

SHARAD RUTUCHARYA – A REVIEW ON AYURVEDA ‘S SEASONAL REGIMEN FOR
AUTUMN SEASON

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ABSTRACT

Background – Ayurveda – The divine science is well known globally for its precision and applicability even today. It is taken as a science of life because of its thought process of grass root levels and simple techniques in every aspect of life. Be it physical, mental, spiritual, physiological, psychological, social and even its eco adaptiveness. The Texts of Ayurveda state a lot about the preventive aspects of health. For a healthy lifestyle the great sages of Ayurveda have described the eco adaptive changes for human beings. We are at the cusp of rainy season and all set to welcome the autumn season. Popularly known as “Fall” in western countries in ayurveda is termed as the “sharad Rutu”. This is a high time when the October heatwave strikes and leaves everyone drained. The Rutucharya explained in Ayurveda with its broad spectrum vision preaches humans to act accordingly. The preventive ideology of Ayurveda, has done its work years back even before the chronic lifestyle disorders started emerging. These disorders today are seen to worsen the human life with unhealthy eat and sleep schedules, lack of exercise, stress and anxiety. The Ayurveda has a lot to say about a person’s “Dinacharya” – the daily regimen and even the “rutucharya”- the seasonal regimen to live a healthy life. Prevention is the only way in which a large number of people can be treated at once through a proper channel. According to Ayurveda it is important to keep the doshas in balance to achieve a healthy mind, body and soul. With the changes in the seasons the doshas have their own pattern of dominance, accumulation and regression which is only studied in Ayurveda. **Aims and objectives** – To study the ayurvedic texts in the context of seasonal changes for sharad rutu (Autumn season) and get acquainted with its valuable insights for a healthy life. **Discussion** – Ayurveda being the unchangeable, its applicability doesn’t fall short in the 21st century. With growing urbanization and modernization it is the need of the era to rediscover the promptings of Ayurveda and achieve a healthy life. With the time it is very precise to stick to the seasonal changes and here the proper lifestyle modifications, do’s and don’ts is studied. **Conclusion** – The Nature is the mother of all and it is our eternal responsibility not only to respect and adore its beauty, but also to adapt to its seasonal changes. After all, it is all about a “Give and Take”. When we are able to respect the changes in the nature and act accordingly, the mother nature rewards us with life-changing health benefits and so, here is the sharad Rutucharya- A review on Ayurveda’s Seasonal Regimen for autumn season.

KEYWORDS: Autumn seasons, Healthy life, Ayurveda Regimen, Lifestyle modifications.

INTRODUCTION

Changing seasons are a part of our lives and we are a part of the changing seasons. These changes not only mark the changes in the heat and cold in the environment but also remind us about the phases in our lives like newborn, childhood, adolescences, adulthood and senility so we need to respect, admire, blend and adapt to both the inner and outer seasons in order to live a healthy life. The Vata, pitta and the kapha are the doshas that regulate an individual’s mind, body and soul and these doshas are the pillar of the ayurveda science. The Ayurveda states that a harmony in these three can deliver a healthy life. So as to know these three have their own pattern of accumulation, aggravation and regression. The sharad rutu

or the autumn season is considered as very important for the pitta dosha. The pitta dosha starts to accumulate in the late rainy season, aggravate in the autumn and naturally have its regression in the upcoming winters. It is very important for a pitta dominant person to know about its seasonal regimen and the knowledge of the do’s and don’ts so as to save from various diseases like gastritis, hyperacidity, peptic ulcers, various skin diseases and many more.

Aims and Objectives – This aims to learning about seasonal regimen of sharad rutu (Autumn season) according to Ayurveda.

About Sharad Ritu – This period starts from mid September to mid November. The rains and slush the water and places which were muddy and unpleasant start to appear clear and neat. As the skies become clear and there are no clouds, the sun rays are broad and excessive. The air is not too dry as the summer but mixed with moisture.

This promotes the growth in water like the kasa, lilies and paddy etc. The movements of the fishes and Aquatic animals increase which gives an undulating appearance to the lakes and ponds. The reservoirs look more beautiful filled with pure water. The Anguish of the excessive rains start to transform into a beautiful environment also carrying forward the water accumulation and growing heat.

Changes in the body

The pitta dosha is formed of jala and agni according to Ayurveda. The increased water and heat elevates the jala and agni there by increasing the pitta dosha in the body. This causes the aggravation of the pitta dosha adding to the accumulation in the late rainy season and the agni (digestive power) is decreased. Hence we experience a low appetite and acid peptic disorders like reflux, hyperacidity and ulcers. Due to pitta aggravation, burning of the eyes, palm and sole is also seen. A quenching thirst and moderate strength is seen. This combination of fiery agni and jala results in douse digestion, increased bloating and reduced appetite and absorption.

Recommended changes in the diet – How should be the diet for this season? What to eat and what to avoid is stated well in the texts. They say the diet should be such helpful to excessive water and decreased appetite and inability to digest

- So the diet should be *laghu* means light and easy to digest in small quantities
 - Sweet, bitter and astringent tastes should be included in the food
 - Examples of balanced Ahara for Sharad Ritu:
 - Grain: Wheat, Rice and Barley – Rice must be white, and short duration or Shastika rice – brown rice, etc is not suitable
 - Barley is sweet + diuretic – so it is a good combination in this season when water + Agni high due to pitta aggravated
- Lentils: Green gram is ideal in this season. Tuvar can be used sparingly. We must cut down on Channa, rajma, urad, etc in this season.
- Sweet bitter and astringent vegetables are suggested: Parwal / Pointed gourd, bottle gourd, bitter gourd, ash gourd is recommended strongly as they are sweet and slightly tikta / bitter
 - One can have small amount of bitters like bitter gourd, methi, etc.
 - Vegetables like Yam (suran), Young radish, etc can be had.

