

INTRODUCTION OF HEMANT RITU

^{1*}Dr. Himanshu, ²Dr. Sunayana Sharma and ³Dr. Karan Chugh¹PG Scholar Dept. of Swasthviritta and Yoga, Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia University Rajasthan.²Professor and H.O.D in Department of Swasthviritta and Yoga Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia university rajasthan.³Assistant Professor in Department of Swasthviritta and Yoga Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia University Rajasthan.

*Corresponding Author: Dr. Himanshu

Department of Pharmaceutics Dr. Vithalrao Vikhe Patil Foundation College of Pharmacy, Vilad Ghat.

Article Received on 12/03/2023

Article Revised on 02/04/2023

Article Accepted on 23/04/2023

ABSTRACT

In *Ayurveda* has various methods to maintain healthy body like Yoga, brathing pattern, Paranayam and different kinf of Asanas. In this article we will gain knowledge about dietary pattern of a human according to different Ritu's i.e. Seasons. According to Ayurveda one should follow a proper dietary regime according to seasons and these are defined in Ayurvedic section of *Ritucharya*. A Change in season affects the our environment and it also affect our natural strength of body. When our body is unable to adapt the changes according to season then it became weak and we become sick that's why our body should be adaptable to diffrent environment changes and stay balanced. *Ayurveda* is very helpful In maintain this state because ot deals with the preventive aspects from diseases. Daily diet and behavioural regimens of *Hemanta* and *Shishira Ritus* are highlighted here along with its modern aspects. These can be correlated to winter season in modern perspective. In this article we learn that: changes occurring in our body during these *Ritus*, its adverse effects on our body, How to overcome these adverse effects, modern aspects affects and prevention. With understanding of these aspects, one can easily lead to good health without gaining any ill health. Lifestyle disorders are serious problem now a days. Method of prevention for these diseases discussed here. For preventing these types of disorders the only way is to understand *Ritucharya* and makes the body to adjust with this changing environment.

KEYWORDS: Ritucharya, Swasthya Avastha, Dietary and Behavioural Regimens.

INTRODUCTION

In this modern era, there are diffrent types of diseases originating which are adversaly affecting our healthy state of body & brain. When we look back to our ayurvedic text then they have very similar approach as modern medicines. According to Ayurveda diseases are preventable from oneself if we live a proper day as mentioned in different section of ayurveda. *Ayurveda* gave us more emphasis on how to maintain health and how to prevent the diseases. One of the method which is prescribed is synchronise *Aharas* and *Viharas* with different *Ritus*. By following these principles, we can avoid all types of life style disorders. In *Swastha Chatushka* of *Charaka Samhita*, *Acharya Charaka* clearly mentions about the *Pathya Aharas* and *Viharas* that everyone should follow for attaining healthy state of both *Shareera* and *Manas*. And also explains about its importance in preventing the diseases that can occur in future. These should be followed by considering the *Ritus*. The main aims of *Ayurveda* are

1. Swasthasya Swasthya Rakshanam

2. Athurasya Vikara Prashamanam

Ritucharya is prescribed by different acharya to maintain our body in synchronized manner with different seasons but in modern time, we don't have enough knowledge about our health and mental state. People are ignoring healthy methods prescribed by ancient doctors are living a fast forward life which leads to depression, stress and many more communicable and non-communicable diseases. If any individual follow these ancient methods then s/he will have an healthy immune system and adaptability towards changing environment and there will not be any change in dosha of body. The main key for survival is to get adapt in this environment quickly. 6th Chapter of *Charaka Sutrasthana* states that, *Tasyashitiya Adhyaya* it is written that "If a person have knowledge and rigoursly follow dietary patterns in accordance with different seasons will help to increase strength and complexion of a person.with these we can prevent lifestyle disorder also.

RITU

Word “Ritu” is has Sanskrit roots it’s first letter “**Ri**” that means “**to go**” It denotes time or suitable time The year is divided into two periods i.e. *Ayana* (Solstice) depending on the direction of movement of the sun i.e. *Uttarayana* (Northern solstice) and *Dakshinayana* (Southern Solstice). Each of these is formed of three *Ritus*.

According to India location on map each year has generally six seasons.

1. *Shishira*- Extreme Winter
2. *Vasantha*- Spring
3. *Grishma*- Summer
4. *Varsha*- Monsoon
5. *Sharad*- Autumn
6. *Hemanta*- Early Winter

In this article we will know about adaptation in Hemanta ritu.

Hemanta Ritu

Hemanta Ritu in In Indian Sub-continent is generally from November to January. During this body states is as below.

1. **Dominant Rasa**- *Madhura*.
2. **Dominant Mahabhoota**- *Prithvi* and *Ap Mahabhoota*.
3. **Dominant Guna**- *Snigdha*, *Sheeta* and *Guru*.
4. **Dosha** - *Pitta Prashamana*.
5. **Deha Bala**(Body Strength)- *Pravara* (Maximum).
6. **Agni Bala** (Fire)- *Pravara* (Maximum)

During this time period one should follow this diet

AHARAS (Diet Regimens)

In This period nights are generally longer and days are comparatively shorter than summer season. Due to this person feels hungry with starting of the day. We have a very low temperature and body become so cold due to this body release heat and have high metabolic rate.

