

PREVENTION OF SEASONAL DISEASES IN CHILDREN**¹*Dr. Rabiya Shirgave, ²Dr. Jayshree Mhaisekar and ³Dr. Archana Nikam**¹P.G Scholar, Dept. of Rachana Sharir²Associate Professor, Dept. of Rachana Sharir³Prof. and HOD of Dept. of Kaumarbhritya Government Ayurveda College and Hospital
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We all are very lucky that we all are born in India, as India is only country where six seasons are seen. In India there is a no extreme level of summer rain or winter, all the six seasons are experienced here with same frequency. *Ayurvedic* literature explains 6 season as a *Shishir*, *Vasant*, *greeshma*, *varsha Sharad*, *Hemant*, and what care should be taken to prevent various diseases occurring in theses seasons. Impact of the seasons on children's health and prevention of disease occurring specially in children will be discussed in detail in the paper. All these seasons are different in climatic condition and so the effects on the body seen. For prevention of disease specific *ahar*, *vihara* is advised in

Ayurvedic text.**INTRODUCTION**

According to classics it is stated that no creature in this universe is immortal. In this techno era, lifestyle disorder are very common even children are also not exception for the same. To prevent this lifestyle disorder *Ayurvedic* classics describes *dinchiarya* and *rituchrya*, one should follow this to remain healthy. We must take care of our health along with other activities we should always give first priority to our health, because in healthy body the healthy mind lies and in healthy mind and healthy body disease prevalence rate is less.

The regimens to be followed after awakening from sleep to maintain health routinely and helps in prevention of disease are mentioned in *swsthvritta*. These are of two types,

A) *Vaiyakthika Swsthvritta*B) *Samajik Swsthvritta*

For the purpose of maintain *vyktik swsthyritta* in children previously various *samskaras* are done, since from intrauterine life till adolescence age. As pre-natal *samskaras* are *grbhadhan vidhi*, *pusavan vidhi*, *samavatan vidhi* though this *samskaras* are done on mother but they are beneficial to foetus growing inside her womb. Then after birth the *samskaras* are done as- *Nishkaraman*, *chandrardarshan*, *Namkaran*, *Karnvedhan*, *falrasprashn*, *Annaprasan*, *Chudakarn*, in school going age *Upanayana*, *Vedaarnmbh*, lastly *samavaratn samskara*. According to *Ayurveda* to maintain health one should follow routine regimens i.e., *Dincharya* that means follow the regimens since from morning weaking up to the time to sleep in night. Similarly different *rutuchrya* should be followed for healthy body and mind.

To prevent diseases in various seasons one must understand the *doshaadhikya* in various *rutu*, in complete one year there are 12 months out of which classify as 6 *Rutu* and 2 *Ayan* the *ayan* are *Uttarayan* and *Dakshinayan*.

Uttarayan /Adankal: In *adan kal* there are 3 *rutu* involved as *Shishir* (January-February), *vasant* (March-April), *greeshma* (May -June) in this *rutu* there is huge loss of *Bala*

Whereas,

In *Dakshinyan /Visrag kal*- Here the *bala* of person goes on increasing because of external environmental factor *Rutu* included here are *Varsha* (July - August), *Sharad* (September-October), *Hemant* (November- December).

The *tridosha* which is main constituent of the body are vitiated according to various *Rutu*, *Vata prkopa* in *Pravrut*, *Pitta* in *Sharad*, *Kapha* in *Vasant*. Due to the *prokopa* of *dosh* various disease are occur.

