

**AHARA AND VIHARA IN GREESHMA RITUCHARYA****Dr. Namrata Bhagat<sup>1\*</sup>, Dr. Anita Sharma<sup>2</sup>, Dr. Vibha Pali<sup>3</sup> and Dr. Rajesh Singh<sup>3</sup>**

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Article Received on  
03 March 2023,

Revised on 23 March 2023,  
Accepted on 13 April 2023

DOI: 10.20959/wjpr20236-27867

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**ABSTRACT**

**Ritucharaya-** It is made up of two word ritu and charya. Ritu is synonym of time and charya is regimen to be followed. The regimen which is wholesome to every one with respect to diet and practices is ritu charya.<sup>[1]</sup> The strength and lusture of the person knowing the suitable diet and regimen for every season and practicing accordingly are enhanced.<sup>[2]</sup> Ritucharya give us knowledge about diet regimen to cope with the influence caused by seasonal changes to keep nutritional status of both body and mind we need to follow the regimen told in ayurveda.<sup>[3]</sup> In greeshma ritucharya sun rays are intense and scorching dry unctousness and moisture in the body and surrounding which lead to surrounding which lead to decrease of kaph and accumulation of vata.<sup>[4]</sup> Therefore one should avoid ahitkar ahara vihara and sevana and adopt hitakar ahara vihara. Thus we can maintain the equilibrium state of health.<sup>[5]</sup>

**KEYWORD:** Ritucharya, Greeshma Ritucharya, Pathya Ahara, Vihara.

**INTRODUCTION**

Ayurveda is a science of life. it's first and format aim is to preserve the good health and to prolong the life and secondly to prevent the disease.

A long healthy life is wish of every being since antiquity.<sup>[6]</sup>

Acc. to sarangdhara-no creature in the universe is immortal. It is impossible to prevent death

but it is possible to prevent disease. So one should try for that which is preventable.<sup>[7]</sup> we know that health is wealth. So it is necessary to maintain health.<sup>[8]</sup>

For this purpose dincharya and ritucharya are explained in ayurvedic text. As the time goes seasonal changes are very evident in the environment, we live in. We see various changes in bio life around us. As the human beings is also a part of same ecology. The body is greatly influenced by environment changes. If the body is unable to adopt itself with the seasonal change, it may lead to dosha vishamyawhere body is susceptible to disorder.<sup>[9]</sup>

As the adaptation acc. to the changes is the key for survival thus the knowlegde of ritucharya is important.<sup>[10]</sup>

### **Classification of season**

The year is divided into six ritu or season depending on the change in the climate.<sup>[11]</sup> these six season divided into two ayana uttarayana and dakshinayana depending on the direction of movement of the sun.

**Uttarayana**-it is also called adana kala. The movement of the sun in the northern direction is uttarayana.

Shisir, vasanta and greeshma ritu together form uttarayana.

The adana kala reduce the saumya from the earth and take away the strength of human beings. Intensity of sun is more and wind is dry. Tikta, Kasaya and Katu rasa respectively are predominant in this season.<sup>[12]</sup>

**Dakshinayana**-it is also called visarga kala. The movement of the sun in the southern direction is dakshinayana.

Varsha, Sharad and Hemanta ritu together form dakshinayana.

The visarga kala enhance AP principle and strength of the human beings. moon is more powerful than sun wind are not dry, the heat of the earth taken away by cloud, rain and cold wind. Unctousness set in the atmosphere. Sour, Salt and Sweet taste are predominant respectively.<sup>[13]</sup>

**Greeshma ritucharya (jyaistha-asadha)**

**Feature of greeshma** -This is third and last season coming under the major group of adana kala of the year. In this season people generally feel exhaustion and have optimum fall of strength and vigour.<sup>[14]</sup> The intense rays of sun dry unctousness and moisture of the body and surrounding, which lead to decreases of kapha and accumulation of vata.<sup>[15]</sup>

**Diet**

During the greeshma ritu the sun takes up the sneha portion of the body and earth by its rays. ones should take following diet.

- Intake of sweet, cold, unctous and liquid diet.
- cold mantha with sugar.
- Ghee and milk should be consumed.
- In rice -Sali rice should be consumed.
- Drink water that keep body hydrated.
- Seasonal fruit-watermelon, grapes, coconut water, mango, lemonade etc.
- Salad etc.

**Avoid**

- salt, sour and pungent food.
- Hot and spicy food.
- avoid wine , if wine should be taken then large quantity of water should be mixed.

**Other regimen**

- Should take rest in the cold place during day and under soothing rays of moon at night.
- Should apply sandal wood paste on body and forehead.
- Should take rest in the garden having tall tree, which do not allow the sun light like sala, tala etc.
- Should wear light and clean cloth.

**Avoid**

- physical exercise should be avoid
- Avoiding sexual intercourse.

**DISCUSSION**

The month like jyaistha and asadha constitute greeshma ritu based on hindu calender while

the month i.e may-june and july-june, happen to come in this season, based on english calendar. In this season people generally feel tired and have fall of strength and vigour. Hence in that season sweet, cold, liquid and fatty food and drinks are beneficial. Taking regular cold and sweet mantha, meat of wild animals and birds, ghee and milk along with rice, wine should be taken in a little quantity or with plenty of water or should be left altogether, salted, sour, pungent and hot and also physical exercise should be avoided or to be done half of the strength, take sleep in cool room during day and on the roof of the mansion with abundant air and cooled with moon rays during night, having pasted sandal on his body. one adorned with pearls and gem that keep body cool.<sup>[16]</sup>

## CONCLUSION

Ayurveda is a science of life. Its first aim is to preserve the good health and to prolong the life and secondly to prevent the disease. If we follow pathya ahara and vihara considering the ritu is the best way to attain healthy state and to prevent those disease which will occur in the future. The disease that can occur in future can be related to life style disorder. These disorder occur due to apathya ahara and vihara. These will result in disharmony among dosha and ultimately produce condition that can become tough to cure. Thus for preventing this understanding ritucharya and diet plays important role. Therefore one should analyze their prakriti and adopt a regimen under ritu, thus it become vital to adopt. these regimen mentioned under each ritucharya, Thus we easily attain our primary and most significant goal swasthasya rakshanam to be swasthya both physically and mentally through ritucharya.<sup>[17]</sup>

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