

**A ARTICLE ON PATHYA –APATHYA ACCORDING TO
RITUCHARYA MENTIONED IN AYURVEDA**

**Dr. Shweta Arun Bhende (Mane)^{1*}, Dr. Sudhir M. Kandekar², Dr. Yogeshwar
Deshpande³, Dr. Shubhangi Nimje⁴**

¹P.G. Scholar, Department of Rachana Sharir, R. T. Ayurveda Mahavidhyalaya Akola.

²Professor, Principal, H.O.D. of Rachana Sharir Department, R. T. Ayurveda
Mahavidhyalaya Akola.

³Asst. Professor of Rachana Sharir Department, R. T. Ayurveda Mahavidhyalaya Akola.

⁴P.G. Scholar, Department of Rachana Sharir, R. T. Ayurveda Mahavidhyalaya Akola.

Article Received on
08 July 2025,

Revised on 28 July 2025,
Accepted on 18 August 2025

DOI: 10.20959/wjpr202517-38084



***Corresponding Author**

Dr. Shweta Arun Bhende

P.G. Scholar, Department of
Rachana Sharir, R. T.
Ayurveda Mahavidhyalaya
Akola.

ABSTRACT

Ayurveda focuses on staying healthy and treating health problems. It also gives tips to prevent diseases and ways to strengthen the immune system. In general, there are three main seasons: winter, summer, and rainy season. But in Ayurveda, six seasons are described: Vasant (spring), Grishma (summer), Varsha (monsoon), Sharad (autumn), Hemant (early winter), and Shishir (late winter). Acharya Sushruta has divided the 12 months of the year into these seasons. There are two parts of the years called as Adankala and Visargakala. Ritucharya, classified by different features expresses different effects on the body. The foods, medicines, and habits that do not harm the body's channels and keep the mind happy are called *Pathya* in Ayurveda. The foods, medicines and habits that do harm the body's channels and mind also are called *apathy*.

INTRODUCTION

Ayurveda, the ancient science of life, has always emphasized maintaining health and preventing disease by following a proper diet and lifestyle rather than focusing on treatment."

"As mentioned in Ayurvedic texts, it has two main aims — *Swasthasya Swasthya Rakshanam* (preserving the health of the healthy) and *Aturasya Vikara Prashamanam*

(treating the diseased). This means Ayurveda focuses on maintaining a person's well-being and protecting them from illness."^[1,2]

"One such important regimen is *Ritucharya*. The word *Ritu* is derived from the Sanskrit root 'Ri', which means 'to go', referring to time and seasonal changes."^[3] "*Ritu* means time or season, and *Charya* means regimen or routine. Thus, *Ritucharya* refers to the seasonal regimen — a lifestyle and dietary discipline to be followed in different seasons to maintain health and prevent diseases."^[4]

Synonyms^[5]

Pathya:- Satmya, Swasth – hitakara, Hita Ahara, Sharmakara, Sukha –Parinamakara, Dhatu-Avirodhi, Dhatu-Saamyakara.

Aapathy:- Asatmya, Ahitakara, Anupashya, Swastaahitakara, Dhatu-Asamyakara.

(FESTIVAL) Objectives

1. To review the Ritucharya as per classics.
2. To review the pathya –apathya as per Ritucharya.

Materials and Methods: A systematic review of Ritucharya has been done from Ayurvedic classics and samhitas.

- **SHISHIRA RITU^[6,7,8]:-** The environment remains cold ,along with the cold air .Rasa – Tikta (Bitter),

RITU	RASA	BALA	DOSHA	AGNI
SHISHIRA RITU	TIKTA (BITTER)	Shreshta bala Madhyama	<u>Kapha</u>	Tikshnagni (Digestive fire will be high)
Vasanta Ritu	Kasahya (Astringent)		<u>Kapha</u>	Madhyama
Grishma ritu	Katu	Madhyama	Vata Sanchaya & kapha Shamana	Hina (Less)
Varsha ritu	Amla (Sour)	Avarabala	Vata Prakopa Pitta Caya	Hina (less)
Sharada ritu	Lavana (Salty)	Madhyamabala	Vataprashamana & pitta prakopa	Tikshna (High)
Hemanta ritu	Madhura (Sweet)	Shreeshtabala	Pitta Prashamana & Kapha Chaya	Tikshna (High)