Dosha →/Awstha ↓	Vata	Pitta	Kapha
<i>Sanchya</i>	<i>Greeshama</i>	<i>Varsha</i>	<i>Hemant</i>
<i>Prkopa</i>	<i>Pravrut</i>	<i>Shard</i>	<i>Vasant</i>
<i>Prashma</i>	<i>Sharad</i>	<i>Vasant</i>	<i>Pravrut</i>

Now we are discussing about each single *rutu* and *rutuchrya* related with that *rutu* for prevention of disease

1) *Hemant*

In *Hemant* there is naturally *bala* of person get increased. External environmental condition in this *rutu* is *shaitya prbhava*(cold condition) which lead to internally dryness in body and

Jathragni goes on increasing so in this season increased appetite as compare to other seasons so in this *rutu* we must eat both in children as well as in normal healthy individuals an *Vatanashak ahar* with *Madhura ,amala, lavana rasyukt*. In this the night times are more prolong as compare to day time so after waking up we do our routine work and then we must have to eat healthy heavy diet with above mentioned *rasas*. To children we have to apply *sukhoushn* tail to all over body i.e., the process of *abhyanga* have to done in this season to avoid further complication of *vata dosha* and *sanchya* of *kaph doshas*. We have to use the warm water for all the routine purpose even for drinking. All type of exercise must be done in this season to avoid further complication of weight gain and *kaph prkopa*. children have to wear complete full cloth in this season. Stay in *Garbhhuveshma* (warm house) when we follow this all regimens in *Hemant rutu* then we can prevent all *vataj* and *kaphaj* *vydhi* as *vataj prtishyay, kaphj prtishya, jwar*

2) *Shishir rutuchrya*

The same protocol of *Hemant rutucharya* will be follow in *Shishir rutu* also

3) *Vasant Rutuchrya*

In *vasant rutu kala* the *kaph dosha* get more vitiated as the *kaph dosh* get accumulated in *Shishir* get disturbed or *prokopa* of this *dosha* occur because of the increasing environmental heat due serve bright sunrays as compared to other seasons. *Prkruti* of *balk* is also mainly *kaphj prkruti* so fever, cough, and cold mainly related within *kaph dosha* is seen in this season so we have to control the *kaph dosha* by following all *kaphhar ahar* and *vihara*, as *ahar* must be with *katu, tikt, Kashaya rasatmak* avoid all type of oily spicy food. Strictly avoid the *diva swap* (day sleep). In *vasant rutu* we can advise to children *vasntik vaman* in between age group of 8 to 16 who are co-operative and can follow the *pathya* to reduces excessive *kaph* in body and we can easily minimise disease due to *kaph dosha* with help of this *vaman* procedure. Also, we can do *Nasya* processes. The processes of *Vaman and Nasya* must be done under all safety precaution.

4) *Greeshma Rutuchrya*

In *Greesham rutu* the sun evaporates the moisture of the earth by its ray. In that season, the intake of sweet, cold, liquid, and unctuous diets and drinks is prescribed. One who takes cold *manatha* (a type of groat) along with sugar as well as meat of the animals or birds of aired climate, ghee, and milk along with *Sali rice* (*Oryza sativum* Linn.). Avoid salty, Pungent,

sourer hot diet. Avoid physical exercise. This is the only season where we can advise to an individual to take day time sleep in air-cooled apartment.

5) *Sharad Rutucharya*

The body parts adopted for rains and cold are suddenly exposed to the heat of the sun with the beginning of autumn so the *pitta* accumulated during the rains gets generally vitiated. In this season, sweet, light, cold and bitter foods and drinks which have potentialities to alleviate *pitta*, are to be taken proper quantity when there is good appetite. One should avoid taking sun bath, fat, oil and meat of aquatic and marshy animals and alkaline salt preparation and curd in food. One should sleep in day time not expose to frost and easterly wind. The water is exposed to the heat of the sun during the day time and should not exposed to the heat of the sun during the day time and to the cooling rays of the moon during night, it is also purified by time and is detoxicated by star Canopus (*Agastya*) this is known as '*hasodaka*' which is spotlessly clear and is as beneficial as nectar for the purpose of bathing drinking and swimming.

