

suthikakala for the wellbeing of the Suthika. Advise for the usage of mamsa rasa & brimhnadravyas, using jeevaniya or brimhaniya or madhuradravyas. This might act as dhatuvaradhaka and helps to maintain proper lactation. Abhyanga recommended by using balataila in nyubja position, which might help to restraint vitiated vata, spiralling the abdominal muscles.

Conclusion :

- ❖ The regimen that helps the woman to regain her lost vitality and helps her body to revert back to pre-pregnant state is called Sutika Paricharya, as during this period she restores her health and strength.
- ❖ Lack of care in this time period may result in death or disability as well as missed opportunities to promote healthy behaviors, affecting women, newborns, and children

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Understanding Rutucharya and its Importance

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Abstract :

Ayurveda the age old science of life has always emphasized at maintaining health and preventing diseases rather than laying total focus over the treatment aspects. It has highlighted various rules and regimens regarding ahara (diet) Vihara (regimens). Achara (conduct) and vichara (thoughts) which are mandatory for attaining the Desire healthy life. One among such regimens is Rutucharya which plays an important role in acclimatizing the seasonal enforcement easily without altering body homeostasis. Purpose Rutu (season), classified by variation of doshas in the environment, expresses its effects on the body, hence disturbing its equilibrium (Prakriti - Purusha Samyata Siddhantha), this disequilibrium occurs due to failure in following the appropriate rules which leads to imbalance among dosha in the body and their after leading to disease manifestations. Hence there arises a need to understand and implement this guidelines in accordance with the changes in Rutu.

Keywords - Ayurveda, Rutucharya, Prakriti, Purusha, Doshas etc.

Introduction :

Ayurveda is an ancient holistic system of healing. It is the "Art of total Health Care". Ayurveda system focus on caring of illness as well as prevention and promotion of health in healthy individuals. The strength and luster of one who knows the suitable regimen for every season and practices accordingly are enhanced by the maintenance of the equilibrium of tissue elements.

Rutucharya and Lifestyle :

One should regularly take such articles which are conducive to the maintenance of good health and are capable of preventing the

attacks of disease. Rutucharya are nothing but to follow the specific regimen of Aahara-Vihara according to different seasons. Aahara is included in three supports of life-Trayopstambha/Three pillars of Life. The food which grows and gives strength to body is Aahara. Aahara is a basic source of life. Good food increases strength, luster and immunity of body. Vihara is to follow the regimen of Vyavaya/Sexual Intercourse, Vyayama/Exercise, Abhyang/Oiling of Body and Nidra/Sleep. In corporately Aahara-Vihara of different seasons can be called as a Lifestyle.

Need of Study :

Due to unhealthy lifestyle many diseases like, Asthma, Stroke, Diabetes, Heart diseases, Obesity, Arthritis, Anxiety, Alzheimer's disease and Depression are growing very fast in society and seen even in a young population. In India studies have reported increasing CHD prevalence over the last 60 years, from 1 percent to 9-10 percent in Urban population and 1 percent to 4-6 percent in Rural population. Prevalence of childhood asthma in 2009 was 7.24 percents and in 2017 it stands 11.7 percent due to bad dietary habits. It is predicted that by 2030 India may become a Diabetic Hub and, the etiology includes lifestyle changes.

Shishira (Winter) General condition :

Mid-January to mid-March (approximately) is considered as Shishira Ritu (winter). During this season, the environment remains cold, along with cold wind. The predominant Rasa and Mahabhuta during this season are Tikta (bitter) and Akasha, respectively. The strength of the person becomes less, depo-sition of the Kapha Dosha occurs and Agni (catabolism) remains in a higher state.

Diet Regimen :

Foods having Amla (sour) as the predominant taste are preferred. Cereals and pulses, wheat/gram flour products, new rice, corn, and others, are advised. Ginger, garlic, Haritaki (fruits of Terminalia), 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 advised to be prohibited.

Lifestyle :

Massage with oil/powder/paste, bathing with lukewarm water, exposure to sunlight, wearing warm clothes is mentioned to follow. Vata aggravating lifestyle like exposure to cold wind, excessive walking, sleep at late night, are to be avoided.

Vasanta (Spring) General Condition :

The approximate time is from mid-March to mid-May. This season is considered as season of flowering and origin of new leaves. Predominant Rasa and Mahabhuta during this season are Kashaya (astringent), and Prithvi and Vayu, respectively. 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 di-gestible food. 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 of Shahsa (rabbit), which are easy to digest can be taken. Foods which are hard to digest are to be avoided. Those which are Sheeta (cold), Snigdha (viscous), Guru (heavy), Amla (sour), Madhura (sweet) are not preferred. New grains, curd, cold drinks, and so on, are also to be prohibited.

