

A CROSSECTIONAL SURVEY STUDY FOR HUMAN DIET AND REGIMEN IN
VARSHA RITU W.S.R. TO RITUCHARYA ACROSS CHATTISGARHOm Prakash Sahoo^{1*}, L. C. Harjpal² and Shweta Singh³¹PG Scholar, Department of Samhita Siddhant and Sanskrit, SNPA Govt. Ayurvedic College, Raipur, C.G.²Head of Department, Department of Samhita Siddhant and Sanskrit, SNPA Govt. Ayurvedic College, Raipur, C.G.³Lecturer, Department of Samhita Siddhant and Sanskrit, SNPA Govt. Ayurvedic College, Raipur, C.G.

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ABSTRACT

Background: Ritucharya is an effective, health-promoting Ayurvedic regimen that helps us to adapt internally to keep our Doshas in balance and live in line with seasonal changes. Every Ritu has a unique climate that affects the physical body. This cross-sectional survey study was conducted at the present juncture for analyzing the impact of Ayurveda among the population of Chattisgarh for its aspects of health practices like consuming proper Ahar (Diet) and following proper rules and regimen according to Ritu. **Aim:** To observe awareness about *Ritucharya* and prevalence of various characteristics features of *Prakupita dosha* in *Varsha Ritu* among common people. **Study design:** The questionnaire were prepared in an easily understandable manner based on season wise diet, regimen, Symptoms of season wise *Prakupita dosha* which is told in *Ayurveda* and made available to 101 people. **Result:** Among the studied respondents across Chattisgarh 75.3% individuals were found not following ritucharya, 70.3% individuals were found not change their daily diet and lifestyle & Symptoms of season wise *Prakupita dosha* were found during *Varsha Ritu*. **Conclusion:** It is concluded from the present thesis that in the present scenario, most of the people aren't following *Ritucharya* due to improper knowledge about *Ritucharya*, modernization, lack of essential facilities, eating and drinking without thinking about their well being, being busy in work till late night and due to excessive worry, grief or mental stress which causes symptoms of *Tridosha prakopa* in *Varsha ritu*.

INTRODUCTION

Ritu, the season, expresses various effects on the environment and body depending on its attributes. In order to readily adjust to seasonal enforcement without compromising bodily equilibrium, Ayurveda has outlined a number of norms and regimens (Charya) addressing nutrition and conduct.

Preventive medicine is the main focus of the Ayurvedic system, which can be attained by altering diet and lifestyle habits in response to changing weather conditions. According to Ayurvedic scriptures, this is a crucial component of preventive treatment. The lack of adherence to seasonal regimens resulting from a lack of focus on seasonal characteristics is the primary cause of the widespread prevalence of lifestyle problems in the modern period. The WHO has identified INDIA as one of the nation that is going to have most of the life style disorders in near future. The incidence of life style diseases like hypertension, diabetes mellitus, obesity and cardiovascular diseases are on high risk. This study assesses the popularity of *Ayurvedic Ritucharya* among common people and to assess symptoms of *Dosha*

prakopa in *Varsha Ritu*. The result whatever will be it helps the researcher for further study about *Ritucharya*.

MATERIALS AND METHODS

To confirm the theory, a cross-sectional survey study was done on normal people with the help of special research proforma with a questionnaire mainly based on Season wise diet and regimen and symptoms of *Dosha prakopa* in *Varsha ritu* mentioned in Classical Ayurvedic texts.

Method of data collection

As the survey was to be conducted during the seasonal months, I completed the survey within 2 months. The data is collected by questionnaire method after getting consent from the participants with the help of consent form which was prepared both in English and Hindi. First the general information such as name, age, gender, education, marital status, etc. were recorded. Later on followed by the *Ahar-Vihar* related questionnaire. One respondent was selected at one time. Each question has been thoroughly elucidated to the respondent, and any ambiguities that may have arisen in the interim, have

been resolved in order to provide a satisfactory answer to all questions.

Inclusion criteria

- Subjects falling under age group 25 to 60 will be selected for study irrespective of their gender, socio-economic status, education, profession, religion etc.
- Subjects who are willing for study is included.

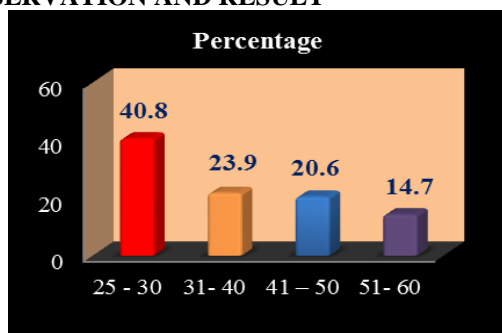
Exclusion criteria

- People with critical diseases, psychological problems will be excluded.
- People who are not willing for study also excluded.