Carrot, beetroot etc in moderate Quantities can be had

- Heavy to digest vegetables like Potato, etc should be cut down
 - Gas producing vegetables like Broccoli, cauliflower, cabbage Should be reduced – and must Be cooked well with ghee. Dry, lean meat is suggested like Rabbit, quail, partridge etc
 - For an urban dweller lean Mutton, or native hen is Suggested. High fat meat like broiler Chicken, pork, etc is to be Avoided in this season
 - Meat is suggested for those with Good appetite or hunger – if your Appetite is poor, eat less and frequently. Then meat should also be avoided.
- Special Foods and drinks suggested
- Bitter medicated ghees
 - Honey
 - Draksha / raisin
 - Amla
- Slightly cool and easy to digest foods and drinks are recommended.

Avoid In Sharad Ritu

Vata heavy vegetables like Cauliflower Cabbage, Potato. If unavoidable eat small quantity cooked in ghee. All pitta aggravating things like oily spicy food should be avoided.

Pana / Drinks:

- Water must be drunk after vigorous roll boiling & shrinking in this season to adjust to the excess water in the system.
- Water must be ideally shrunk to 75% of its original volume in season and boiled with Pitta reducing, madhura, kashaya and tikta rasa herbs like Punarnava, Lodhra, Amla, Usheera, etc.

Hamsodaka: A special feature of Sharad ritu

In Sharad Ritu, we have the effect of The Agastya constellation which is Present for roughly 1.5 months of the Ritu. The rays of this star constellation Are supposed to make water more Medicinal and better to drink.

Water which has been exposed to the Sun rays of Sharad Ritu, Moon Rays and The rays of Agastya constellation at Night develops good medicinal Properties. This water is referred to Hamsodaka or water that clear and Good like the Hamsa /Swan's capacity to separate water and milk. Agastya constellation began to rise in mid August - so we can expect to have this effect until mid-October.

How to make Hamsodaka:

Keep water in a stainless-steel container (covered) in afternoon sunshine. Then let it sit on a safe spot in your terrace/ balcony where it is further exposed to moon rays and Agastya constellation reflect light, overnight. Next morning, boil this Hamsodaka water with ritu appropriate herbs to render it appropriate + healing for this season.

Hamsodaka water can also be used to bathe in, as anupana for your Face and Hair. Lepas, to mix your hair

and skin products, etc. Swimming in Hamsodaka is also a recommended Sharad ritu activity – so if you can find a relatively clean outdoor pool to swim in this season, it would be beneficial (as the water is exposed to sun, Moon and Agastya constellation).

Vihara /Physical Regimen for sharad Ritu - In this Ritu, the focus is on controlling Pitta through relaxation, fragrances and water-based activities, using Pitta balancing scents, and fragrances. So the acharyas tell us to sail in beautiful lakes, watch swans swim in water bodies, or spend time near ponds /water bodies with bees, lotus flowers and lily flowers We are asked to wear light, pastel shades and not very bright pitta promoting colours like dark reds, fiery oranges, etc. We are asked to wear fragrant seasonal flowers as garlands or in the hair as Pitta calms down with good fragrances, and pleasing hedonistic textures and experiences. We are also asked to preferentially use Pitta calming is like in our hair and skin products like Vetiver, Chandana, Agar, Rose, Patra, Musht, etc. A special daily activity suggested in Sharad Ritu is to spend the late evenings absorbing the moon rays, in a moonlit terrace preferably. We should not spend late nights in this atmosphere as it can severely aggravate kapha dosha and seasonal allergies. Spending time between 5pm up to 8 pm is ideal. To sum up the they suggest a leisure based water activity like bathing in cool water, swimming. residing near the fountains for a soothing effect etc to affect the pitta breakouts.

Panchakarma Therapy -Amongst the five modalities The virechana -process of detoxification by anal region through stools and the Raktamokshana -the blood letting are described to control and remove excessive pitta dosha This therapies also promote formation of good quality pitta in the body This treatments should be carried out in the supervision of a trained and skilled ayurvedic physician.

Importance of Sharad Rutucharya

- The pitta dosha is the one which regulates digestion, skin tone, color, complexion, Focus, eyesight, black colour of the hairs and has an important role in developing the intelligence It is also responsible for the formation of rakta dhatu I.e the blood which further is said to nourish all the dhatus from mamsa I.e muscle tissue to shukra dhatu I.e upto the semen formation in a man
- For this the pitta dosha has to be in its right state This can be achieved by following the sharad Rutucharya of Ayurveda
- The knowledge of seasonal regimen has a preventive dimension
- Following a specially designed daily regimen I.e dinacharya according to a individual built called prakriti in Ayurveda and adapting some seasonal changes from time to time can lead a healthy life
- In this preventive ways one can avert about 85% of the diseases

- The knowledge of Rutucharya can keep you healthy through out the year
- It increases immunity fitness and strength and impacts the overall longevity of life

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