

**EFFECT OF RUTU ON AGNIBALA AND SHARIRBALA WITH
SPECIAL REFERENCE TO AGNIPAREEKSHA****¹*Dr. Amol Ramchandra Awalekar and ²Dr. Rakesh Khanderao Nikam**¹HOD Department of Rog Nidan SSAAH&C, Jath.²Associate Professor Department of Agad Tantra SSAAH&C, Jath.Article Received on
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***Corresponding Author****Dr. Amol Ramchandra
Awalekar**HOD Department of Rog
Nidan SSAAH&C, Jath.**ABSTRACT**

Ayurveda is the life science and one out of two aims of Ayurveda is Swasthyarakshana i.e. maintenance of health. As the food is the fuel of the body and ultimately is responsible for the nutrition of body and providing energy to body. So everyone have to know the physiological and environmental changes season to season which effects on the nutrition of body. The aim of this study was to assess the effect of Rutu on Agnibala with the help of Agnibala Pariksha. Sample size of 60 volunteers selected by applying inclision and exclusion criteria. The 6 Rutu explained in Charak samhita were considered for the research. Agnibala was examined by observing Abhyavaharan shakti and Jaranya Shakti.

KEYWORDS: Rutu, Agnibala, Abhyavaharan Shakti, Jaranya Shakti.**INTRODUCTION**

Human is unable to control environmental changes due to season (rutu). He has no capacity to control the motion of celestial bodies like Sun, Moon etc. They make tremendous impact on human physiology. Considering this, Charaka-Samhita prescribed regimen of every season (rutu) so that a human can stand the changes in the seasons (rutus) with keeping the agni and sharirbala stable. One out of two aims of Ayurveda one is 'Swasthyarakshana' i.e. maintenance of health. In spite of mentioning all these important aspects for keeping human life healthy, Ayurveda always had a big emphasis on maintenance of agni. In present era of competition, everyone is trying to survive the fittest and facing various stressful experiences in life. To achieve the success, human being life style is going to change continuously. He has no time even for taking balanced diet. Thats why person does not get proper nutrition,

due to this immunity of person lowered. In Charak Samhita they have told to follow the daily regimen, regimen according to Rutu and in that they have described that in which Rutu the digestive fire is strong and in which Rutu the digestive fire is weak. According to this law we in today's era have to follow the regimen according to Rutu and maintain our health. For agniparikashan we have to concentrate on two points viz. 1) Abhyavaharanshakti 2) Jaranshakti i.e. capacity of eating food at a time without any complications and time required to digest the food properly consequently. Along with these two points we also have to consider the gunas of aahar, kshudapravrutti, desh, vaya and important is rutu accordingly which Agnibala differs in different rutu. The knowledge of Agnibala helps to maintain the swasthya as well as for the treatment aspect.

AIM

To study the effect of rutu on agnibala with the help of Ayurvedic literature and modern literature.

OBJECTIVE

- 1) Study the effect of abhyavaharanashakti and jaranshakti on agniparikshan.
- 2) To study the effect on agnibala from person to person in each rutukala and rutusandhikala.

MATERIAL

1) SAMPLE SIZE

Record of 60 healthy volunteers in each Rutukala and Rutusandhikala are taken.

2) RUTU

1. Informed permission about performing the thesis work on 60 healthy volunteers in age group 18-22 year from the principal of college.
- 2) The 6 Rutu explained in Charak samhita are considered for the research.
- 3) The particular Lakshanas of each Rutu are taken from the Bruhatrayee.
- 4) The dates of beginning and end of these months will be decided through Marathi Panchanga published by Sholapur by the recognized honorable Mr. Date.
- 5) The Rutukala and Rutusandhikala period of each Rutu is decided according to A.S.Su.4/61.

3) AGNI

Agni is considered as Jatharagni. Compilation of all the references from Charak samhita, Sushrut samhita, Ashtang Sangrah.

INCLUSION CRITERIA

1. Healthy volunteers in between 18 – 24 yr age group.
2. Volunteers will be irrespective of cast and religion and which belongs to same social and Economical class.
3. Volunteers selected from Sadharana desh

EXCLUSION CRITERIA

1. Person suffering from any disease related to digestive system, cardiovascular system etc.
2. Mental retarded people.
3. Pregnant and lactating women.

