

RELATION OF AGNI AND RUTU**Vd. Swapnil Janardhan Biradar Patil^{*1} and Vd. Minakshi A. Ranadive²**

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In Ayurveda there are many basic principles i.e. dosha, dhatu, mala, agni e.t.c. Ayurveda deals with the swastha and vyadhit purusha. For these two things i.e. to maintain swasthya and to recover the vyadhit purusha good quality of agni is basic thing. To maintain thw swasthya we have to practice the rutucharya and dinacharya. As the rutu changes there is change inenvoiment whict affects the agni. In each rutu there is change in the agni due to changes in envoirement/dosha/guna(shita, ruksha, ushna e.t.c.).

INTRODUCTION

In aayurveda basically we are working for two things i.e. to sustain the swasthya of the swastha purusha and to cure the diseased purusha. To maintain the swasthya the rutucharya, dinacharya etc are explained in the Ayurveda. In the dinacharya they have explained the things which

we should practice on daily basis for example abhyanga, snana, dantadhavana etc which are helpful for the maintenance of the swasthya. Also as per the rutu they have explained the rutucharya i.e. according to rutu what to do and what not to do. This is useful to keep swasthya in the every rutu respectively.

Agni is the basis of swasthya. Withought the agni i.e. prakrut agni swasthya cannot be maintained. We do the kayachikitsa, kayachikitsais basically kayachikitsa of the “Agni”. To sustain the swasthya of the swastha purusha and to cure the diseased purusha agni is basic need/ mostimportant thing. Every rutu have different envoirement as in warsha rutu there is plenty of raining, in Hemant/ shishir there is cold, in summer there is hot envoirement etc. As the rutu/ season changes there is change in the envoirement and due to change in the envoirement there effect on the agni. If there is prakrut agni there will be samyak pachan of the aahara. From samyak pachan of aahar there will formation of samyak aahararasa which

will give nourishment to body and will maintain the swasthya.

AIM

To study Agni with reference to the Rutu.

OBJECTIVES

- 1) To know the agni in different rutu.
- 2) To know effect of rutu on agni.

MATERIAL

Samhita Grantha.

METHODOLOGY

Study of agni and rutu is done from the Samhita, after the relation, effect of rutu on agni is described.

Effect of rutu on agni is as follows in each rutu

1. Vasant Rutu

In vasant rutu there is hanan of the agni. In the vasant rutu there is gradually increase in the heat of the sun. In the shita rutu there is sanchaya of the kapha. Due to increase in the heat there is vilayan/ liquification of the kapha. Due to liquification kapha is converted to drava form, which is like jala which is viparit of agni, due to there is hanan of agni.

2. Grishma Rutu

In grishma rutu, due to tikshna/atitikshna sunrays, due to ushna and ruksha guna there is snehakshaya and vaata Chaya. Which causes agnimandya.

3. Varsha Rutu

In varsha rutu there is agnimandya due to following reasons.

There is doshaprakop due to the bhubashpa, Nishyandan of megha and amlapaki jala. This doshaprakop causes the agnimandya.

Aadhar of agni is sharir, Sharir being durbal due to the aadan kala pakta i.e. agni also becomes durbal.

4. Sharad Rutu

In sharad rutu there is increase in drava guna of the pitta which is cause of the agnimandya,

as like hot water sprinkled on the fire will extinguishes fire. This is due to the drava guna of thatwater and pitta.

5. Hemant Rutu

In this rutu there is increase in agni i.e. vrudhhi of agni. In the shit rutu due to the shaitya in the envoirement there is sankocha of the romakupa, due to this there is ushma to be stucked in body which causes increase of the agni.

6. Shishir Rutu

In shishir rutu there is increase in the agni as like in Hemant rutu.

DISCUSSION

There is effect of rutu on agni. As the rutu changes there is change in the agni due to different things such as doshaprakop, changes of guna of the dosha, shaitya or aushnya in the envoirement, bala of the individual and aadan/ visarga kala. All these things have effect on agni. As agni changes accoeding to rutu, to maintain the agni we have to practice the rutucharya.

CONCLUSION

As the rutu changes there is change in the agni. So during chikitsa of agni we have to look for the rutu. To maintain the swasthya we have to maintain the agni for this we should follow the rutucharya, which will help to maintain the agni.

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