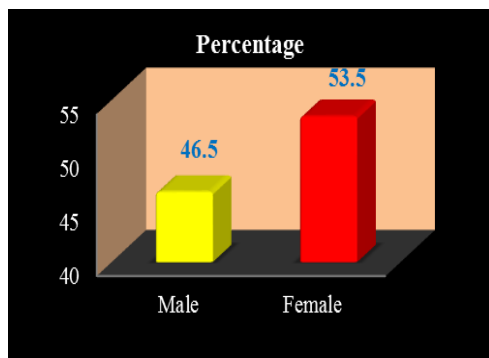
Assessment criteria

The assessment was done using special research proforma. The questions were prepared in an easily understandable manner based on season wise diet, regimen, Symptoms of season wise *Prakupita dosha* which is told in *Ayurveda*. Then the questionnaire was prepared and distributed among subjects experts, Professors, Readers, Lecturer, PG scholars for their suggestions and feed back. Feedback and suggestions were addressed and the final questionnaire has been made after necessary amendments according to suggestions. The main questionnaire had 15 questions for Varsha. Here the assessment is done using four options namely often, never, occasionally, always. Always means 6-7 days a week, often means 2-5 days a week, occasionally means less than equals to 1 days a week and never means not a single day in a week.

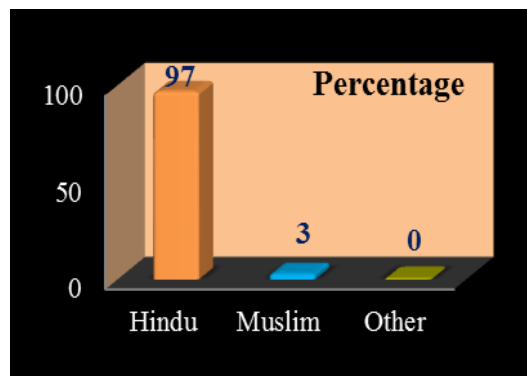
OBSERVATION AND RESULT



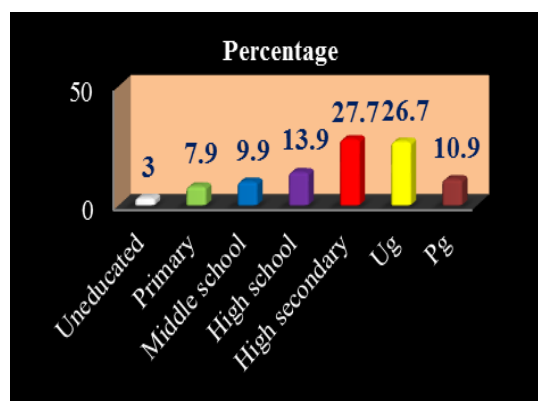
F. 1: Diagramatic representation of selected individual based on age.



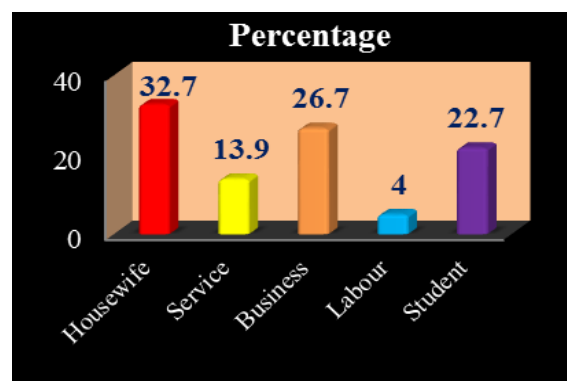
F. 2: Diagramatic representation of selected individual based on gender.



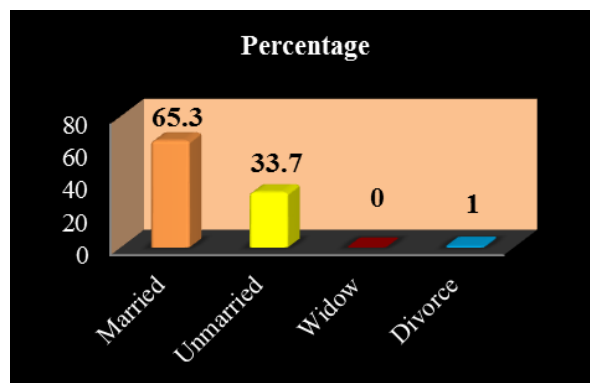
F. 3: Diagramatic representation of selected individual based on religion.



