



A REVIEW ARTICLE ON HEMANTA RITU

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ABSTRACT

In Ayurveda, various methods to maintain healthy body like Yoga, breathing pattern, Pranayama and different types of Asanas. As per Ayurveda, to maintain Swasthya Avastha (Healthy state) of both Shareera and Manas, we should have to follow dietary and behavioral regimens according to different Ritus which is defined as Ritucharya. It is widely explained in different classics of Ayurveda. A Change in season affects our environment and it also affect our natural strength of body. The Change of season will affect the external environment where we are living which in turn will affect our body. When our body is unable to adapt the changes according to season then it became weak and we become sick that is why our body should be adaptable to different environment changes and stay balanced. Therefore, our body should adapt to this changing environment without disturbing the Homeostasis of the body. The important principle of Ayurveda deals with the preventive aspects which can be achieved by properly following regimens which are mentioned in our classics. Dietary and behavioral regimens of Hemanta Ritus are highlighted here along with its modern aspects. These can be correlated to winter season in modern perspective. By proper understanding of these aspects, we can easily make out whether this season will lead to good health or ill health. Lifestyle disorders are becoming a serious problem now a days. How to prevent these is the point of discussion in this article. For preventing these types of disorders, the only way is to understand Ritucharya and makes the body to adjust with this changing environment.

KEYWORDS: Diet, Lifestyle disorders, Ritucharya, Season.**INTRODUCTION**

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^[1] 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, Shishira, Vasantha, Grishma, Varsha Sharad, Hemanta^[2] (Early Winter). Ritucharya is prescribed by different acharya to maintain our body in synchronized manner with different seasons but in modern time, we don't has 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. In this modern era, there are different types of diseases originating which are adversely 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 methods which is prescribed is synchronize 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 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 swasthasya swasthya rakshanam and athurasya vikara prashamanam.^[3] So to maintain the equation of Dosha, one should follow the regimen, which are explained in Ayurveda so that one can prevent disease. According to hindu calendar Margashirsha (Saha) and Pusa forms Hemanta Ritu.^[4] According to English calendar, Hemanta Ritu starts from nov15 to jan15. In this Hemanta Ritu, Agnibala (digestive capacity) is more so in this Ritu use of sweet, sour and salt tastes should be made. As the nights are longer, person feels hungry in the morning itself, so one should take products of sugarcane, milk, black gram, fat, and edible oils. During Hemanta Ritu, due to atmospheric

cold, the heat of the body is conserved inside by constriction that leads to increase of Jatharagni (digestive fire).

Hemanta Ritu

Hemanta Ritu in Indian Sub-continent is generally from November to January. The main feature of Hemant Ritu is cold wind in the northern direction with dust and smoke all around is present in the everywhere. The sun is covered with mist, lakes, tanks, etc. are covered with ice, the birds like crow, animals, get wild as it is the season for mating. This is the season for flowering of Lodhra, Priyangu and Nagakesara.^[5]

During this body states is as below.^[6]

1. Agni Bala (Fire)- Pravara (Maximum) During this time period one should follow this diet.
2. Deha Bala (Body Strength)- Pravara.
3. Dominant Guna- Snigdha, Sheeta and Guru.
4. Dosha - Pitta Prashamana.
5. Dominant Mahabhoota- Prithvi and Ap Mahabhoota.
6. Dominant Rasa- Madhura.

Effect on body and condition of Dosha

In this Ritu, due to atmospheric cold, the heat of the body is covered inside by constriction. This leads to increase of Jatharagni. So, if proper heavy food is not consumed, it will burn away the Rasadhatu^[7], as the food is in the form of fuel is not available. The medicines have good potency because of time. The water is clean, unctuous, and heavy. Sun rays are mild due to ice and mist in the atmosphere. The water and medicines have Madhura Vipaka, Guru, Sheeta and Snigdha, so accumulation of Kapha takes place.

Do's and Don'ts in Hemant ritu

Aahar^[8]

One can consume new rice, Ikshu rasa Millet, Snigdha, Amla and lavana Ahara, Wheat, Black gram, green gram. Products of milk, Fat, Edible oil, Warm water, Flesh of aquatic animal, New grains i.e. Navamannam, Sura i.e. prepared with Molasses and rice flour.

Vihar^[9]

Gentle body massage with oil, Head massage, Body oil and head oil is removed by washing with decoctions, Fine pastes of Kumkum and Darpa (Kasturi) should be applying then body exposed to fumes of Aguru, staying in warm heated rooms, use warm clothes, Moderate exercise, and sex as per the ability, Foot wear should be wore always., Snana with Kashaya Dravya prepared Jala – One should bath daily with mild hot water.

Don'ts

Ahara and Vihara

Vata aggravating food which is light, dry, stale, Less quantity of food, Cold food, Intake of cold drinks, Exposure to strong wind. Staying in cold rooms (Sheetagraha) and day time sleep.

SEASONS^[10]

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^[11]

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^[12]

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 includes 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.

1. Carrot – It has rich source of Vit-A and beta-ceratine is also present in that.
2. Potato – Rich source of carbohydrate.
3. Onion, Garlic, Raddish - rich in isothiocyanates and phytochemicals which is good in preventing cancer.
4. Fresh Fruits – Pappaya and pineapple because of their warming qualities.
5. Indian Gooseberry – It is great source of Vit- C.
6. Spices – Mustard, black pepper, turmeric, are good sources for acting against the microbese and also good immunity buildup.
7. Tulsi – It protects from cough and improve immunity.

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. The person who follows Dinacharya, Ritucharya, never suffering from disease. The person who is having the knowledge of season and following the Ahara and Vihara according to the Ritu, he gets Bala (strength), Varna (colour complexion) and Ayushalaksha (long healthy life). The positive health is to be obtained strictly observing the prescribed rules and Dinacharya, Ritucharya. We know that the state of homeostasis has its direction bearing on dietetics and advocated seasonal regimen. The regimen daily activates are having overall capacity to promote, preserve the health of an individual and also prevent the disease. In Hemanta Ritu due to its Sheeta Guna atmosphere

become cold. Vata has Yogavahi quality, and Sheeta Guna causes Agni Avarodha in humans. Temperature becomes so low & due to this normal flow of the Agni gets obstructed 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. To follow a seasonal regimen is preventive principle of Ayurveda. The preventive principle described by Ayurveda are comprehensive healthcare in promoting physical, mental, social, spiritual health of an individual as well as community. One must always manage to maintain health, so that the disturbance that have not arisen may not arise.

CONCLUSION

Health is a dynamic phenomenon (that is always changing). It is being constantly subjected to factors of disturbance and needs to be restored as often as it is disturbed. Ayurveda, treat people according to their body types guide them to live a life in proper manner. The body must also be protected from disturbance like internal (e.g. the Doshas being aggravated by careless conduct) or by external factors (e.g. seasonal variation) over which individual has control. With changing environment our body also gets affected, it is very important for our body to get adapted with these changes. If it fails to stay correlated with environment it will affect our body and mind leading to Dosha Vaishamya. In long term, these imbalances lead towards various types of life style disorders. To prevent these disorders, the best way is to understand Ritucharya 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. If an individual follows the prescribed Ritucharya, he will overcome the stress of seasonal variation and as such may not suffer from ill health ordinarily produced by Kalaparinama.

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