

THE RELEVANCE OF KALA SIDDHANTA IN SEASONAL DISORDERS AND LIFESTYLE DISEASES

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ABSTRACT

Kaala refers to time or event that holds a more profound significance in Ayurveda with reference to health and disease. Kaala governs creation, transformation of diseases and life span of whole universe. Kaala regulates vitiation and pacification of Tridosha thus affects prevalence and prevention of disease. The balance of Dhatus also govern by Kala thus it play vital role in normal and pathological health status. The concept of Kala helps to plan daily and seasonal routines, which affects physiological functions of body. According to Kaala diseases can be classified as acute or chronic. In Ayurveda, Kaala plays a critical role in the administration of medicines and conduction of specific routine to prevent seasonal disorders and lifestyle diseases. Specific seasonal diets and regimen improves strength and vitality, thus prevent disorders related to the seasonal variation and misconduct of life style. Thus consideration of concept of Kaala is very important in maintaining health and managing diseases.

KEYWORDS: Ayurveda, Kaala, Dosha, Seasonal, Lifestyle, Dincharya, Ritucharya.

INTRODUCTION

Kaala is considered one of the Karana Dravyas that influence actions and outcomes of specific action. This term mainly referred to time or duration or period related to certain events. The preservation of health can be achieved by obeying the rules of Dincharya and Ritucharya, both of which rooted in the concept of Kaala Siddhanta. Strength and vitality improves when as individual follow season-specific diets and regimens. This practice helps to prevent seasonal and life style disorders since Kaala ensures alignment of body with natural rhythms. Similarly Kaala helps in assessing the chronicity of disease through which appropriate treatment plan can be determined. The concept of Kaala Siddhanta guide about the appropriate timing of drug administration. Charaka classifies Kaala into two main categories as depicted in Figure 1.

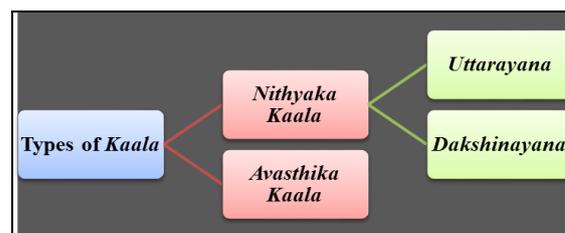


Figure 1: Types of Kaala.

Nithyaka Kaala is refers to perpetual time which includes *Vasanta*, *Shishira* and *Grishma Ritu* in *Uttarayana*. *Dakshinayana* of *Nithyaka Kaala* includes *Varsha*, *Sharad* and *Hemanta Ritu*. *Avasthika Kaala* relates to the stages of diseases and their progression. *Kaala* helps to understand nature of *Vyadhi* and their *Nidana*, *Kriyakala*, *Sadhyasadhya* and *Arishta*, etc. Therefore *Kaala* concept provides guidance towards the prevention and treatment of diseases mainly associated with seasonal variation and life style related diseases.

Kaala can be synonymous with terms like *Parinama*, *Samvatsara*, *Bhagawan* and *Swayambhu*. The various attributes of *Kaala* includes *Sankhya* and *Parimana*, etc.

Kaala governs dynamic processes of life; it acts as *Nityaga* (eternal) and *Avasthika* (situational). *Kaala* is revered as divine, with its beginning and end remaining indistinct. It governs the manifestation of tastes, controls life and provides basis for understanding phenomena of time.

According to the concept of *Kaala* each *Ritu* spans two months and during this period it impacts *Tridosha* balance in body. To mitigate the adverse effects of seasonal changes on *Doshas*, Ayurveda prescribes specific regimens known as *Ritucharya*. This concept of *Ritucharya* helps to prevent diseases of different seasons. In this way *Kaala* holds significance for both *Swastha* and *Athura*. Various aspects of life such as *Dincharya*, *Ritucharya*, *Dosha Kaala*, *Avasthapaka Kaala* and *Dhatu Poshana Kaala* are rooted in the framework of time. Additionally disease progression (*Samprapti*) and treatment are also dependent on *Kaala*.

Kaala Siddhanta and Health

The *Bala* is categorized as *Sahaja*, *Kaalaja* and *Yuktikrita*. *Kaalaja Bala* is influenced by age and seasonal variations. Thus appropriate *Ahara-Vihara*

according to specific time plays a vital role in maintaining optimal health. *Kaala* affects health and elemental balance of body according to seasonal variation since qualities of air and sunlight also changes when *Kaala* transforms from *Dakshinayana* to *Uttarayana* and *vice-versa*.