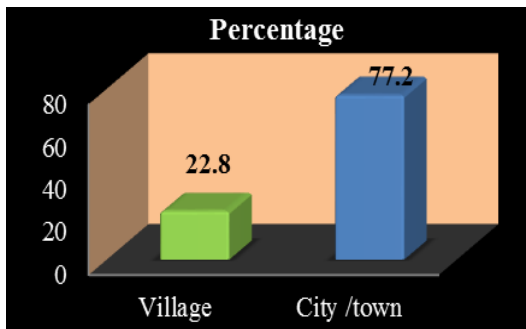
F. 4: Diagramatic representation of selected individual based on education.



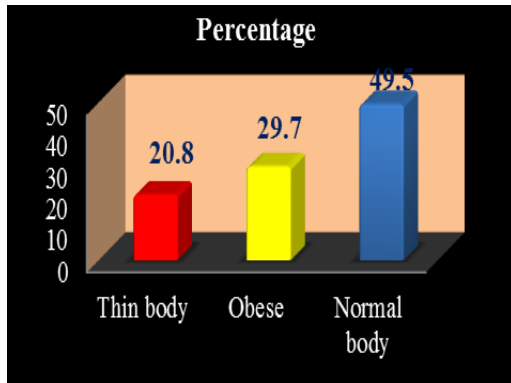
F. 5: Diagramatic representation of selected individual based on occupation.



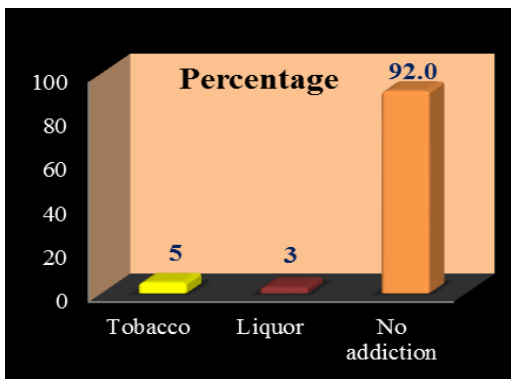
F. 6: Diagramatic representation of selected individual based on marital status.



F. 7: Diagrammatic representation of selected individual based on area.

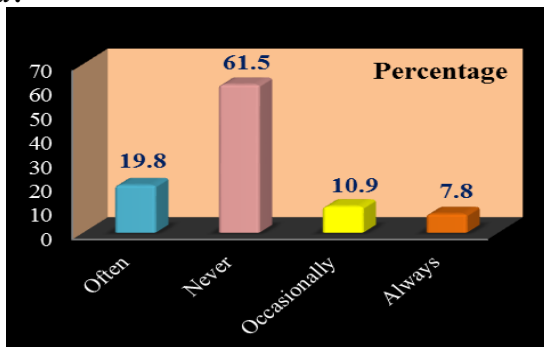


F.8: Diagrammatic representation of selected individual based on body constitution.



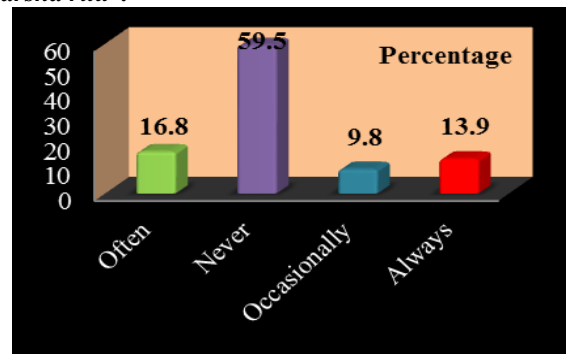
F. 9: Diagrammatic representation of selected individual based on addiction.

Question no. 1: Do you eat one year old rice in *Varsha ritu*?



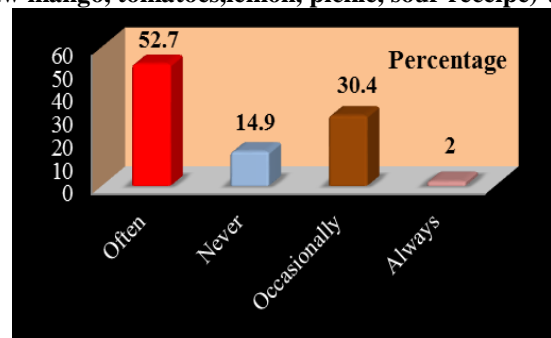
F. 10: Diagrammatic representation of Question no. 1.

