

## Theoretical review of Rutucharya

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### Abstract:

*Ayurveda is a science developed by our great ancient sages through their many clinical observations and philosophical theories. It gives healthy lifestyle to human being and prevents the formation of any misery in the daily life. One, who strictly follows this is capable of long and healthy life. Also it gives the most important four factors to us like Dharma, Artha Kama and Moksha. It gives us psychosomatic approach towards the entire problem of health and disease. Ayurveda has many concepts like Dinacharya, Rutucharya, Ahar vidhividhan etc. to give healthy life to us. Dinacharya gives the rules to be followed during each day. Rutucharya gives the guidelines to be applied during each respective season. Ayurveda has given six rutus namely Shishir, Vasant, Greeshma, Varsha, Sharad and Hemant. There is separate detailed description of Ahara and Vihara which should be followed during that respective Rutu. Rutucharya enables us to build our physical strength and mental capability to fight against the ailments that may happen due to change in season.*

**Keywords:** Ayurveda, Rutu, Rutucharya, Dinacharya.

### Introduction:

**A**yurveda is a branch of science which deals with maintaining the health of the body and preventing the formation of any disease. The principal object of the Ayurveda is not only to cure disease, but also to prevent the individuals from any disease. Ayurveda gives advice to live healthy and long life by using principles mentioned in it. It contains Dinacharya, Rutucharya, Ahar vidhividhan. It is helpful to gain the main four purusharthas namely Dharma, Artha, kama and Moksha. <sup>1</sup> It gives the valuable insight, describing the psychosomatic approach towards the entire life.

In this, Rutucharya contains Ahara, vihara, vichara to be followed in that respective Rutu. This are related to the physical as well as mental health. <sup>2</sup> The seasonal changes which occurs inevitably affects our body and mind. The Rutucharya gives the special guidelines to build our physical strength as well as mental capacity to fight against all the obstacles. Mainly it balances three doshas and keeps us strong and healthy.

In today's modern developing world, the atmosphere is changing constantly due to pollution, industrialisation, various space missions and population crisis. So there are possibilities of hypo or hyper and adverse effects of rutus. So this study is

an attempt to review the six rutus mentioned in our classical Ayurvedic texts and give proper healthy diet and lifestyle.

### Aims and Objectives:

1. To understand the concept of Rutu.
2. To understand the concept of Charya
3. To understand the concept of ahara in six different rutu.
4. To understand the concept of vihara in six different rutu.

### Material and Methods:

1. Compilation of different reference form texts, dictionary and Samhita related to topic.
2. Explore and elaborate the concept of Prakruti according to dosha, Gina by referring books, papers, samhita etc.
3. Exploring Rutucharya in six rutus.

### ❖ Review of Literature

#### ▪ Rutu-

Rutu means a specific season period. It is of two months in Ayurveda.

#### ▪ Charya:

Our ancient sagas have detailed information regarding astronomy. It was very rich science in that period. It explains that the Sun, moon, stars, wind, rainfall have many effects on human body. Seasons

are formed due to combined effect of all this factors. Charya means practice or performance to be followed. Our Ayurveda advocates specific diet and exercise has to be followed during each Ritu and it is called as Rutucharya.

▪ **Total Rutus:**

Ayurveda gives description of six ritus as follows

Rutu	Indian months	English months	Dosha		
			Sanchay	Prakop	Prasham
<b>Shishir (late winter)</b>	Magha-Falguna	Mid January – Mid March	Kapha		
<b>Vasant (spring)</b>	Chaitra - Vaishakh	Mid March – Mid May		Kapha	
<b>Greeshma (summer)</b>	Jyeshtha - Aashadha	Mid May – Mid July	Vata		Kapha
<b>Varsha (rain)</b>	Shravan-bhadrapada	Mid July – Mid September	Pitta	Vata	
<b>Sharada (autumn)</b>	Ashwini-kartika	Mid September – Mid November		Pitta	Vata
<b>Hemant (early winter)</b>	Margashersha - Pousha	Mid November – Mid January			Pitta

▪ **Aadana Kala –**

It is comprised of Shishir, Vasant and Greeshma Ritu. In this period, sun and wind are very powerful. The sun wards of all the energy and strength from human body. So it reduces the strength of humans.

▪ **Visarga kala-**

it is comprised of Varsha, Sharada and Hemant ritu. During this, the sun releases energy .

Moon is also very powerful. So man gets strengthened during this period.

▪ **Rutusandhi-**

The joint, period that joins two ritus is called as rutusandhi. It mainly gives representation of eight days of previous season and eight days of after following season. So totally it has period of fifteen days and it gives mixed signs of both ritus.