Strength increases during *Visarga Kaala* and decreases in *Aadan Kaala*, highlighting the need of precautionary measures during *Ritusandhi*. *Kaala* becomes important factors in relation to the *Dinacharya* and *Ritucharya*. The improper utilization of *Kaala* with respect to *Ahara-Vihara* may causes diseases. *Ati-yoga*, *Ayoga* and *Mithya-yoga* of *Ahara-Vihara* with respect to time mainly considered contributing factors of disease manifestations.

During the transition from *Adana Kala* to *Visarga Kala* the body experiences reduced strength and vitality. The highest level of strength is observed during the end of *Visarga Kala* and the start of *Adana Kala*. Considering this fact Ayurveda suggested specific regimens to prevent seasonal and life style related disorders (Table 1).

Table 1: Regimen in Ayurveda according to specific Kaala.

Season	Diet Regimen	Lifestyle
<i>Shishira</i>	Prefer <i>Amla</i> foods, cereals, wheat/gram products, rice, milk products. Avoid cold, light, and bitter foods.	Oil massage, warm water baths, sun exposure, warm clothes. Avoid late nights, cold wind, and excessive walking.
<i>Vasanta</i>	Easily digestible foods, bitter/pungent/astringent tastes, honey, old barley, wheat, lentils. Avoid cold, heavy, sweet, and sour foods.	Warm baths, exercise, <i>Udvardana</i> , <i>Vamana/Nasya</i> . Avoid day-sleep.
<i>Grishma</i>	Light, sweet, cold, and liquid foods like rice, lentils, buttermilk. Avoid hot, sour, and salty foods.	Cool places, aromatic pastes, light clothing, moonlit evenings. Avoid excessive exercise, heat, and alcohol.
<i>Varsha</i>	Sour and salty foods, soups, old barley/rice. Avoid heavy, cold, or watery foods. Use boiled or medicated water.	Oil massage, boiled water baths, <i>Basti</i> therapy. Avoid getting wet, excessive work, or sexual indulgence.
<i>Sharat</i>	Sweet and bitter foods, light meals like green gram, wheat. Avoid hot and oily foods.	Eat when hungry. Avoid overeating and day-sleep.
<i>Hemanta</i>	Sweet, sour, salty, and unctuous foods like new rice, milk, sesame. Avoid cold, light, and dry foods.	Exercise, warm water baths, sunbaths and warm clothing.

The natural variations in the *Doshas* due to seasonal changes can be managed by specific regimen as mentioned in Table 1. *Vata* accumulates in *Greeshma*, aggravates in *Varsha* and subsides in *Sharad*; *Pitta* accumulates in *Varsha*, aggravates in *Sharad*, and subsides in *Hemanta*; *Kapha* accumulates in *Shishira* (late winter), aggravates in *Vasanta* (spring), and subsides in *Greeshma*. Ayurveda prescribes concept of *Ritucharya* to described seasonal regimen for balancing variations in *Dosha* and preventing seasonal diseases.

DISCUSSION

The concept of *Kala Siddhanta* plays crucial role in seasonal disorders and lifestyle-related diseases since it helps to balance *Doshas*. Seasonal disorders arise from imbalances caused by environmental changes; for example, in *Varsha Ritu* excess of *Kapha* can lead to issues like respiratory problems. Ayurveda addresses these imbalances through *Ritu Charya*, which recommends lifestyle practices to restore balance with the changing seasons. Similarly, lifestyle diseases are

linked to disruptions in the body's natural rhythms, such as irregular diet and sleep pattern, etc. Awful life style mat leads diseases like hypertension, obesity and diabetes, etc. *Kala Siddhanta* emphasizes the importance of aligning lifestyle with natural cycles, such as waking early, following seasonally appropriate diets, and maintaining balanced activity, to prevent these conditions.

CONCLUSION

Kaala acts as a factor influencing both health and disease, every stage of a disease, from its *Nidana* to *Chikitsa*, is intrinsically linked with time. *Kaala* represents cyclical process of transformation and plays a crucial role in the preservation of health and overall well being. It serves as a basis for classifying diseases into categories such as *Kaalaja* and *Akaalaja*. *Kaala* is essential for maintaining health and understanding the pathogenesis of diseases, as it guides treatment protocols aimed at preserving health and alleviating the ailments.

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