CRITERIA FOR ASSESSMENT

Agnibala in different rutukala and rutusandhikala as follows-

- 1) For Abhyavaharanashakti -

- I. Time of food intake -
- II. Name of food product -
- III. Quantity of food taken -
- IV. Time and quantity of water intake -
- V. Qualities of food taken (Gurvadi, Rasadi) –

Annagrahan matra

Prabhut / Madhyam / Alpa

Kshudha praman –

Atibhuk / Dravyabhuk / Prabhutashan / Alpashan / Alpakshudha

On the basis of above factor Abhyavaharanashakti

- i) Uttam
- ii) Madhyam
- iii) Heen

- 2) For Jaranashakti

Clockwise time Time from food taken

- Vishamagni - >4 or <4 yam

- 1) Uttam-8-10hr,10-12hr.
- 2) Madhyam- 4-6 hr,6-8 hr, 12-14hr
- 3) Heen - Abhove 14 hr.

- Time for food intake

- Name of food article
- Quantity of food
- Time and quantity of water intake

Then Guruta and Laghuta of diet is decided.

Gradation for Abhyavaharanashakti-

1. Grade – 01 (Uttam)
2. Grade – 02 (Madhyam)
3. Grade – 03 (Heen)

b) Methods for observation of Jaranashakti –

This is observed with the help of Prashna Pareeksha.

Gradation for Jaranashakti – 1. Grade – 01 (Uttam)

2. Grade – 02 (Madhyam)
3. Grade – 03 (Heen)

Gradation for Lakshna of digesion of food

1. Grade – 01 (4-6 hr.)
2. Grade – 02 (6-8 hr.)
3. Grade – 03(8-10 hr.)
4. Grade- 04 (10-12 hr)
5. Grade-05 (12-14 hr.)
6. Grade- 06 (After 14 hr.)

OBSERVATION

Table No. 1: Effect of Rutu on Agnibala.

Rutu-Agni	Shishir		Vasant		Grishma		varsha		Sharad		Hemant	
	S	M	S	M	S	M	S	M	S	M	S	M
Uttam(Grade01)	4	9	0	4	2	0	1	6	6	12	30	36
Madhyam (Grade02)	41	40	25	32	19	20	22	20	34	42	22	14
Heen(Grade03)	15	11	35	24	39	40	37	34	20	6	8	10

(S-Sandhikala, M-Rutukala)

- 1) In Shishirrutu Sandhikala 4 (6.66%) volunteers are of Uttam Agnibala, 41(68.33%) Volunteers are of Madhyam Agnibala and 15 (25%) volunteers are of Heen Agnibala. So there is Madhyam Agnibala in Shishirrutu.

- 2) In Shishirrutukala 9(15%) volunteers are of Uttam Agnibala, 40(66.66%) Volunteers are of Madhyam Agnibala and 11 (18.33%) volunteers are of Heen Agnibala. So there is Madhyam Agnibala in Shishirrutukala.
- 3) In Vasantrutu Sandhikala 0 volunteer of Uttam Agnibala, 25(41.66%) Volunteers are of Madhyam Agnibala and 35 (58.33%) volunteers are of Heen Agnibala. So there is Heen Agnibala in Vasantrutu Sandhikala.
- 4) In Vasantrutukala 4(6.66%) volunteers are of Uttam Agnibala, 32(53.33%) Volunteers are of Madhyam Agnibala and 24 (40%) volunteers are of Heen Agnibala. So there is Madhyam Agnibala in Vasantrutukala.
- 5) In Grishmarutu Sandhikala 2(3.33%) volunteers of Uttam Agnibala, 19(31.66%) Volunteers are of Madhyam Agnibala and 39 (65%) volunteers are of Heen Agnibala. So there is Heen Agnibala in Grishmarutu Sandhikala.
- 6) In Grishmarutukala 0 volunteer of Uttam Agnibala, 20(33.33%) Volunteers are of Madhyam Agnibala and 40 (66.66%) volunteers are of Heen Agnibala. So there is Heen Agnibala in Vasantrutukala.
- 7) In Varsharutu Sandhikala 1(1.66%) of Uttam Agnibala, 22(36.66%) Volunteers are of Madhyam Agnibala and 37 (61.66%) volunteers are of Heen Agnibala. So there is Heen Agnibala in Varsharutu Sandhikala.
- 8) In Varsharutukala 6(10%) volunteers of Uttam Agnibala, 20(33.33%) Volunteers are of Madhyam Agnibala and 34 (56.66%) volunteers are of Heen Agnibala. So there is Heen Agnibala in Varsharutukala.
- 9) In Sharadrutu Sandhikala 6(10%) volunteers of Uttam Agnibala, 34(56.66%) Volunteers are of Madhyam Agnibala and 20 (33.33%) volunteers are of Heen Agnibala. So there is Madhyam Agnibala in Sharadrutu Sandhikala.
- 10) In Sharadrutukala 12(20%) volunteers of Uttam Agnibala, 42(70%) Volunteers are of Madhyam Agnibala and 6 (10%) volunteers are of Heen Agnibala. So there is Madhyam Agnibala in Sharadrutukala.
- 11) In Hemantrutu Sandhikala 30(50%) volunteers of Uttam Agnibala, 22(36.66%) Volunteers are of Madhyam Agnibala and 8 (13.33%) volunteers are of Heen Agnibala. So there is Uttam Agnibala in Hemantrutu Sandhikala.
- 12) In Hemantrutukala 36(60%) volunteers of Uttam Agnibala, 14(23.33%) Volunteers are of Madhyam Agnibala and 10 (16.66%) volunteers are of Heen Agnibala. So there is Uttam Agnibala in Hemantrutukala.