One should start day with following

- Anoop Mamsa
- Ikshu rasa
- Snigdha, Amla and lavana Ahara
- Sura i.e. prepared with Molasses and rice flour
- Pastries prepared from Wheat
- Masha
- New grains i.e. Navamannam
- Dairy products

VIHARAS (Lifestyle Regimens)

- Vyayama (Exercise) – One should do Exercise on daily basis
- Snana with Kashaya Dravya prepared Jala – One should bath daily with mild hot water
- Application of paste of saffron
- Agaru Dhupna (Agarbatti Fumitation)
- Yukyarkakiranaan – One should expose to sun In regular manner

- One should wear shoes
- Vyavaya (indulging in Sexual pleasure).
- Residing in underground cellar,
- Niyuddha (Wrestling)

OTHER VIHARA’S

- Abhyanga
- Jentaka Sweda.
- Oil application on head

APATHYA VIHARAS

- One should avoid day time sleep
- One should avoid cold winds

The *Hemanta* and *Shishira Ritu* has similar nature. There are two differences in ritu

- *Rukshata* as because it began in *Adana Kaala*.
- *Sheeta Adhika* (more cold) because of *Megha Marutha Varsha* (Cloud, Wind and Rain)

SEASONS

In India Winter starts from November and generally long till March. Reason of this that during this time sun moves to southern hemisphere and because of that northern part of india receives less temperature and it became cold. Due to cold season there are many changes which occurs in our body. People become sick and weak and develop many type of diseases but there is one question which arise that ‘are winters bad as we think?’ let’s find this answer in texts of many acharyas

WINTER

Word winter is derived from proto indo European word ‘Wend’ which means ‘Water’. Winter is coldest season of the year after autumn and before spring.

Diet Regimens

This is best season to improve immunity, so during this season one should eat healthy food and exercise on daily basis so he will get healthy and immune body. Healthy food include fresh vegetables and fruits, dairy products, nuts, oil seeds, whole grains/legumes and ghee, spices. During this time, warm foods are required to satisfy craving and nourishment to the body.

- One should eat Root Vegetables
- Carrot – It has rich source of Vit-A and beta-ceratine is also present in that
- Potato – Rich source of carbohydrate
- Onion, Garlic, Raddish - rich in isothiocynates and phytochemicals which is good in preventing cancer
- Fresh Fruits – Pappaya and pineapple because of there warming qualities
- Indian Gooseberry – It is great source of Vit- C
- Spices – Mustard, black pepper, turmeric, are good sources for acting against the microbese and also good immunity buildup
- Tulsi – It protects from cough and improve immunity

Behavioural Regimes

- One should wear warm clothes to keep body temperature in normal state.
- Days become shorter and night become longer then one should change it's sleep schedule
- One should not stay awake till late night
- One should avoid sleeping in day time

DISCUSSION

Acharya Charaka wrote in his book that when we follow *Pathya Aharas* and *Pathya Viharas* daily then we will attain *Swasthya Avastha* (Healthy state) and it will make us immune from *Ajathanam Vikaranaam* (those diseases that can occur in future). Diseases in future are related to life style disorders and from prevention from these, *Ritucharya* has a vast role because It help us in balancing with different seasons also. In *Hemanta Ritu* due to its *Sheeta Guna* atmosphere become cold. Vata has *Yogavahi* quality ,and *Sheeta Guna* causes *Agni Avarodha* in humans Temperature become so low & due to this normal flow of the *Agni get obstruct* to the outside. A potter who is making earthen vessels by placing them in a pit and covering them after keeping the fire will produce more heat. Same is happening in our body like *Sheeta Vata* will cover our whole body which has already Agni inside. Due to this heat will be produced in our body i.e. *Agni* (Digestive fire) will become stronger. This enhanced *Agni* is capable of digesting large quantities of food. Therefore *Guru Aharas* should be taken properly in this *Ritu* which includes Newly Harvested grains etc. If not taken on proper time *Aharas*, *Agni* will start to attack the *Rasa Dhatu* and will finally lead to *Vata Prakopa*. Therefore we should get disciplined about *Guru Aharas* and proper food at proper time inured to prevent this *Vata Prakopa*.

CONCLUSION

Ayurveda treat people according to their body types guide them to live a life in proper manner. With changing environment our body also get affected, it is very important for our body to get adapted with these changes. If it fails to stay correlate with environment it will affect our body and mind leading to *Dosha Vaishamya*. In long term, these imbalances leads towards various types of life style disorders. To prevent these disorders, the best way is to understand *Ritucarya* which explains about the various dietary and behavioural regimens according to different seasons. with proper understanding and applying these guidelines, one can easily achieve our primary goal "*Swasthasya Rakshanam*". It also brings about Strength, Complexion and longevity without disturbing the equilibrium of the body and mind.

REFERENCES

1. Acharya J T. Charaka samhita by Agnivesa with Ayurveda deepika teeka of Chakrapanidatta. Reprint ed. Varanasi: Chaukhambha Surbharathi Prakashan, 2016; 38.
2. Acharya J T. Charaka samhita by Agnivesa with Ayurveda deepika teeka of Chakrapanidatta. Reprint ed. Varanasi: Chaukhambha Surbharathi Prakashan, 2016; 187.
3. Acharya J T. Charaka samhita by Agnivesa with Ayurveda deepika teeka of Chakrapanidatta. Reprint ed. Varanasi: Chaukhambha Surbharathi Prakashan, 2016; 44.
4. [https://en.wikipedia.org/w/index.php?title=Winter & oldid](https://en.wikipedia.org/w/index.php?title=Winter&oldid)
5. Winter foods by Nestle India limited.
6. <http://www.coolantartica.com/index.php>: Cold weather and Health- How do cold temperatures affect health and well being?- the dangers of cold.