

CLASSICAL REFERENCE ABOUT RITUCHARYA- A REVIEW

¹*Dr. Omprakash Koshima and ²Dr. Anil Kumar Patel

¹Assistant Professor, Dept. - Samhita & Siddhant, Chhattisgarh Ayurved Medical College and Hospital, Vill - Manki, Dist.- Rajnandgaon (C.G.).

²Assistant Professor, Dept. - Swasthavritta Evam Yoga, Chhattisgarh Ayurved Medical College and Hospital, Vill - Manki, Dist.- Rajnandgaon (C.G.).

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Corresponding Author*Dr. Omprakash Koshima**

Assistant Professor,
Dept. - Samhita & Siddhant,
Chhattisgarh Ayurved
Medical College and
Hospital, Vill - Manki,
dist.- Rajnandgaon (C.G.).

ABSTRACT

In Ayurveda, Ritu, or we can say season, depicts the secret by diverse kind express dissimilar belongings on the body as well as the surroundings. *Ayurveda* has depicted a variety of rules and regimens (*Charya*), regarding diet and performance to get used to travelling enforcement with no trouble without changing body homeostasis. The major code of Ayurvedic system of medicine is defensive aspect, can be attain by the change in diet and rehearsal in response to change in climatic situation. This is a very important aspect of defensive medicine as state in Ayurvedic texts. Way of life disarray is very ordinary in the three eras, on the whole create from be short of next migratory regimens due to lack of attention in migratory kind. A firm technological analysis is the base, which hold true even on date. Hence an attempt has made to recollect all the ritucharya references.

KEYWORDS: *Ritu, Charak, Season.*

INTRODUCTION**Classification of season**

If we look at the Hindu calendar and In reference related to Ayurveda year is divided in to two *ayana* (sun movement) depending on the direction of movement of sun i.e.

1. *Uttarayana* (northern solstice)
2. *Dakshinayana* (southern solstice).

Each is formed of three *Ritu*'s (seasons). "To go." Is the meaning of *Ritu*. It is the form in which the nature expresses itself in a sequence in exacting and exact in there forms in short, the season.^[1]

If we look at the seasons they, namely called as,

1. *Shishira* (winter)
2. *Vasanta* (spring)
3. *Grishma* (summer) in *Uttarayan*
4. *Varsha* (monsoon),
5. *Sharata* (autumn)
6. *Hemanta* (late autumn) in *Dakshinayana*.

As *Ayurveda* has its source in India, the above seasonal changes are experiential mostly in Indian subcontinent.

1. Uttarayana

Uttarayana (*Adana Kala*) indicate the climb of the sun or northward group of the sun.

- In this period the sun and the wind are influential.
- The sun takes away the power of the people and the cooling excellence of the earth.
- It brings add to in the *Tikta* (bitter), *Kashaya* (astringent), and *Katu* (pungent) *Rasa* (taste), respectively, which bring about aridness in the body and reduce the *Bala* (strength).

Some brief

If we look at its modern concept, it is gradual group of movement of earth around the sun to the position, in which the energy of the sun fall upright at 30 degree meridian of the North Pole on June 21st every year, called as summer solstice. The northward trip of the Sun from Tropic of Capricorn to Tropic of Cancer happen.

More about Uttarayana is during the seasonal change in Indian subcontinent, if we look at the months from *Shishira* (winter) to *Vasanta* (spring) and to *Grishma* (summer). The period can be compared to mid-January to mid-July, when warmness and dryness in weather increases. It has an overall incapacitating effect on environment, to the living being on earth.

2. *Dakshinayana*

If we look at the *Dakshinayana* It is also called *Visarga Kala*. It indicate the fall of the sun or group of the sun in southern course.

- In this period, the wind is not extremely dry; the moon is more influential than sun.
- The earth becomes cool due to the clouds, rain, and cold winds. Unctuousness sets in the atmosphere and *Amla* (sour), *Lavana* (salty), and *Madhura* (sweet) *Rasa* are predominant,
- If we talk about the strength of person, it got enhances during this period.

Some brief

According to modern science, this can be compared with the gradual movement of the earth around the sun to the position, in which the rays of the sun fall over 30 degree meridian of the South Pole perpendicularly on December 21st every year, is called as winter solstice. The southward movement of the Sun occurs from Tropic of Cancer to Tropic of Capricorn.

- During *Dakshinayana*, the seasonal changes occur in the Indian subcontinent from *Varsha* (monsoon) to *Sarata* (autumn) and to *Hemanta* (late autumn).
- This period can be compared to mid-July to mid-January, when cool sets, and due to which anabolic activity dominates over the catabolic activity in the environment.