▪ **Ahara and Vihara in accordance to Ritu:**

• **Hemant Ritu and Shishira Ritu**

➤ **Ahara**

1. Intake of Food having Madhura, Amla and Lavana rasa. It reduces the Vata dosha in the body.
2. Katu, tikta and kashaya rasa containing food must be avoided.
3. Wheat/ gramflour products, milk products and corn/ edible oil can be taken as part of food in excess quantity.
4. Wine prepared from Jaggery.
5. Carrot, tomatoes, dates, cane sugar, nuts.
6. Warm water should be taken as supplementary for easily digestion of food.

➤ **Vihara**

1. Exercise (vyayama)
2. Abhyanga means massage with oil followed by steam bath.
3. Massage by fine paste or powder.
4. Leather, silk or wool for clothing.
5. Exposure to sunlight and use of fire to keep body warm.
6. Use of sunlight is advised, because it contains more amount of Vitamin D. So there are less chances of affection of Seasonal disorders.
7. Indulgence in sexual pleasure is advised.

• **Vasant Ritu**

➤ **Ahara**

1. Mainly easily digestible food
2. Honey, roasted meat, mango juice, barley can be taken
3. Fermented infusion (asava), fermented decoction (arishta), fermented sugarcane juice (sidhu), honey mixed with water, water boiled with extract with chandan.

4. Avoid ahara that causes increase in Kapha dosha. It causes dosha imbalance and formation of disease.
5. Avoid ahara that are heavy to digest, cold, sour, sweet and fatty.

➤ **Vihara**

1. Dry massage to body is advised.
2. Vigorous physical exercise.
3. Avoid diwaswap (sleeping during day time)
4. Nasal medication after massage (nasya).
5. Bath with sheeta guna medicines like karpura / chandana /kumkum.

• **Greeshma Ritu** <sup>9</sup>

➤ **Ahara**

1. Mainly advised to take sweet, light and liquid ahara.
2. Drinking of cold water placed in mud pot.
3. Boiled rice with meat, corn flour, Yogurt is preferred.
4. Wine should not be taken in excess quantity as it causes dosha prakop. It causes debility. So it can be taken in little quantity.
5. Panak panchasara, syrup prepared from sugarcane or draksha, madhuka, date, it mixed with cold water.
6. Fruit salads, buttermilk can be taken in more quantity
7. Fresh juices are advised for excess quantity.

➤ **Vihara-**

1. Application of chandan paste on over body.
2. Stay in cool places.
3. Take bath with cold water.
4. Wear loose and light cotton dress to keep the body temperature cool.
5. Only in this Ritu, diwaswap is permitted due to short period of night.
6. Use of perfumes made from substances having cold characteristics.
7. Avoid too much exercise.
8. Avoidance of exposure of sunshine.

• **Varsha Ritu** <sup>10</sup>

The digestive power weakens further in Varsha ritu. It gets Vitiated by Vata dosha. In this Ritu, there is lack of sunshine and mostly cloudy atmosphere. Hence the

measures has to be followed to prevent the mitigation of dosha and for increasing digestive power.

➤ **Ahara**

1. Digestive power is less, so easily digestible food is advised.
2. Pulses, meat juice, soup, old grains and Dadhi water has to be taken.
3. To increase digestive power, ginger, black pepper, lemon juice has to be taken.
4. Ahara must be hot, light with ghee, curd and honey.
5. Leafy vegetable should be taken sparingly.
6. Due to contamination, river water must be avoided for drinking.

➤ **Vihara**

1. Avoid diwaswap (sleep during day)
2. Avoid bathing in river
3. Avoid exertion and too much exposure to sunlight.
4. Perfumes has to be used.
5. Panchakarma like Basti can be done.

• **Sharad Ritu** <sup>11</sup>

In this Ritu, there is aggravation of Pitta dosha due to dry and hot atmosphere due to sudden exposure after rain.

➤ **Ahara**

1. Mostly Madhura, Tikta and Kashaya rasa food is preferred to decrease Pitta dosha.
2. Ghee processed with Tikta rasa herbs.
3. Take laghu ahara (easily digestible food) like rice, green gram, honey, sugar, amalaki.
4. Avoidance of Guru ahara (heavy food), yogurt, oil, strong liquor.

➤ **Vihara**

1. Massage with paste of sheeta guna drugs like chandan.
2. Avoidance of hot water bath.
3. Avoid diwaswap (sleeping during day)
4. Avoid maruta sevan (breeze)
5. Some stones like Pearls give cool effect to body.

**Discussion and Conclusion-**

Our Ayurveda has greatly described each Rutu, its period, its features, the aggravation of doshas. Some doshas may get predominance and it may affect the human health. In Varsha rutu, there is predominance of Vata dosha. So, our lifestyle has been such which prevents further aggravation of Vata dosha and prevention of disease formation. It is possible by proper application of Ahara and vihara mentioned in Varsha rutucharya. So doshas are kept in their normal level. So, the susceptibility of body towards disease is decreased. It also has given description of rutusandhi means transitional period. A slight change in season may affect our body. So proper precaution should be taken in particular Rutu and it has been explained in this study.

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