Lifestyle :

One should use warm water for bathing purpose, may to exercise during Vasant Ritu. Udvartana (massage) with powder of Chandana (Santalum album), Kesara (Crocus sativus), Agar, and others, Kavala (gargle), Dhooma (smoking), Anjana (collyrium), and evacuative measures, such as Vamana and Nasya advised. Day-sleep is strictly contraindicated during this season.

Grishma (Summer) General Condition :

Mid-May to mid-July (approximately) is considered as Grishma (summer) season. Environment is prevalent with intense heat and unhealthy wind. The river bodies dried and the plants appear lifeless. The predominant Rasa is Katu (pungent) and Mahabhuta are Agni and Vayu. The strength of the person become less, 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 moonrays with breeze. Excessive exercise or hardwork is to be avoided; too much sexual indulgence and alcoholic preparations are prohibited.

Varsha (Monsoon) General Condition :

Mid-July to mid-September (approximately) is considered as Varsha Ritu. During this season the sky is covered by clouds and rains occur without thunder-storm. 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 and 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

Sharat (Autumn) General condition :

The period between mid-September to mid-November is Sharat Ritu (autumn). During this time the Sun becomes bright, the sky remains clear and sometimes with white cloud, and the earth is covered with wet mud. The predominant Rasa is Lavana (salty) and predominant Mahabhutas are Apa and Agni. The strength of the person remains medium, pacification of vitiated Vata Dosha and vitiation of Pitta Dosha occur, and activity of Agni increases 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.

1) Scientific background of Ritu (season) : The reason for season

is due to following factors;

- ❖ The tilt of the earth’s axis which causes the season.
- ❖ The shape of its orbit around the sun.
- ❖ Presence or absence of a significant atmosphere.
- ❖ Its average distance from the sun. All these influences the season.

The movement of the earth around its own axis is responsible for occurrence of day and night. Along with rotation, the earth revolves, around the sun in elliptical path which is responsible for occurrence of seasons.

During Uttarayana the rays of the sun fall perpendicularly at 23.5 degree meridian of north pole on June 21st of every year. It is called northern summer solstice. Then gradually earth moves and the rays of the sun fall on the equator perpendicularly on September 21st (autumnal equinox), March 21st (vernal equinox) and on this day length of day and night are same. During Dakshinayana the earth continues its movement and now the rays of the sun directly fall over 30 degree meridian of south pole perpendicularly on December 21st and it is called as southern summer solstice.

Hemantha Ritucharya :

In this Ritu blow of cold winds starts and chillness is felt.

Ahara	
Grahya	Varjya
Amla, Lavana, Madhura, Guru and Snigdha Dravya, New rice and Wheat, Fats and Oils, Black Gram and its products, Milk and its products, Sugarcane Products, Warm Water, Honey, Anupa(animals of marshy land) and Audaka (aquatic animals) Mansa, Liquor.	Laghu and Vatala Dravya, Pramitahara, Udmantha.
Vihara	
Grahya	Varjya
Protection from cold by warm cloths and beddings, Living in warm house, Regular use of shoes, Bathing with warm water, Abhyanga, Utsadana, Vyayama, Atapa Sevana, Maithuna.	Diwaswapna, Direct Air.

Shishira Ritucharya :

It is similar to Hemanta Ritucharya. Specially live in warmer house and protect from direct air. Avoid Katu, Tikta, Kashaya, Laghu, Sheeta and Vatala Dravya.

Vasantha Ritucharya :

This season is considered as season of flowering and origin of new leaves.

Ahara	
Grahya	Varjya
Katu, Tikta and Kashaya Dravya, Ruksa, Laghu and Ushna Dravya; Old Wheat, Rice and Barley; Water medicated with Ginger, Khadira, Musta and Honey; Jangala Mansa, Liquor.	Madhura, Amla, Guru, Snigdha and Sheeta Dravya, Curd.

Conclusion :

We can’t go against nature, if we, the life would be a disaster. Ritucharya is totally a principle based on blending with nature. It helps individual in bringing about strength, complexion, happiness and longevity without disturbing the equilibrium of Dhatus and Doshas of the body, thus preventing diseases. Ritucharya as preventive medicine provides way for healthy living.

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