STATISTICAL ANALYSIS

For testing of hypothesis, “Kruskal – Wallis test” with dunn test as post hoc (if significant difference is observed) has been used. Level of significance has been kept at 5% for all tests.

Rutu * Bala	Kala	Kruskal-Wallis statistic	d.f.	P- Value
Rutu * agnibala	Sandhikala	87.139	5	< 0.001
	Rutukala	94.085	5	< 0.001
Rutu * sharirbala	Sandhikala	46.138	5	< 0.001
	Rutukala	93.996	5	< 0.001

DISCUSSION

The Visarga period is Somya. The sun moves to south. Its power decreased by clouds, wind and rain. In Hemant Rutu due to cold environment the Dehoshma get obstructed in the body which increases the Jatharagni, So due to the increased Jatharagni body needs more Brahana and Snigdha Ahar. During Adana Kala the digestion become poor which is further disturbed by the Vata disorders etc. during rainy season. Due to earth vapors, humidity of clouds and Amla paka of water the digestive power becomes weak. In this research study the Agnibala is Uttam in Hemant Rutukala and sandhikala, while it is Heen in Grishma Rutukala and Sandhikala majority.

Effect of Rutu on Agnibala

a) **Sandhikala-** For sandhikala, there is significant difference between agnibala of various Rutus as suggested by Kruskal- Wallis test (P-value < 0.001). The dunn test for pairwise comparison provides following result-

Rutu	Agnibala (Sandhikala)		Significantly different agnibala than
	Mean grade	Median grade	
Shishir	2.2	2.0	Vasant, Greeshma, Varsha, Hemant
Vasant	2.6	3.0	Sharad, Hemant, Shishir
Greeshma	2.6	3.0	Sharad, Hemant, Shishir
Varsha	2.6	3.0	Sharad, Hemant, Shishir
Sharad	2.2	2.0	Vasant, Varsha, Greeshma, Hemant
Hemant	1.6	1.5	Shishir, Vasant, Greeshma, Varsha, Sharad

Post Hoc test : Dunn test for Rutu * Agnibala (Sandhikala)

Pairwise comparison (P-values)	Shishir	Vasant	Greeshma	Varsha	Sharad
Vasant	< 0.001				
Greeshma	< 0.001	0.340			
Varsha	< 0.001	0.418	0.418		
Sharad	0.286	0.002	< 0.001	0.001	
Hemant	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001

b) Rutuakala

For Rutukala, there is significant difference between agnibala of various Rutus as suggested by Kruskal- Wallis test (P-value < 0.001). The dunn test for pairwise comparison provides following result-

Rutu	Agnibala (Madhyakala)		Significantly different agnibala than
	Mean grade	Median grade	
Shishir	2.0	2.0	Vasant, Greeshma, Varsha, Hemant
Vasant	2.3	2.0	Sharad, Greeshma, Hemant, Shishir
Greeshma	2.7	3.0	Vasant, Sharad, Hemant, Shishir
Varsha	2.5	3.0	Sharad, Hemant, Shishir
Sharad	1.9	2.0	Vasant, Varsha, Greeshma, Hemant
Hemant	1.6	1.0	Shishir, Vasant, Greeshma, Varsha, Sharad

Post Hoc test : Dunn test for Rutu * Agnibala (Madhyakala)

Pairwise comparison (P-values)	Shishir	Vasant	Greeshma	Varsha	Sharad
Vasant	0.009				
Greeshma	< 0.001	0.004			
Varsha	< 0.001	0.121	0.067		
Sharad	0.151	< 0.001	< 0.001	< 0.001	
Hemant	< 0.001	< 0.001	< 0.001	< 0.001	0.017

RESULTS

- 3) Rutu affects on Agnibala in each rutukala and sandhikala.
- 4) The majority of Uttam Agnibala is observed in Hemant rutu Sandhi and Rutuakala.
- 5) The majority of Madhyam Agnibala is observed in Sharadrutukala and Shishirrutu Sandhikala.
- 6) While majority of Heen Agnibala is observed in Grishma rutukala and Varshasandhikala.

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