Question no. 2: Do you take one year old wheat in *Varsha ritu* ?



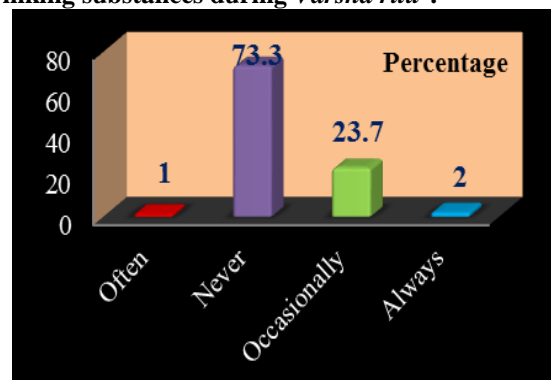
F. 11: Diagrammatic representation of Question no.2.

Question no. 3: Do you take sour diet (like tamarind, raw mango, tomatoes,lemon, pickle, sour receipe) ?



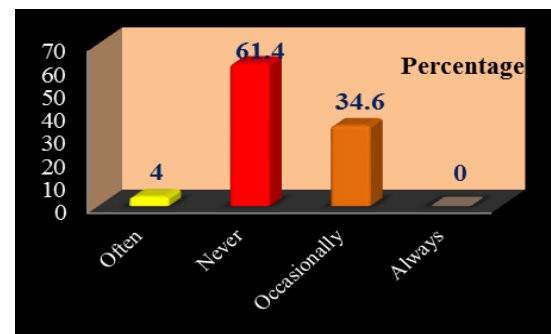
F. 12: Diagrammatic representation of Question no.3.

Question no. 4: Do you take honey with food and drinking substances during *Varsha ritu* ?



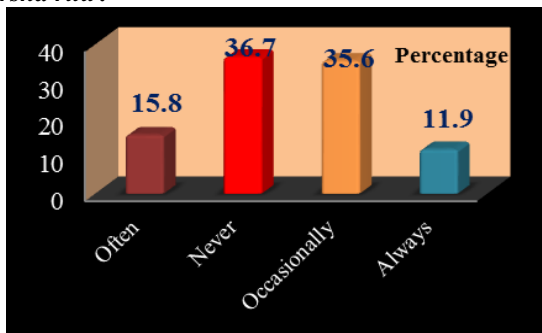
F. 13: Diagrammatic representation of Question no.4.

Question no. 5: Do you take Sattu during *Varsha ritu* ?



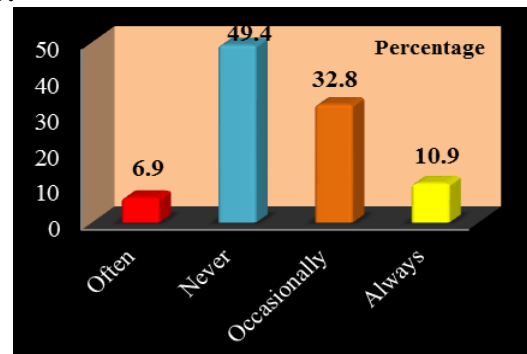
F. 14: Diagrammatic representation of Question no.5.

Question no. 6: Do you take boiled water during Varsha ritu?



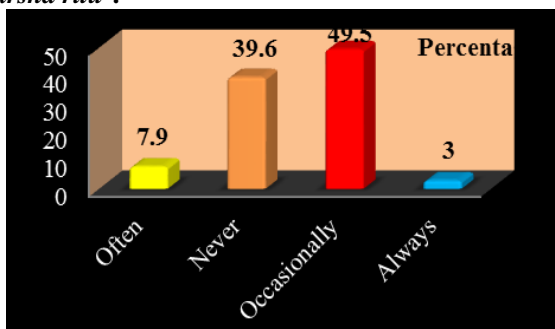
F. 15: Diagrammatic representation of Question no.6.

Question no. 10: Do you workout more during Varsha ritu?



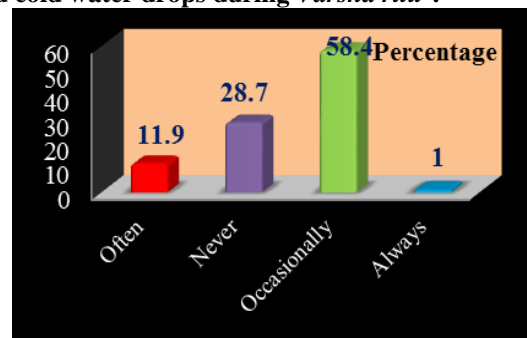
F. 19: Diagrammatic representation of Question no.10.