State of strength

In the beginning of *Visarga Kala* and ending of *Adana kala*, that is, during *Varsha* and *Grishma*, weakness occurs. In the middle of the solstices, that is, during *Sharata* and *Vasanta*, strength remains in moderate grade and in the end of *Visarga Kala* and in the beginning of *Adana Kala*, that is, during *Hemanta* and *Shishira*, maximum strength is seen.^[2-5]

REGIMEN ACCORDING TO SEASON

1. SHISHIRA (WINTER)

MID-JANUARY TO IN BETWEEN -MARCH

- During this season, the surroundings remain cold, along with cold wind. The predominant *Rasa* and *Mahabhuta* during this period are *Tikta* (bitter) and *Akasha*, respectively.
- The strength of the person becomes less, statement of the *Kapha Dosha* occur and *Agni* (catabolism) remnants in a higher state.

INDICATION OF DIET REGIMEN IN ABOVE SEASON

- **In this season, *Amla*** (sour) as the predominant taste are indicated to take.
- Cereals and pulses, wheat/gram flour products, new rice, corn, and others, are advised. Ginger, garlic, *Haritaki* (fruits of *Terminalia chebula*), *Pippali* (fruits of *Piper longum*), sugarcane products, and milk and milk products are to be included in the diet.
- Foods having *Katu* (pungent), *Tikta* (bitter), *Kashaya* (astringent) predominant Rasa are to be avoided.
- *Laghu* (light) and *Shita* (cold) foods are advice to be forbidden.

INDICATION OF LIFESTYLE

- **Massage with oil or depending on dosha's are indicated.**
- Exposure to sunlight,
- Wearing warm clothes are mention to go behind.

CONTRAINDICATIONS

- *Vata* infuriating way of life like disclosure to cold wind,
- Excessive walking
- Sleep at late night are to be avoided.

2. VASANTA (SPRING)

GENERAL CONDITION

- **Vasant ritu** cones in the mid-March to mid-May.
- This season is careful as season of flowering and origin of new leaves.
- In this period Predominant *Rasa* and *Mahabhuta* during this period are *Kashaya* (astringent), and *Prithvi* and *Vayu*, in that order.
- Strength of the person remains in medium degree, vitiation of *Kapha Dosha* occurs and *Agni* remains in *Manda* state.

DIET REGIMEN

- One should take easily digestible foods.
- Among cereals, old barley, wheat, rice, and others are preferred. Among pulses, lentil, *Mugda*, and others, can be taken.
- Food items tasting *Tikta* (bitter), *Katu* (pungent), and *Kashaya* (astringent) are to be taken. Besides those, honey is to be included in the diet.

- Meats like that of *Shahsa* (rabbit), which are easy to digest can be taken.
- Foods which are hard to digest are to be avoided.
- Avoid *Sheeta* (cold), *Snigdha* (viscous), *Guru* (heavy), *Amla* (sour), *Madhura* or sweet, drinks, soda etc.

LIFESTYLE

- One should use warm water for bathing purpose, may do exercise during *Vasant Ritu*.
- Panchkarma like *Vamana* and *Nasya* are advised.
- *Udvartana* (massage) with powder of *Chandana* (*Santalum album*), *Kesara* (*Crocus sativus*), *Agaru*, and others, *Kavala* (gargle), *Dhooma* (smoking), *Anjana* (collyrium).
- Day-sleep is severely contraindicated during this period.

GRISHMA (SUMMER)

General Condition

- Mid-May to mid-July (approximately) is considered as *Grishma* (summer) season.
- Environment is common with intense heat and unhealthy wind.
- The river-bodies dried and the vegetation appear unconscious.
- The predominant *Rasa* is *Katu* (pungent) and *Mahabhuta* are *Agni* and *Vayu*.
- The power of the person become fewer, deposition of *Vata Dosha* occurs, but the vitiated *Kapha Dosha* is pacified during this season.
- *Agni* of the person will remain in mild state.

DIET REGIMEN

- Foods which are light to digest—those having *Madhura* (sweet), *Snigdha* (unctuous), *Sheeta* (cold), and *Drava* (liquid) *Guna*, such as rice, lentil, etc, are to be taken.
- Drinking plenty of water and other liquids, such as cold water, buttermilk, fruit juices, meat soups, mango juice, churned curd with pepper, is to be practiced. At bedtime milk with sugar candy is to be taken.
- *Lavana* and food with *Katu* (pungent) and *Amla* (sour) taste and *Ushna* (warm) foods are to be avoided.

