

**REVIEW OF HEMANTA RITUCHARYA ACCORDING TO
BRIHATTRAYEE IN PRESENT ERA**

***¹Dr. Snehal Alde, ²Dr. Trupti Govindrao Daregaonkar, ³Dr. Milind D. Nimbalakar
and ⁴Dr. Vinay Kumar Singh.**

¹Assistant Professor, Department of Samhita Sidhant, Ayurveda College Jalana.

²PG Scholar, Department of Samhita Siddhant, Government Ayurved College, Nanded.

³Associate Professor and Head of Department of Samhita Siddhant, Dmm Ayurved College
Yavatmal.

⁴Professor, Department of Balaroga, B.R. Harane Ayurvedic College, Karav, Vangani,
District Thane, Maharsashtra.

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***Corresponding Author**

Dr. Snehal Alde

Assistant Professor,
Department of Samhita
Sidhant, Ayurveda College
Jalana.

ABSTRACT

Ayurveda, the ancient science of life. in which acharya have told various dietary and behavioural regimens for maintaining the Swasthya Avastha (Healthy state) of both Shareera and Manas. These should be followed according to different Ritus for getting desired benefits which are defined as Ritucharya (Regimens according to particular seasons). Its importance has been explained in detail into the different classical texts of Ayurveda. In present era there are lot of changes occurring in different seasons and these changes in the season will affect the external environment. Due to these changes in both season and external environmental condition, our body and mind will also get affected.

During the transition period from one season to another season, different changes occurring in the season which will affect the normal balance of our body and mind. Therefore, it's very necessary that our body should adapt to this changing environment to maintain the balance of the body and mind. For that understanding Ritucharya is important as by following the regimens mentioned in each Ritu. It will help to prevent all the diseases that can occur in that particular season. In Ayurveda acharyas have given more importance to preventive aspects rather than treatment aspects in obtaining the health. Here dietary and behavioural regimens of Hemanta Ritu are highlighted along with its modern aspects. In modern perspective this can be correlated to winter season. This is the season in which humans get affected with

different types of communicable diseases. Due to the changes occurring in our body along with following wrong regimens can lead to different type of lifestyle disorders in future. The different points going to deal here includes what are the changes occurring in our body during the Hemanta Ritu, what are its adverse effects on our body, how to overcome these adverse effects, how can it be correlated with modern aspects. By proper understanding of these aspects, we can avoid all unhealthy regimens that can lead to diseases. At the same time by following regimens according to the classics will help to attain the healthy state and can prevent the lifestyle disorders.

KEYWORDS: Hemanta, Ritu, Ritucharya, Regimen, winter.

INTRODUCTION

Ayurveda is the ancient science of life; it has always stressed over maintaining health and preventing the disease by following a proper diet and lifestyle regimen rather than treating and curing disease. Swasthasya Swathaya Rakshanam Aturasya Vikar Prashamana is the aim of Ayurveda, which means to maintain the health of healthy individual and treat the diseased one. For this purpose, Dinacharya and Ritucharya have been mentioned in our classics.^[1]

Lifestyle disorders are becoming a serious problem in the present era. The main reason behind this is the lack of knowledge and unawareness of the society about the seasons and various regimen that we should follow in that particular season. If we see the current situation, various types of diseases are coming into the light daily. Therefore, to maintain our health in this constantly changing environment we must follow our daily routine and lifestyle regimen as mentioned in our classics under Dinacharya and Ritucharya. As excepting and implementing the Ritucharya and Dinacharya according to the changes, is the key to survival, for that knowledge of Ritucharya is important. Generally, people do not know or ignore the suitable type of food, clothes, and other regimen to be followed in particular season, these leads to various lifestyle disorders. Therefore, Ritucharya is very important topic in this era.^[3]

Ritu (Synonym of Ritukala), Charya (Charya niyami achara).^[2]

Ritu means season, in Ayurveda Ritu have described very thoroughly. They are total six in no. (shata ritu- shishir, vasanta, grishma, varsha, sharad, hemanta). Which further divided in two Ayanas (Uttarayana and Dakshinaya). Uttarayana also known as Aadana Kala includes three Ritus like Shishira, Vasanta, Grishma in this Ritus power of sun is very strong, due to

this the Soumya Guna of earth and strength of people is also become significantly less. Dakshinayana is known as Visarga Kala includes three Ritus like Varsha, Sharada, Hemanta in this Ritu moon is more powerful than sun, due to this Soumya Guna of earth increase and strength of people also increases.^[3]

AIMS AND OBJECTIVES

1. To highlight the basic concept of Hemanta Ritu explained in Brihatrayees.
2. To understand its significance in present era.