Question no. 7: Do you take excess liquid substances (like Lassi, juice, morning intake of water) during Varsha ritu ?



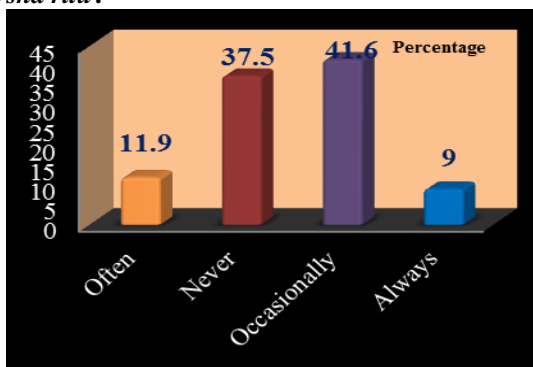
F. 16: Diagrammatic representation of Question no.7.

Question no. 11: Do you spend more time in cold air and cold water drops during Varsha ritu ?



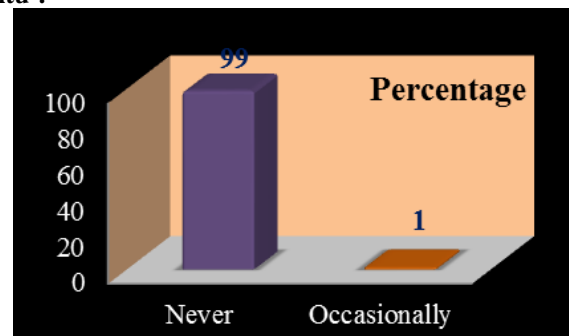
F. 20: Diagrammatic representation of Question no.11.

Question no. 8: Do you sleep in day time during Varsha ritu?



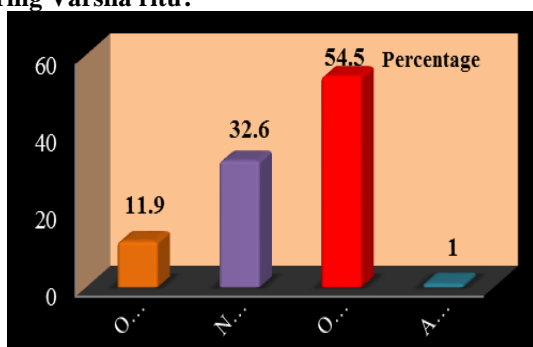
F. 17: Diagrammatic representation of Question no.8.

Question no. 12: Have you tried Ayurvedic Panchkarm therapy (Basti therapy) during Varsha ritu ?



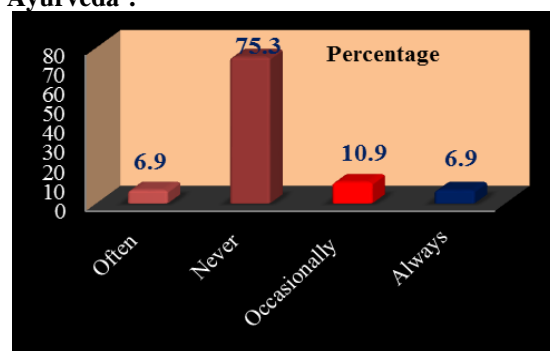
F. 21: Diagrammatic representation of Question no.12.

Question no. 9: Do you expose to sunlight in excess during Varsha ritu?



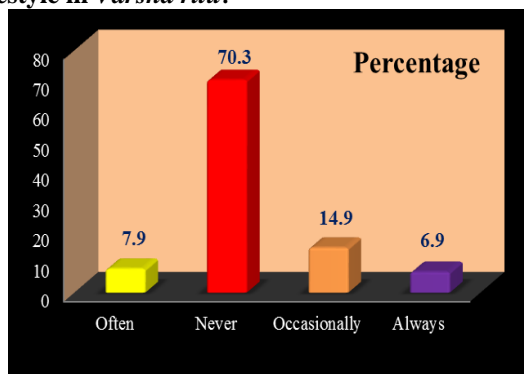
F. 18: Diagrammatic representation of Question no.9.

Question no.13: Do you follow Ritucharya as describe in Ayurveda ?