LIFESTYLE

- Staying in cool places, applying sandal wood and other aromatic pastes over the body, adorning with flowers, wearing light dresses and sleeping at day time are helpful.

- During night one can enjoy the cooled moon rays with breeze.
- Excessive exercise or hardwork is to be avoided; too much sexual indulgence and alcoholic preparations are prohibited.^[6-8]

VARSHA (MONSOON)

- Mid-July to mid-September (approximately) is considered as *Varsha Ritu*.
- During this season the sky is covered by clouds and rains occur without thunderstorm.
- The ponds, rivers, etc., are filled with water.
- The predominant *Rasa* and *Mahabhuta* during this season are *Amla* (sour), and *Prithvi* and *Agni*, respectively. The strength of the person again becomes less, vitiation of *Vata Dosha* and deposition of *Pitta Dosha*, *Agni* also gets vitiated.

DIET REGIMEN

- Foods having *Amla* (sour) and *Lavana* (salty) taste and of *Sneha* (unctuous) qualities are to be taken. Among cereals, old barley, rice, wheat, etc., are advised.
- Besides meat soup, *Yusha* (soup), etc. are to be included in the diet. It is mentioned that one should take medicated water or boiled water.
- Intake of river water, churned preparations having more water, excessive liquid and wine are to be avoided.
- The foods, which are heavy and hard to digest, like meat, etc., are prohibited.

LIFESTYLE

- Use of boiled water for bath and rubbing the body with oil properly after bath is advised. Medicated *Basti* (enema) is prescribed as an evacuative measure to expel vitiated *Doshas*.
- Getting wet in rain, day-sleep, exercise, hard work, sexual indulgence, wind, staying at river-bank, etc., are to be prohibited.

SHARAD (AUTUMN)

- The period between mid-September to mid-November is *Sharat Ritu* (autumn).
- During this time the Sun becomes vivid, the sky remains clear and sometimes with white cloud, and the earth is enclosed with wet mud.
- The predominant *Rasa* is *Lavana* (salty) and predominant *Mahabhutas* are *Apa* and *Agni*.
- The power of the person remains medium, conciliation of vitiated *Vata Dosha* and vitiation of *Pitta Dosha* occur, and action of *Agni* increase during this season.

DIET REGIMEN

- Foods are having *Madhura* (sweet) and *Tikta* (bitter) taste, and of *Laghu* (light to digest) and cold properties are advised.
- Foods having the properties to pacify vitiated *Pitta* are advised. Wheat, green gram, sugar candy, honey, *Patola* (*Trichosanthes dioica*), flesh of animals of dry land (*Jangala Mamsa*) are to be included in the diet.
- Hot, bitter, sweet, and astringent foods are to be avoided. The food items, such as fat, oils, meat of aquatic animals, curds, etc., are also to be not included in the diet during this season.

LIFESTYLE

- Habit of eating food, only when there is a feeling of hunger is recommended. One should take water purified by the rays of sun in day time and rays of moon at night time for drinking, bathing, etc.
- It is advised to wear flower garlands, and to apply paste of *Chandana* (*Santalum album*) on the body.
- It is said that moon rays in the first 3 hours of night is favourable for health.
- Medical procedures, such as *Virechana* (purging), *Rakta-Mokshana* (blood letting), etc, should be done during this season.
- Day-sleep, excessive eating, excessive exposure to sunlight, etc., are to be avoided.

HEMANTA (LATE AUTUMN)

- Mid-November to mid-January is considered as *Hemanta* (late autumn) *Ritu*. Blow of cold winds starts and chillness is felt.
- Predominant Rasa during this season is *Madhura* and the predominant *Mahabhutas* are *Prithivi* and *Apa*.
- The strength of a person remains on highest grade and vitiated *Pitta Dosha* gets pacified. Activity of *Agni* is increased.

DIET REGIMEN

- One should use unctuous, sweet, sour, and salty foods. Among cereals and pulses, new rice, flour preparations, green gram etc. are mentioned to be used.
- Various meats, fats, milk and milk products, sugarcane products, *Shidhu* (fermented preparations), *Tila* (sesame), and so on, are also to be built-in the diet.

- *Vata* aggravating foods, such as *Laghu* (light), cold, and dry foods are to be avoided. Intake of cold drinks is also contraindicated.^[9]

LIFESTYLE

- Heavy clothing, *Atapa-sevana* (sunbath), Exercise, head massage, use of warm water application of *Agaru* on body, sexual indulgence with one partner, residing in warm places is optional.
- Exposure to strong and cold wind, habit of day sleep, etc., are mention to be avoided.

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