Sr. No.	Ritu	Ahara Pthya	Ahara Apathya	Vihara Pathya	Vihara Apathya
1.	Shishira Ritu	One should take Snigdha, Madhura, Amla, Lavana, Newly	Katu rasa, Tikta rasa, Guna – Laghu and	Abhyanga, Vimardana, Expose to sunlight Warm clothes.	Vata aggravating lifestyle like expose to cold wind, excessive walking, Sleep at

		harvested rice and other grains. Sugarcane & its products, Bileshya Mamsa, Prasaha Mamsa are to be include in diet.	sheeta.		late night are to be avoided
2.	Vasanta Ritu ^[9,10,11]	One should take Ruksha, Katu, Tikta, Kashaya Ushna and Laghu Food. Yava, Godhuma, Shashtishali can be taken. Meats of Shasha can be consume in this season	Sheeta, Snigdha, Guru, Amla Madhura are to be avoided.	One should use warm water foe bathing purpose. Vyama, Dhumpna, Gandusha, Anjana, Agaru Lepam, Kavala, Vamana, Nasya.	Diwaswapa.
3.	Grishma Ritu ^[12,13,14]	One should take Madhura, Laghu, Snigdha, Sheeta and Drava rice with milk & ghee. Drinking plenty of water and other liquids, such as fruit juice curd is to consumed.	One should avoid Lavana, Katu, Amla, Ushna foods.	One should take Diwaswapa. Staying in cool places, applying cold and aromatic pastes like Manjishta, One should wear light coloured clothes of cotton material.	One should avoid excessive exercise or hard work. One should avoid alcohol. If necessary, should consume with plenty of water and in small quantity.
4.	Varsha Ritu ^[15,16,17]	One should take Madhura, Amla, Lavana rasa. Snehapana which counteract vata dosha. One should include Purana Yava, Godhuma, Shali in aahara. Arishta with Madhu, medicated boiled water.	Intake of river water, excessive intake of liquid should be avoided.	Use of boiled water for bath. Basti (medicated enema) should be taken as it evaluative measure to expel vata dosha.	Diwaswapa should be avoided. Ativyama, exposure to wind, getting wet in rain should be avoided.
5.	Shraddha Ritu ^[18,19,20]	One should take Madhura, Tikta rasa., Laghu Shali, Godhuma, Sarkara, food having the properties to pacify vitiated pitta are advised to consume.	Consumption of Vasa, Taila, Audaka Mamsa, Dadhi should be avoided.	Hamshodaka, Habit of eating food, only when one should feels hungry. Apply the paste of Chandana on body. Virechana should done in this ritu & also raktamokshana is also recommended.	Diwaswapa should be avoided. Atibhojana should be prohibited. Atapa sevana should also avoided in this ritu.
6.	Hemanta Ritu. ^[21,22,23]	One should consume snigdha, Madhura, Amla, Lavana rasa. One should include New rice, milk, and milk products in diet.	Vata Kara Ahara, Such as Laghu And Ruksh gunatmaka should be avoided.	Vyayama, Abhyanga, Atapa-Sevana, Application of Agaru lepa on body should be done.	Diwaswapa should be avoided. Atisheet Vata Sevana should be avoided.

DISCUSSION

In today's world, society has become disconnected from Nature. Many people don't even know which phase of Nature's cycle we are currently in. To truly heal and regain harmony, we must return to balance and understand our place in the Universe.

Ayurveda explains one way to stay connected with nature through the daily cycle of the Doshas — *Vata*, *Pitta*, and *Kapha*.

- Vata is dominant from 2 to 6 AM and again from 2 to 6 PM.
- Kapha dominates from 6 to 10 AM and 6 to 10 PM. both morning and evening.
- Pitta rules from 10:00 to 2:00, during midday and midnight.
- By aligning our daily activities with these doshic rhythms, we can live in harmony with natural energies instead of resisting them.
- In Ayurveda, health is built on three foundations:
 1. Ahara (Diet)
 2. Vihara (Lifestyle)
 3. Dinacharya (Daily Routine) and Ritucharya (Seasonal Regimen)

Understanding health goes beyond the absence of disease. Ayurveda teaches that a balanced life requires attention to both diet and lifestyle. While diet is often easier to control, lifestyle may be influenced by external factors. Still, by taking responsibility for the parts of our lifestyle we can control, we move toward greater well-being. Maintaining good health and treating disease are two sides of the same coin. The same principles apply to both. The foods we eat, the medicines we take, and the daily habits we follow—all of them are drawn from nature. In Ayurveda, food and medicine are not separate; both work together to restore and maintain the balance of the doshas.

By tuning into nature's cycles and respecting our individual constitution, we begin to heal—physically, mentally, and spiritually.

CONCLUSION

Pathya is a key concept in Ayurveda. It refers to the proper practice of diet and lifestyle that supports the natural functioning of the body. Following a Pathya lifestyle helps maintain balance and corrects imbalances caused by aging or changes in the environment.

When practiced regularly, Pathya helps open and cleanse the body's channels of circulation, which aids in detoxification and prevents common illnesses caused by toxin build-up. A well-followed daily and seasonal routine not only nourishes the body but also strengthens the mind, prevents disease, and promotes overall health — both physically and spiritually.