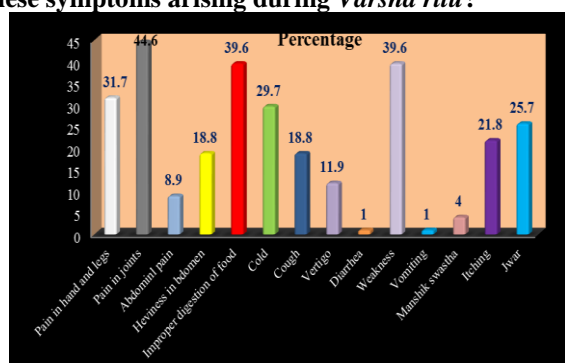
F. 22: Diagrammatic representation of Question no. 13.

Question no. 14: Do you change your daily Diet and Lifestyle in *Varsha ritu*?



F. 23: Diagrammatic representation of Question no. 14.

Question no. 15: Do you experience one or more of these symptoms arising during *Varsha ritu*?



F. 24: Diagrammatic representation of Question no.15.

RESULT

After survey study on 101 individuals by analyzing question related to *Varsha Ritucharya* (Ahar-Vihar), it was noted that all the question were significant with p-value <0.05. By analyzing question related to symptoms arising during *Varsha Ritucharya*, it was noted that Q15 were statistically significant with p-value <0.05.

DISCUSSION

Discussion on Demographic data

Age – The majority of individuals belongs to 40.8% to the 25-30 age group, followed by 23.9% in the 31-40 age group and 20.6% in the 41-50 age group, 14.7% in the 51-60 age group. **Gender** – Among 101 individuals the male persons are found to be 46.5% and the female persons found to be 53.5%. **Religion** - Out of 101 individuals 97.0% belongs to Hindu religion, followed by muslim 3%. It may be because of demographic set up of Raipur district. **Education** – Among 101 individual 27.7% belongs to higher secondary group followed by 26.7% belongs to UG group, 10.9% were belongs to PG group, then 13.9% were studied upto high school, 9.9% were studied upto middle school, 7.9% were belongs to primary group and 3% were uneducated. If we add up majority of healthy individuals were higher secondary and under graduate. **Occupation** – Regarding the occupation majority of the healthy person 32.7% were house wife, followed by 26.7% were in business, 22.7%

were students, 13.9% belongs to service sector and 4.0% were labour group. **Marital status** - Among 101 individuals 65.3% were found married.

Area - Among 101 individuals 77.2% were belongs to town. It is because of survey work is done on Raipur. **Body constitution** - Among 101 individuals 49.5% were found normal body constitution followed by 29.7% were obese, 20.8% were having thin body. **Addiction** – Among 101 individuals 92.0% werenot found to have any addiction. 5.0% were found addicted to tobacco, 3.0% were addicted to liquor.

Question no. 1. Do you eat one year old rice in *Varsha ritu* ? After survey study on 101 individuals 61.5% individual were found not taking one year old rice. It indicates lack of knowledge regarding importance of one year old rice. *Acharya Bhava mishra* told that all the newly harvested *Dhanya* is *Guru*, *Kapha karak* in nature and one year old rice is *Pathya* due to its lightness. One year old rice is easily digestible in nature and not causes *Srotovarodha*. So it is advised to take one year old rice like *Shali*, *Shashtik* etc. Question no.2. Do you take one year old wheat in *Varsha ritu* ? After survey study on 101 individuals 59.5% individual were found not taking one year old wheat in diet. It is due to lack of knowledge about qualities of old wheat and new wheat. *Acharya Charak* tells that One year old wheat is not aggravating the *Kapha*. So it is advised to take old wheat in form *Roti* etc. Question no. 3. Do you take sour diet (like tamarind, raw mango, lemon, pickle, sour recipe) ? After survey study on 101 individuals maximum 52.5% individual were often take sour diet, 30.4% occasionally, 2.0% always take sour diet. In chhattisgarh people were very fond of *Amla Rasa* so this type of data were came out. *Amla rasa yukta Ahar dravya* increases the digestive fire, increase the taste and *Vata anuloman* in nature. It mitigates *Vata Dosha* and prevent occurrence of *Vata* related disorder during *Varsha ritu*. Question no. 4. Do you take honey with food and drinking substances during *Varsha ritu* ? After survey study on 101 individuals 73.3% individual were not take honey with food and drinking substances. It may be due to lack of knowledge about how *Madhu* mitigates *Kleda* and prevent occurrence of *Vata* related disorder during *Varsha ritu*. *Acharya Chakrapani* explains that *Madhu* is *Vatakara* in nature but due to its *Rukshya guna* it mitigates *Kleda* during *Varsha ritu* it is advised to take during *Varsha ritu* in less amount.

