

**REVIEW OF *GREESHMA RITUCHARYA* ACCORDING TO
BRIHATTRAYEE IN PRESENT ERA****Vd. Seema Ingole***

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ABSTRACT

Ayurveda, the science of life advises various dietary and behavioural regimens for maintaining the Swasthya Avastha (Healthy state) of both Shareera and Manas. These should be followed according to different Ritus for getting desired benefits which are defined as Ritucharya (Regimens according to different seasons). Its importance has been explained widely in different classics of Ayurveda. There are lot of changes occurring in different seasons. These changes in the season will in turn affect the external environment where we are living. Due to these changes in both season and external environmental environment, our body and mind will also get affected. During the transition period from one season to another season, different changes occurring in the season will affect the normal balance of our body and mind. Therefore,

it's necessary that our body should adapt to this changing environment without disturbing the Homeostasis of the body. At this point understanding Ritucharya is important as by following the regimens mentioned in each Ritu will help to prevent all the diseases that can occur in each season. Ayurveda also gives importance to preventive aspects rather than treatment aspects. Here dietary and behavioural regimens of Greeshma Ritu are highlighted along with its modern aspects. In modern perspective this can be correlated to summer season. This is the season in which humans get affected with different types of communicable diseases. Due to the changes occurring in our body due to these along with following wrong regimens can lead to life style disorders in future. The different points going to deal here includes: What are the changes occurring in our body during the Greeshma Ritu, what are its adverse effects on our body, how to overcome these adverse effects, how can it be correlated with modern aspects. By proper understanding of these aspects, we can avoid all unhealthy regimens that

can lead to diseases. At the same time by following regimens according to the classics will help to attain the healthy state and can prevent the life style disorders.

KEYWORDS: *Greeshma, Ritu, Ritucharya, Regimen, Summer.*

INTRODUCTION

The ancient science of life, Ayurveda has always stressed maintaining health and preventing the disease by following a proper diet and lifestyle regimen rather than treating and curing disease. The aim of Ayurveda is *Swasthasya Swathaya Rakshanam*, which means to maintain the health of healthy individual. For this purpose, *Dinacharya* and *Ritucharya* have been mentioned in our classics.^[1]

In the present era, lifestyle disorders are becoming a serious problem. The main reason behind these is the unawareness of the society about the seasons and various regimen that we should follow in different seasons. Various new diseases are getting originated day by day. Therefore, to maintain our health in this constantly changing environment we must follow ideal daily routine and lifestyle regimen as mentioned in our classics under *Dinacharya* and *Ritucharya*. As adaption according to the changes, is the key for survival, the knowledge of *Ritucharya* is important. Generally, people do not know or ignore the suitable type of food, clothes and other regimen to be followed in particular season, these leads to various lifestyle disorders. Therefore, *Ritucharya* is very important topic in this era.

Ritu (Synonym of *Ritukala*), *Charya* (*Charya* shatraniamit achara).^[2]

Ritu means season, in Ayurveda *Ritu* have described very thoroughly. They are total six in no. (shata ritu-shishir, vasanta, grishma, varsha, sharad, hemanta). Which further divided in two *Ayanas* (*Uttarayana* and *Dakshinaya*). *Uttarayana* also known as *Aadana Kala* includes three *Ritus* like *Shishira*, *Vasanta*, *Grishma* in this *Ritus* power of sun is very strong, due to this it takes the *Soumya Guna* of earth and strength of people is also become significantly less. *Dakshinayana* is known as *Visarga Kala* includes three *Ritus* *Varsha*, *Sharada*, *Hemanta* in this *Ritu* moon is more powerful than sun, due to this *Soumya Guna* of earth increase and strength of people also increses.^[3]

AIMS AND OBJECTIVES

1. To highlight the basic concept of *Grishma Ritu* explained in *Brihatrayees*.
2. To understand its significance in present era.

MATERIAL AND METHOD

1. *Ritucharya* mentioned in *Brihatrayee* with its commentaries.
2. Websites and other relevant articles related *Greeshma Ritu*.
3. All the material properly collected, analysed and arranged in a sequential manner for proper understanding.

GREESHMA RITU

As previously described *Greeshma Ritu* comes under *Aadana Kala* therefor in this *Ritu* strength is less.

General features

1. Sun is intense and it decreases the *Soumya Guna* and energy.
2. Wind is also strong and unpleasant (*Asukha*).
3. Rivers are with little stream.
4. Earth is heated.
5. Birds and animals moves to other places in search of water.
6. Leafless trees.^[4]

DOSHA- Kapha Prashamana and Vata Chaya. RASA- Katu.

GUNA- Ruksha, Laghu, Ushna. DEHA BALA- Avara (minimum). AGNI BALA- Avara (minimum).

CHARYA

Two parts comes under this topic- 1. *Ahara* (dietary habits or regimen)
2. *Vihara* (lifestyle habits or regimen)

1. Ahara

Which further divided in two parts- 1. *Sevaniya* (means what should we eat)

2. Asevaniya (what we should not eat)

a) *Sevaniya Ahara*

Madhura Rasatmaka, Shita, Snigdha Anaapana. Mantha.

Jangala Pashu Pakshi Mansa. Ghrita, Dugdha And Shalishastika.

b) *Asevaniya Ahara*

Madya(alcohol) should not take in these *Ritu* if it has to be taken then you should take with more quantity of water.

Amla, Lavana, Katu, Rasapradhana Ahara. Ushna Padartha.

Vyayama(exercise)

2. *Vihara*

a) *Sevaniya*

At day times in room or house which has cool environment or less temperature and at night times under the sky with full light of moon.

Chandanadi Dravya Lepa application before sleep. Wear ornaments of *Mukta, Mani*.

Shital Jala Sevana.

Spend noon in gardens or under the cool shadow of trees.

b) *Asevaniya*

Maithuna Kriya (intercourse) Exercise.

Precautions or Changes in present in era

1. Avoid salty, spicy food, canned food.
2. Avoid excessive work, gym.
3. Alcohol consumption.
4. Maintain room temperature.
5. Wear cotton clothes.
6. Liquid intakes should add in diet.

DISCUSSION

This is the way the ancient sage set up the regimen for various seasons to obtain *Swasthya* and also helps to prevent disease by following the do's and don'ts told by acharyas in *Brihatrayee*. Therefore, one should analyse their prakriti and adopt a regimen under *Ritu*. by doing this we can achieve the ultimatum of *Swasthya*.

CONCLUSION

Acharya Charaka in *Tasyasheethiya Adhyaya* of *Sutrasthana* clearly mentioned that if we follow *Pathya Ahara* and *Pathya Vihara* considering the *Ritus* is the best way to attain *Swasthya Avastha* and to prevent *Ajatanam* Regimen *Vikaranaam*. *Ajata Vikara* are those

Vikara which can occur due to *Apathya Ahara* and *Vihara Sevana* without considering the season. Ayurveda makes the people to modify according to their body constitution. As changes which are occurring in the environment affect our body that's why it's very important to for our body to get familiar with these changes.

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