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“Rutu Wise Aahar And Panchakarma”

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Abstract

In Ayurveda the Acharya Charak, Sushruta and Vagbhata explains the Rutucharya in their samhitas .Rutucharya is divided in 6 Rutu's . Every single Rutu has it's own Qualities and Importance . They also suggested various Panchakarma according toRutu's.If we not follow the proper diet According to Rutu'sand during the panchakarma explain in their rutu's, then various diseases are produced. So, In my article I want to explain you all what type of diet and Panchakarma follows in various Rutu's and what is beneficial for us in Rutu's& there Panchakarma.

Keywords – Ayurveda ,Rutucharya , Panchakarma , Disease.

Introduction:-

In India we consider only 3 Rutu's (seasons) i.e summer, winter & spring. But, in Ayurveda various Acharya's explain 6 types of Rutu's .Every single Rutu explained about it's own qualities . The Acharya divided that 6 Rutu's into two categories i.e Aadankala and Visargkala. In Aadankala, the power of human goes on decreasing as well as the temp of sun goes on increasing. Shishir, vasant and grishmarutu's are under the Aadankala.

In visargkala , the power of human goes on increasing and the temp. of sun goes on decreasing. varsha ,sharad and Hemantrutu's are come under the visargkala. In Rutucharya we have to think about the panchakarma and also diet according to that panchakarma taken on that particularly that rutu..

Panchakarma is divided into 3 groups i.e Poorvakarma , Pradhankarma&Paschatkarma.

- In Poorvakarma snehan &swedan are included.
- In Pradhankarma Vaman,Virechan , Basti , Nasya&Raktomokshan are included.
- In Paschatkarma Sansarjankrama ,Tarpanyog are included.
- In Panchakarma Abhyanga ,Utsadana ,Shirodhara , Mardanaarealso included.

Aim And Objective:-

1. To study the Rutu's in details
2. To study the Rutu'swise Aahar&Panchkarma.
3. To draw the conclusion from the study .

Ayurvedokta Rutu's:-**1. ShishirRutu's:- (December- January)**

In ShishirRutu the coldness in environment is very high and the kaphadosha goes on increasing. In this Rutu there is kaphasanchay kala. There is a dewy environment. The Rutucharya of shishir and Hemant Rutu is same but the coldness in ShishirRutu is more. The diet of shishir and hemant rutu is same. In shishirRutu, the advised panchakarma suggested by the Acharya's are Abhyang, swedana (sudation therapy) and one type of Snehapana (oleation therapy) i.e. Abhyantersnehanapana.

2. Vasant Rutu :- (February - march)

It is the second Rutu included in Aadankala. In this Rutu, the digestive power of people are decreasing. In this Rutu, there is a kaphaprakopkala. So, the increased kapha are liquefied by the heat of sun. That decreased Agni give rise to various disease related to kapha dosha. In this Rutu the person should take the food which are easily digestible. The meat of desert animal, the grains like yava (barley), godhuma (wheat), ksandra (honey), Asava (fermented infusion), Arishta (fermented decoction), juices like mango and grape should be taken.

The water boiled with musta should be used for drinking. The person should spend time with friends in forests, do the sexual activities. In VasantRutu, the advised panchakarma are Vaman (Emesis therapy), Virechan (Purgation therapy), Basti (Enema therapy), Nasya. "Vaman (emesis therapy)" panchakarma is the best panchakarma treatment for liquification of kapha dosha in this Rutu.

- Avoid – Heavy food, Divaswap (afternoon sleep), Fatty food. Sour & sweet food.

3. Grishma Rutu :- (April – may- june)

GrishmaRutu is the last Rutu in Aadankala. In this Rutu the Temp of the sun goes on increasing, while the sneha (oiliness) in the body goes on decreasing. In this Rutu the food having sweet taste and easily digestible should be taken. Liquid diet also taken. According to the Acharya's the vatadosha in this Rutu is increased. The special quality of this Rutu is "Kundpushpa." Kundpushpa means the Rice boiled like kunda flower eat with the meat of desert animals at the night time under the moon. Cold water should be taken for drinking purpose. Buffalo milk mixed with sugar and should be taken under the moonlight and stars and used for drinking purpose. The daytime should be spending in forests having tall trees like Sala etc. For the sleeping purpose the person should use the terrace of the house. The person should wear the garlands of flower like karpura, Mallika and pearls. Person should wear the light and thin dresses not the heavy one. For the GrishmaRutu no particular panchakarma was suggested because of the sun heat but the people can use the bahyntersnehana.

- Avoid – The food like salty, sour and Purgent. Physical exercise, exposure of sunlight and sexual Activities.

4.Varsha Rutu :- (June- July- August)

It is the first Rutu in Visargakala. In this Rutu in digestive power of the people is decreased. It is the vat dosh prakopakkal. The poor strength of digestive activity of doshastart vitating one another .For diet purpose the person should take old grains , soup of pulses , meat, wine prepared from grapes , Madhwika , Arishta (fermented decoction) and the oily food. The panchakola as well as honey should be used. According to the Acharya's ,Basti treatment is called as 'Ardhchikitsa (Half treatment)which is beneficial for the vat Dosha.sometimes, Virechana (Purgation therapy) treatment should also be done in this Rutu.

- Avoid:-Hardwork , River , sleep during day time i.eDiwaswap.