Question no.5. Do you take *Sattu* during *Varsha ritu* ? After survey study on 101 individuals 61.4% individuals weren't eat *Sattu*. *Sattu* if taken in excess quantity aggravates *Vata* due to its *Rukshya* nature and produce *Vata* related disorder. Question no.6. Do you take boiled water during *Varsha ritu* ? After survey study on 101 individuals 36.7% individuals were found not taking boiled water during *Varsha ritu*. It is due to improper education & guidance, busy work schedule. 35.6% occasionally, 15.8% often, 11.9% always were found

taking boiled water during *Varsha ritu*. It may be due to some awareness about boiled water during Corona pandemic period. It may help in mitigating some amount *Dosha* and prevent occurrence of diseases. Question no.7. Do you take excess liquid substances (like Lassi, juice, morning intake of water) during *Varsha ritu* ? After survey study on 101 individuals 49.5% individuals occasionally, 7.9% often, 3% always were found taking excess liquid substances during *Varsha ritu*. *Acharya Shushrut* explains: Drinking of excess liquid substances even after small meals doesnot digest the food properly. Eating too much liquid causes your body to produce more *Kleda*, which then travels inside your body and causes *Agnimandya*? The food one eats doesn't digest properly and leads to *Ama* production & *Kapha prakopa* which leads to production of many diseases. Question no.8. Do you sleep in day time during *Varsha ritu* ? After survey study on 101 individuals 41.6% individuals occasionally, 11.9% often, 9% always were found sleep in day time during *Varsha ritu*. It may be due lack of knowledge about Sleep during different *Ritus*. *Acharya Charak* told that Sleep during day time in *Varsha ritu* causes *Kapha – Pitta Dosha Prakopa*. The *Prakupita dosha* causes vitiation of other *doshas* which in turns causes *kha vaigunya* in *Srotas* and produce *Agnimandya*. and produce *Vatadi* related disorder. Question no.9. Do you expose to sunlight in excess during *Varsha ritu* ? After survey study on 101 individuals 54.5% individuals occasionally, 11.9% often, 1% always were found expose to sunlight in excess during *Varsha ritu*. Long time Exposure to sunlight during *Varsha ritu* Causes *Pitta - Kapha prakopa* which causes *Agnimandya*. Which inturn Causes *Vatadi dosha prakopa* and produce many diseases. Question no.10. Do you wokout more during *Varsha ritu* ? After survey study on 101 individuals 32.8% individuals occasionally, 6.9% often, 10.9% always were found wokout more during *Varsha ritu*. *Ativyayam* Causes *Vata prakopa* and produce *Vata* related disease. As *Acharya Charaktold* that in the beginning of *Visarga Kaal* i.e. in *Varsha ritu* the living beings possess least strength, so in this *Ritu* *Acharya* recommended that one abstain from indulging in excessive *Vyayam*. Again *Acharya Vagbhat* explains: Strong persons, who are habituated to take unctuous food and in cold and spring seasons do exercise to half of their capacity. In other seasons (*Grishma, Varsha and Sharad ritu*) exercise should be done in lesser strength than *Vashant ritu*. *Acharya Shushrut* explains the meaning of *ardhasaktya* that The *Vayu* resides in heart come out from mouth is *Ardhyashaktya*. **According to WHO for Adults aged 18–64 years** - One should do at least 150–300 minutes/week of moderate-intensity aerobic physical activity; at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week. But one should do exercise according to one's strength. Question no.11. Do you spend more time in cold air and cold water drops during *Varsha ritu* ? After survey study on 101 individuals 58.4% individuals occasionally, 11.9% often, 1.0% always were found

