



AYURVEDA PRINCIPLES OF HEALTHY REGIMEN W.S.R. TO CONCEPT OF RITUCHARYA: AN APPROACH OF DISEASE PREVENTION

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ABSTRACT

Ayurveda the great science of Indian civilization suggested many ways of long and healthy life. Ayurveda not only concern towards the longevity and vitality but it also emphasizes ethical and spiritual conducts. Principles of Ayurveda help to retain normal health conditions by preventing pathogenesis of diseases. There are many theories described by Ayurveda philosophers for healthy living and concept of Ritucharya is one of them. Concept of Ritucharya encompasses rules of seasonal regimen and these rules need to be followed as per the seasonal conditions to maintain normal and disease free health status. Ritucharya and Dinacharya are suggested seasonal and daily regimen by ancient Ayurveda philosophers which contributed significantly towards the prevention of Dosha Vaishamya. Conduction of disciplinary regimen in specific season not only boosts physical and mental health but also resist pathogenesis of life style disorders. Considering these all aspect present article dealt with Ayurveda concept of Ritucharya.

KEYWORDS: Ayurveda, Ritucharya, Disease, Dosha.

INTRODUCTION

Ayurveda *Samhitas* presented many aspects like *Ritucharya* which helps in health restoration and provides longevity. The theories of Ayurveda establish synchronization amongst between physical and mental health, moreover Ayurveda paid great attention for improving ethical and spiritual conduct, and therefore we can say that Ayurveda give importance to both body as well as soul. The person who obeys rule of Ayurveda remains free from diseases and in this regards Ayurveda explained many philosophies and *Ritucharya* is one of them. The concept of *Ritucharya* suggests dietary and daily regimen as per seasonal variation means *Ahara-Vihara* with respect to specific climatic conditions.^[1-5] The consumption of diet and involvement in activities as per seasonal requirement provides maximum health benefits of consumed food stuffs and conduction of rules of *Ritucharya* helps to resist disease pathogenesis. Consideration of *Ritucharyas* (seasonal regimen) prevents pathogenesis of common disorders mainly related to the life style abnormalities.^[3-6]

Ayurveda specifically described six types of *Ritu* including *Shishira*, *Vasanta*, *Grishma*, *Varsha*, *Sharad* and *Hemanta*. *Shishira Ritu* from mid Jan. to mid March,

Vasanta Ritu from mid March to mid May, *Grishma Ritu* from mid May to mid July, *Varsha Ritu* from mid July to mid Sept, *Sharad Ritu* from mid Sept. to mid Nov., and *Hemanta Ritu* from mid Nov. to mid Jan.

Physiological Action and Specific *Ritu*

- ✚ *Dosha* predominance varies as per specific *Ritus* therefore vitiation of particular *Doshas* may take places in particular season.
- ✚ Metabolic activities of body also vary depending upon seasonal variations.
- ✚ Digestive fire changes from summer to winter season.
- ✚ Need of body varies from season to season i.e. person may require more dietary fluid in summer season.
- ✚ Desire changes as per seasonal variation, more hunger observed in winter season than summer.
- ✚ Mental sustainability depends upon season i.e. person remain calm and lusty in winter season than summer season.

The above mentioned reasons clearly indicated that one should adopt diet and daily regimen as per seasonal requirement so to maintain physiological balances and

avoiding diseases conditions. The specific *Ahara* & *Vihara* as per seasonal requirements are mentioned here.

Dosha and Ritucharya

Sanchaya, *Prakopa* and *Prashamana* of *Dosha* depends upon specific *Ritu* as follows:

- ❖ *Prakopa* of *Vata Dosha* occurs in *Varsha Ritu* while *Prasama* of *Vata Dosha* occurs in *Sharat Ritu*.
- ❖ *Prakopa* of *Pitta Dosha* occurs in *Sharat Ritu* while *Prasama* of *Pitta Dosha* occurs in *Hemanta*.
- ❖ *Prakopa* of *Kapha Dosha* occurs in *Vasanta Ritu* while *Prasama* of *Kapha Dosha* occurs in *Grishma*.

The above mentioned facts indicated that one should follow routine as per rules of *Ritucharya* so that equilibrium of *Doshas* maintained throughout the year. Since *Vata Dosha* may aggravates in rainy season thus painful disorders can persist. *Pitha Dosha* aggravates in autumn thus it is require to balance *Pitha Dosha* in this season. *Kapha Dosha* aggravates in spring therefore diseases related to *Kapha* aggravation may occurs in this season, thus it is suggested to avoid *Ahara-Vihara* that can vitiate *Kapha* in spring season.^[5-8]

Similarly predominance of specific *Rasa* varied depending upon particular *Ritu* as depicted in **Figure 1**.