Here in *Sharad rutu* we can do *virechan* in child of age group between 7 to 16 who can follow all the *pathya* and we can reduces the all disorder due to vitiated *pitta* .The processes of *virechen* must be done under all safety precaution

6) *Varsha Rutuchrya*

In the body, weakened during the period of dehydration the power of digestion is also weakened. It is further weakened due to vitiation of *vata* and other doshas during the rains. The power of digestion in the period is also affected due to gas coming out the earth, rainfall, increase of acidity in water and consequently *vata* and other doshas get vitiated. So, it is advisable to be moderate as regard to diet and regimen during the rainy season. One should abstain from taking *mantha* (groat)diluted in excess, day sleep, frosts, water from river(excessive) exercise, moving in sun, and one should generally use honey in preparing diets, drinks and others. If the days are cooler due to heavy rains accompanied by the storms, one should take such of the diets as are conspicuously sour, salty and unctuous; this serves as an effective antidote to vitiation of *vata* during the rainy season.

In order to maintain normal power of digestion of children and adults also take barely, wheat and *Sali* rice (*Oryza sativum* Linn) meat arid animal and vegetable soup. Moreover, drink pure rain water or water from well or pond – boiled and cooled, mixed with little honey. It is

advisable to rub the body, apply unction, take bath and wear fragrant garlands during the season. One should wear light and clean apparel and should reside in house devoid of humidity. Do not let your child play in the rain and always give bath to child during hottest times of rain days.

Ayana	Seasons	Months according to Hindu Calendar	Months according to English Calendar	Disease in that seasons	Prevention should be taken
<i>Uttarayana</i> (Adana Kala of the period of dehydration)	1. <i>Shishira</i> (late winter)	1. <i>Magha</i> 2. <i>Falgun</i>	January-February February-March	<i>Vataja kasa</i> <i>Kaphaj kas</i> Skin diseases	- <i>Madhura</i> , <i>Amla</i> , <i>Lavan</i> <i>rasatamak ahar</i> for drinking Warm water
	2. <i>Vasanta</i> (Spring)	1. <i>Chaitra</i> 2. <i>Vaishakh</i>	March-April April-May	Cough, cold, fever mainly by vitiated <i>kaph</i> dosh	<i>Tikt</i> , <i>kattu</i> , <i>kashay</i> <i>rasatamak ahar</i>
	3. <i>Grisma</i> (Summer)	1. <i>Jaistha</i> 2. <i>Asadha</i>	May -June	<i>Vataj kas</i> , <i>Vataj</i> <i>prtishyay</i>	<i>Math adi sheety</i> <i>pey sevan</i>
<i>Dakshinayan</i> (Visarga Kaal or the period of hydration)	1. <i>Varsha</i> (rainy season)	1. <i>Shravana</i> 2. <i>Bhadrapada</i>	July-August August-September	Malaria, Cholera, Typhoid, viral fever, Diarrhoea, Common coil And flu	For drinking must use water use to be is complete boiled and then cooled
	2. <i>Sharad</i> (Autumn)	1. <i>Ashvina</i> 2. <i>Karthika</i>	September-October October-November	All skin diseases	
	3. <i>Hemanta</i> (early winter)	1. <i>Margashirsha</i> 2. <i>Pausha</i>	November-December December - January	Asthma, Painful joints, Cold sores, cold hand and feet	

Even though these all explanation tells us that what we follow the regimens in particular season but then also in *rutuviprayay* and *rutusandhi* we should take extra care and all six rasa i.e *shadrasatamak ahar* is must be taken.

CONCLUSION

To sum up

Whatever is to be used and not to be used in different seasons by human beings have been described here in this article. We must have to follow all the regimens as the strength and lustre of one who knows the suitable diet and regimens for every season and practices accordingly are enhanced in both normal healthy individual and in children. Enhancement of

strength and lustre includes happiness, etc. caused by the maintenance of the equilibrium of tissue elements.

From above Discussion, we can conclude that if we follow all the regimens related with *dinchrya* and *rutuchrya* we can prevent ourself from disease occurring in particular seasons.

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