spend more time in cold air and cold water drops during *Varsha ritu*. *Acharya Chakrapani* explains when rain falls on the earth, vapour emits and which causes vitiation of all the *Tridoshas* due to its *Prabhava*. In this season sky is cloudy and due to rainfall *Vata-Kapha* vitiation occurs. During rainy season water is going to be transformed into *Amla vipaka* due to the nature of season which causes the vitiation of *Pitta* and *Kapha*. As already *Kapha dosha* is vitiated during this season exposure to cold air and cold water drop causes *Kapha-Pitta prakopa* which leads to *Agnimandya* and produce *Vatadi* related disease. Have you tried *Ayurvedic Panchkarm* therapy (*Basti* therapy) during *Varsha ritu*? After survey study on 101 individuals 99.0% healthy individuals were never found tried *Ayurvedic Panchkarm* therapy (*Basti* therapy) during *Varsha ritu*. It may be due to lack of knowledge about *Varsha Ritucharya*. *Ayurveda*, as the science of life, is an integral part of Indian culture and lifestyle. *Acharya Charak* explains Administration of therapies, leading to elimination of vitiated *Dosha*, results in the following effects: enhancement of digestion / metabolism, pacification of diseases, restoration of normal health, improvement in clarity of sense organs, mind, intellect and complexion, promotion of strength, plumpness, progeny and virility, delayed ageing, and longevity. Therefore, one should take recourse to a skillfully administered purificatory therapy at an appropriate time. The prevalence of life style disorders has increased significantly in recent times. Scholar found that there is need of public awareness regarding *Ritu sodhan*. *Ayurveda*, as the science of life, is an integral part of Indian culture and lifestyle. Body is naturally exhausted in *Adana Kaal* and the power of *Jatharagni* is also diminished, which is further deteriorated during *Varsha ritu* due to influence of *Vata*. So one should take *Sodhan* therapies as advised by *Panchakarm* specialist. Question no. 13&14. Do you follow *Ritucharya* & change your daily diet and lifestyle in *Varsha ritu*? After survey study on 101 individuals 75.3% individuals were found not following *ritucharya* & 70.3% individuals were found not change their daily diet and lifestyle. It indicates lack of awareness regarding *Ayurvedic Ritucharya* in public domain. Question no. 15. Do you experience one or more of these symptoms during *Varsha ritu* ? Out of 101 people, 44.6% people had *Sandhi shula* (pain in joints), 39.6% had *Ajirna* (improper digestion of food), 39.6% individual had *Dourbalya* (weakness), 31.7% individual had (*Hasta pada shula*) Pain in hand and legs, 29.7% individual had *Shiata* (cold), 25.7% individuals had *Jwar* 21.8% individuals were found having *Kandu* (itching), 18.8% individuals were found having *Udara guruta* (heaviness in abdomen) & *Kasa* (cough), 11.9% individual had *Bhrama* (vertigo), 8.9% individual had *Udara shula* (abdominal pain), 1.0% individual were found having both *Atisara* (diarrhea) & *Chhardi* (vomiting). As the power of *Agni* is depends upon strength of body, thus as the strength of person become less, the power of *Agni* is also decreases. All the endogenous diseases occur invariably due to the vitiation of *Vata, Pitta, Kapha*. Out

of above symptoms *Pada shula, Janu bheda, Bhrama, Vishada* are included under *Vataja Nanatmaja Vikara. Udara shula* (pain in abdomen), *Udara guruta* (heaviness in abdomen), *Dourbalya, Shitata, Kasa, Kandu* these were occurs due to *Paratantra dosha prakopa* of *Vata dosha* in *Varsha ritu*.

CONCLUSION

It is concluded from the present work that in the present scenario, most of the people aren't following *Ritucharya* due to improper knowledge about *Ritucharya*, modernization, lack of essential facilities, eating and drinking without thinking about their well being, being busy in work till late night and due to excessive worry, grief or mental stress which causes symptoms of *Tridosha prakopa* in *Varsha ritu*. So the *Ahara* and *Vihar* mentioned in specific *ritu* should be taken according to respective *Ritu* for maintaing health. As a result, *Ritucharya* principles were recommended by *Ayurveda* to preserve a normal and disease-free health status. Now -a-days people aren't aware about *Panchkarm* therapy so they aren't taking advantage of this therapy and suffer from many disease for long time. So it is also recommended that individuals should follow *Ayurvedic Ritucharya* and take *Panchakarm* procedure as advised by *Panchakarm* specialist. This practice is not only intended for those suffering from illness, but also for those who wish to remain healthy and live a long life. In the presented research work, with the limited time and available resources, an attempt has been made by the scholar to present the principles of *Ritucharya* in *Ayurvedic* and modern point of view. The scholar hopes that the presented study will prove to be enlightening and guiding for the students, doctors, future researchers and the general public.

Suggestion

This type of study should be conducted on a large sample size with more questionnaire based on *Ahar-Vihar*.

For creating awareness among people programs should be conducted & pamphlet can be distributed regarding *Ritucharya* at school, college, Panchayat level as primary steps. *Ritucharya* can be promoted through radio and television broadcasts, as well as through social media platforms.

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