5. Sharad Rutu :- (September- October).

It is the second Rutu of visargakala. The Pitta dosha is increased in this Rutu . In this Rutu,when a person feel like hungry ,they should take food having taste like bitter, sweet and astringent . The food which is easily digestablesuch as sali (Rice), Mudga (green-gram), sugar ,amalki (amla) , honey and meat of desert animals should be taken.The specialty of this Rutu is ' Hamsodak. ' It is nothing but the water get heated under the hot rays of sun during daytime and then it cool under the rays of moon at night time for many days continuously, which has been detoxicated. By the rise of the stars like 'Agastya' which is pure, uncontaminated and capable of mitigating of malas. It is nor Abhishyandi (Heavy) nor dry.Thepeople should apply the various lepa (paste) of Chandana, Ushira, karpura. They should wear the garland of pearl, shiney dress and enjoy under the moonlight. For eating purpose rice and wheat should be used. For the Panchakarma treatment in this Rutu the pittadosha is more. Hence, perticulary for pitta dosha 'Virechan (purgation therapy) is important and another Raktmokshana (Blood letting) treatment was also suggested by the Acharya sushruta .

- Avoid :- Exposure of (moist) snow, intake of Alkaline substances, curd , oil, vasa , exposure of sunlight , strong , liquors , diwaswap(sleep during day time).

6. Hemant Rutu :- (October – Nov – Dec .)

It is the last Rutu in visargakala and Rutucharya . According to modern concept Hemant Rutu means winter season . In this Rutu the human power is strong as well as the digestive power.People would like to eat the food having sweet, sour and salty taste.The daytime is short while the night time is more. The person feel more hunger in this Rutu. The person should apply the powder of various sented drugs like keshar , kasturi for the diet purpose , wine prepared with jiggery ,meat of fatty animals, wheats , blackgram, milk products or sugarcane . Harvested corn should be taken. For the dressing purpose people should wear the clothes made from cotton , leather , silk and wool. Do the sexual activities. The suggested panchakarma in this rutu are Abhyang means apply the oil on body & then massage it.Swedana (Sduation therapy) ,Murdhni tail (oil on head) should be done.

- Avoid:- Low diet , Sattu in water.

Study design

Rutu	Dosha	Panchakarma	Aahar
1.Shishir (Dec-Jan)	Kapha sanchay	Abhayang, Ushanswedan	Food like sweet, sour& salty. Ushnasadan , use hot Appliances at home, Wine, Meat of fatty Animals,milk, Blackgrams, Jiggery.
2.Vasant (feb- mar)	kaphaprakop	Vaman, Virechan KalBasti ,Nasya	Grain of Wheat Yava, honey, Asava, arishta, Mango Juice, grape juice, Musta water.
Grishma (Apr-May-June)	Vat sanchay kala	Abhayanga snehapana	Kundapushpa, desert animal Meat,cold Water, easy Digestable food.
Varsha (June-July)	Vat prakop Kala	Virechan, mardan, Abhyanga Basti, Vaman,	Old grains, soups of pulses, meat, wine, madhwik. Arishta, Grape wine.
Sharad (Sept.-Oct.)	Pitta prakop kala	Virechan (purgation therapy) Raktmokshan (blood letting)	Sweet & bitter food , Sali (rice), Blackgram, Sugar, Amalki (Amla),Patola, desert animal Meat & 'Hamsodak'.
Hemant (Nov-Dec.)	Pitta Prasham Kala	Abhyanga, Utsadan, Murdhni tail, Swedan	Sweet, sour, salty food. Meat of fatty animals. milk, wine, blackgram, Jaggery Heat from sun.

Discussion:-

According to study design in every single Rutu you should take the suggested diet and Panchakarma. In every singlerutu there is different dosh Sanchay, Prokop and Prasham kala.snehapana is explained in Grishmarutu. If you not care during snehapana, then various diseasesare produce internally.So, people should drink hot water during snehapana.

During Swedan karma (Sudation Therapy), people should take light and liquid diet. Don't use wine. Avoid the cigarette smoking during this karma as well as the sexual activities. Direct contact with sun, cold, air and more exercise. Use hot water for drinking.

After Vaman karma (Emesis therapy) people should follow the Sansarjan karma. It means people should take khichdi prepared from Rice and Mung dal (green gram). Use hot water for drinking and avoid heavy food andtake rest.

After virechan karma (purgation therapy) people should follow the sansarjankarma like Vaman (Emesis) karma .

During Basti kala, avoid cold water for drinking, use khichdi (green gram+ rice), milk, wheat, green vegetables .Avoid spicy ,oliy , heavy food and sleep during day timei. e Diwaswap.

During Nasya karma, use hot water for drinking & for bath purpose. Avoid cold water and use light food.

Raktmokshana (Blood Letting) is the karma explained by the Acharya Sushruta during this karma avoids hot and cold food. Avoid more exercise .The food which increase the digestive power of man that should be taken.

During diet in Various Rutu's if not follow that , various diseases are born which are unable to control. Diet plays an important in day to day life style.

Conclusion:-

In Vasant Rutu, if we not follow the diet and the rules During the panchakarma i.e.vaman (Emesis), virechan (purgation), Basti (Enema), Nasya and Raktmokshan then Various, diseases & Vyapad (Complications) are found.

- We have to follow the Sansarjan karma during this rutu's .If there is not proper liquification of kaphadosha then various kapha dosha diseases are born.
- In grishmarutusnehapana karma was explained. If we not follow that then snehvyapad are found and the avoid ness of diet aslo.
- In varsharutu, it was a vat prakopak kala .If we should not take proper diet then that vat dosha goes on increasing and give born to various diseases. If we not follow the does & don't during basti kala then there was bastivyad (Basti complications) in human body.
- During sharad kala, it was a pitta prakopakkala, in which Virechan (purgation therapy) suggested .if we not follow it properly then virechanvyapad are formed. Raktmotshana is also an important karma we have to follow the Rules.
- In HemantRutuMurdhni tail, Abhyanga is suggested.it was a kaphakala.so avoid such thing. Follow proper diet and panchakarma in every single Rutu properly.

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