Figure 1: Predominance of specific *Rasa* depending upon particular *Ritu*.

Ahara-Vihara* for *Sishira* and *Hemanta Ritu

Cold environment causes more hunger thus nutritional diet suggested and heavy food stuffs can be recommended. Uses of moisturizer recommended since moisture from skin get reduced. *Lavana* and *Amla* food can be used in this season. There is chances of diseases like; asthma, allergy, flu and common cold, etc. in *Sishira* and *Hemanta Ritu* therefore it is advised to remain away from cold and oily food stuffs. *Ahara* that can vitiate *Kapha* need to be avoid in this season therefore food materials possess hot potency can be used in *Sishira* and *Hemanta Ritu*. *Abhyanga* and *Utsadana* are advised in winter season. Spicy, bitter, astringent and cold stuffs are to be avoided to prevent pathogenesis of life style disorders.

Ritucharya* for *Vasanta Ritu

Barley, wheat, rice and green gram, etc. are advised in this season, *Tikta*, *Katu* and *Kashaya Rasa* best suited in this condition. *Udvardana*, *Dhumapana*, *Kavala Graha* and *Anjana* suggested for maintaining good health in *Vasanta Ritu*. Consumption of sweet, sour and oily food

stuffs are to be avoided. These conduction of *Ahara-Vihara* in *Vasanta Ritu* helps to prevent diseases like diabetes.

Ritucharya* for *Grishma Ritu

Sweet, unctuous and liquids diets are suggested in summer season, juice of fruits, milk and rice can also be consumed in *Grishma Ritu*. Liquid diet and avoidance of excessive physical exertion advised to prevent prevalence of pathological conditions like dehydration, diarrhea and indigestion. Salty, sour, pungent and hot food stuffs should not be consumed. Carbohydrate-rich foods as a source of energy recommended in summer season to compensate loss of energy.

DISCUSSION

Ritucharya mainly related to the atmospheric conditions including temperature, wind, rain, humidity and clouds conditions, etc. Body behave differently as these conditions get changed therefore one should follow rules of *Ritucharya* to balances physiological activities of body as per seasonal variation.

Alasya Lakshnas are specific remarks of summer season therefore one should avoid day time sleeping and heavy food stuffs to remain away from laziness.

Similarly *Bala* changes season to season, i.e.; in *Hemanta Ritu Bala* is *Pravara*, in *Vasanta Ritu Bala* is *Madhyama* while in *Varsha Ritu Bala* become *Avara* therefore one should remain more careful towards infectious diseases due to the low state of *Bala* in rainy season.

Ritu acts as *Nimittakarana* in the manifestation of disease means symptoms of pathological condition on particular *Kala* (time period) indicates specific events inside the body i.e.; headache at evening time indicates *Vata* predominance, therefore in such condition one should avoid *Vata* vitiating food stuffs. Similarly chances of *Vata* aggravation is more in rainy season therefore person suffered with painful disorders require more care in rainy season.

The prevalence of diseases predominantly associated with specific *Ritu*; skin manifestation in winter season, diarrhea & anorexia in summer season, allergy in spring season, infections in rainy season and asthma in winter season, etc. thus one should avoid factors that can induces pathogenesis of such diseases which are prone in specific season.

The good conduction of concept of *Ritucharya* helps to prevent disease like diabetes, cancer, obesity and cardiovascular diseases, etc. Obeying rules of *Ritucharya* one can maintain harmony of *Tridosha*, this help to balances functioning of *Agni* and *Dhatus*. The good state of *Agni*, *Dhatus* and *Tridoshas* referred healthy state which can be achieved by considering concept of *Ritucharya* & *Dincharya*.^[7-9]

CONCLUSION

Ritucharya is vital concept of ancient Ayurveda which help to promote health as well as overall well being. The concept of *Ritucharya* not only provides way of disease free life and resists prevalence of common diseases like flu, cold, allergy, diarrhea and dysentery, etc.. Avoidance of concept of *Ritucharya* can imparts negative effects on health leading to many pathological conditions such as; infections, amebiasis, obesity, diabetes and hepatitis, etc. Therefore Ayurveda philosopher advised rules of *Ritucharya* for maintaining normal and disease free health status.

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