. **Dhanurasana:** - It gives improvement in the functioning of complete elementary canal. Digestion, defecation and genital functions gets improved by this posture. It is indicated for diabetic control; menstrual regulation and it also corrects the mal-alignment of thoracic vertebra.<sup>[15]</sup>
13. **Bhujangasana:** - It removes abdominal pain and makes the spine flexible. It empowers the ovaries and uterus, and also helpful in disturbed menstruation and other female genital issues. It works on appetite and constipation and gives strength specially to liver and kidneys.<sup>[16]</sup>
14. **Anuloma-Viloma pranayama:** - It helps in *Nadi-Shudhhi* and facilitate proper supply of *Prana Vaayu*. Hence the individual feels delighted, pure, calm and relaxed.<sup>[17]</sup>
15. **Suryabhedhi pranayama:** - It boosts the digestive power and calms the nervous system and also strengthen them. Besides this it also helpful in curing any chronic wound.<sup>[18]</sup>
16. **Bhastrika pranayama:** - Regular practice of this *Pranayama* burns the all toxins accumulated in our body and it also balances all the three *Doshas*. Fast and rhythmic movement of diaphragm provides massage to the viscera and digestive systems gets strength.<sup>[19]</sup>

Note: - It is advised to take proper precaution while performing these *Asanas* and all should be performed under the guidance of an eligible yoga instructor.

## CONCLUSION

The above-mentioned group of *Asana* and *Pranyama* has their specific effect on *Agni* and are helpful in proper digestion. When we go through the *Varsha Ritu* literature we see that all the ailments occur due to the disturbance of *Agni* in this season. This *Varsha Ritu* also told to be responsible for vitiation of all the three *Doshas* which is the root of all ailments. Therefore,

we think that the above proposed yoga protocol along with proper acceptance of *Ritucharya* regimen will helps us to keep the healthy state of body intact and also proves beneficial in boosting immunity.

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