MATERIAL AND METHOD

1. Ritucharya mentioned in Brihatrayee with its commentaries.
2. Websites and other relevant articles related Hemanta Ritu.
3. All the material properly collected, analysed, and arranged in a sequential manner for proper understanding.

HEMANTA RITU

As previously described Hemanta Ritu comes under Visarga Kala therefore in this Ritu strength is good. Jathara agni is also strong that it can digest the heavy meals in the swastha vyakti.^[4]

General Features

1. Moon is in the more power and it increases the Soumya Guna of earth and energy.
2. Increases strength of peoples.
3. Wind is not that strong and unpleasant.
4. Directions are filled with dew drops.
5. Earth is cool down.
6. Water sources are full therefore birds and animals are surfing freely in that season
7. Trees are fully grown and with their full potency (sarawan).

DOSHA- Kapha sanchaya and pitta prasham. RASA- Madhur.

GUNA- Snigdha, Guru, Ushana. DEHA BALA- Pravara (maximum). AGNI BALA- Pravara (maximum).^[5]

CHARYA

Two parts comes under this topic

1. Ahara (dietary habits or regimen)
2. Vihara (lifestyle habits or regimen)

1. Ahara

Which further divided in two parts.

1. Sevaniya (means what should we eat)
2. Asevaniya (what we should not eat)

a) Sevaniya Ahara

Madhura, amla, lavana Rasatmaka, Ushana, Snigdha Anaapana. Audaka & Anupa Pashu Pakshi Mansa. Madira, shidhu & Madhu yukta pana. Gorasa, ikshu vikruti, vasa, taila & nava odana.^[6]

b) Asevaniya Ahara

Katu, tikta, Kashaya Rasapradhana Ahara. Shita Padartha.
Alpa ahara.

2. Vihara

a) Sevaniya

Abhyanga, Ustadana, murdhni taila dharan, jentaka sweda & aatapa sevan. Ushana gruha, Garbha gruha.

Guru Aajin, kousheya, praveni pravara. Ushana udaka for all necessities.

b) Asevaniya

Vayu prakopaka vihara. Vayu sevan.

Alpa bhoajana.

Uadamantha seven.^[7]

Precautions or Changes in present in era

1. Avoid bitter, spicy food, canned food, cold food or frozen food.
2. Cold beverages (cold coffee, juice, shakes, etc...)
3. Avoid excessive work, gym. (intense workout plans)
4. Maintain room temperature. (By covering or shutting windows and other outlets, using room heaters, etc...)

5. Wear warm clothes made up of woolen, leathers or thick fabric.
6. Avoid small quantities meals, should intake proper nourishing diet.
7. Diet should be enriched with any sort of oils or butter, sweets, Non-vegetarian foods.
8. Taking sufficient sleep is must.
9. Warm water / hot water should be used for all the necessities (e.g. to drink, to take bath, etc.)

DISCUSSION

This is the way the ancient sage set up the regimen for various seasons to obtain Swasthya and also helps to prevent disease by following the Do's and Don'ts told by Acharyas in Brihatrayee. Therefore, one should analyse their Prakriti and adopt a regimen under Ritu. By doing this we can achieve the ultimatum of Swasthya.

CONCLUSION

In our classical texts, Acharya have clearly mentioned that if we follow Pathya Ahara and Pathya Vihara considering the Ritus is the best way to attain Swasthya Avastha and to prevent Ajata Vikara. Ajata Vikara are those Vikara which can occur due to Apathya Ahara and Vihara Sevana without considering the season. Ayurveda makes the people to modify according to their body constitution. As changes which are occurring in the environment affect our body that's why it's very important for our body to get familiar with these changes.

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