REFERENCES

1. Kushwaha HC, editor. Acharya Charaks' Charak Samhita. Pratham Bhag, Varanasi: Chowkhamba Orientalia, 2009.
2. Tripathi B, editor. Acharya Charaks' Charak Samhita. Varanasi: Chowkhamba Surbharati Prakashan, 2007.
3. Dr Mangalagowri V Rao, A Text Book of Swasthavritta, Reprint Edition, Choukhamba Orientalia, Varanasi, 2011; 34.
4. Dr Anna Moreswar Kunthe, Ashtanga Hrudayam Sutrasthana 3/1-2, Ninth edition, Choukhamba Orientalia, Varanasi, 2005; 37.
5. Commentary by Chakrapani, Yajjapurushiya Adhyay, Sutra Sthan, Charak Samhita with Chakrapani tika, edited by Yadhavji Trikamji, 1st edition, Chaukhambha Surbharti Prakashan, Varanasi, 2014; 133.
6. Murthy Srikantha R K, Ashtanga Hrudaya, Chapter 3, Verse 17, Chowkhamba Krishnadas Academy, Seventh Edition, 2010, ISBN: 978-81-218-0018-8, Page 36.
7. Sharma Karan Ram et al, Caraka Samhitha, Chapter 6, Verse 9-21, Choukamba Sanskrit Series Office, Varanasi, Reprint 2012, ISBN:978-81-7080-012-9, Page 135-137.
8. Murthy Srikantha R K, Sushrutha Samhitha, Chapter 64, Verse 31, Chaukhambha Orientalia Edition, Reprint 2014, ISBN: 978-81-7637-071-4, Page 426.
9. Murthy Srikantha R K, Ashtanga Hrudaya, Chapter 3, Verse 18-25 1/2, Chowkhamba Krishnadas Academy, Seventh Edition, 2010, ISBN: 978-81-218-0018-8, Page 37-38.
10. Sharma Karan Ram et al, Caraka Samhitha, Chapter 6, Verse 22-26, Choukamba Sanskrit Series Office, Varanasi, Reprint 2012, ISBN:978-81-7080-012-9, Page 138.
11. Murthy Srikantha R K, Sushrutha Samhitha, Chapter 64, Verse 32-39, Chaukhambha Orientalia Edition, Reprint 2014, ISBN: 978-81-7637-071-4, Page 426-427
12. Murthy Srikantha R K, Ashtanga Hrudaya, Chapter 3, Verse 26-41, Chowkhamba Krishnadas Academy, Seventh Edition, 2010, ISBN: 978-81-218-0018-8, Page 38 - . 40.
13. Sharma Karan Ram et al, Caraka Samhitha, Chapter 6, Verse 27-32, Choukamba Sanskrit Series Office, Varanasi, Reprint 2012, ISBN:978-81-7080-012-9, Page 139-140.

14. Murthy Srikantha R K, Sushrutha Samhitha, Chapter 64, Verse 40-45, Chaukhambha Orientalia Edition, Reprint 2014, ISBN: 978-81-7637-071-4, Page 427.
15. Murthy Srikantha R K, Ashtanga Hrudaya, Chapter 3, Verse 5-6 1/2, Chowkhamba Krishnadas Academy, Sev enth Edition, 2010, ISBN: 978-81-218-0018-8, Page 34 35.
16. Sharma Karan Ram et al, Caraka Samhitha, Chapter 6, Verse 7-8, Choukamba Sanskrit Series Office, Varanasi, Reprint 2012, ISBN:978-81-7080-012-9, Page 133-134.
17. <https://www.britannica.com/science/winter-solstice>.
18. Murthy Srikantha R K, Ashtanga Hrudaya, Chapter 3, Verse 42-48, Chowkhamba Krishnadas Academy, Sev enth Edition, 2010, ISBN: 978-81-218-0018-8, Page 40 - 42.
19. Sharma Karan Ram et al, Caraka Samhitha, Chapter 6, Verse 33 -40, Chaukamba Sanskrit Series office, Varanasi, Reprint 2012, ISBN:978-81-7080-012-9, Page no. 140-141.
20. Murthy Srikantha R K, Sushrutha Samhitha, Chapter 64,Verse 6-12, Chaukhambha Orientalia Edition, Reprint 2014, ISBN: 978-81-7637-071-4, Page no.422-423.
21. Murthy Srikantha R K, Ashtanga Hrudaya, Chapter 3, Verse 49-57, Chowkhamba Krishnadas Academy, Seventh Edition, 2010, ISBN: 978-81-218-0018-8, Page 42-44.
22. Sharma Karan Ram et al, Caraka Samhitha, Chapter 6, Verse 41- 48, Choukamba Sanskrit Series Office, Varanasi, Reprint 2012, ISBN:978-81-7080-012-9, Page 142-144.
23. Murthy Srikantha R K, Ashtanga Hrudaya Chapter 64,Verse 13-20, Chaukhambha Orientalia Edition, Reprint 2014, ISBN: 978-81-7637-071-4, Page no.422-423.