



A STUDY OF RUTUCHARYA WITH SPECIAL REFERENCE TO VARSHARUTU

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ABSTRACT :

Today climate change is the main issue in every field of science. The cycle of nature has totally changed because of man himself. As a result various diseases are seen in the society. Ayurveda mentioned various rules and measures to overcome these problems many years ago. One of this is *Rutucharya* as in *Varsharutu Vataprakopaka Lakshanas and Vatavyadhi* are observed more and also epidemic diseases according to modern science. A group of 100 people were taken for survey between age groups of 20-45 yrs. A questionnaire was prepared by taking in account the rules for seasonal regimen (*Rutucharya of Varsharutu* mentioned by *Bruhutray*) along with these questions about their life style, diet, working habits, sexual activities, their personal behavior, etc. They were advised to follow *Varsha Rutucharya* described in Ayurveda. Follow up of every person was taken in *Varsharutu* with the help of questionnaires' data prepared. Statistical analysis was done. It is observed that by following the rules of *Ahar and Vihar* stated in Ayurveda there is relief from various diseases seen in *Varsharutu*. By this we prove the utility of Ayurveda for common people.

Key words: *Varsha Rutucharya, Ayurveda, Vatavyadhi, Vataprakopaka Lakshanas.*

INTRODUCTION: Ayurveda has a pattern of atmosphere along with man. mentioned the main aims as to maintain the healthy status of human being and secondly to cure the diseases; that means if someone wants to prevent his life from the diseases he should follow the theories mentioned by Ayurveda to live a healthy life. These theories or basic principles are called 'Siddhants'. These are mentioned in the form of various preventive measures. For example: *Dincharya, Rutucharya, Sadavrutta, Achararasayan, Yoga*, etc; out of which *Rutucharya* is one of the most important *Siddhant* mentioned in Ayurveda. According to the six *Rutus*, Charaka described different signs, symptoms and specific pattern of diet, behavior, etc. As far as today's lifestyle and environmental conditions are considered the nature is also changing its

This is directly affected on the life of human being. Out of all *Rutus*, *Varsharutu* is the main season which must be discussed thoroughly. It was very interesting to observe if the changes of man and his ignorance towards the seasonal regimens result in a common set of symptoms and does Ayurveda have any solution in the similar conditions. So the topic is selected for study.

MATERIAL AND METHODS: For better assessment of *Vatavyadhi* and *Vataprakopa Lakshanas* appearing due to non-compliance of *Varsha Rutucharya* a survey was conducted. In this survey an attempt was made to show the effect of non-compliance of *Varsha Rutucharya* on human body.

Survey Design- 100 people were selected for this survey of age groups 20-40 years. The people having different sex, occupations, different working habits, etc. were selected randomly. The questionnaire was prepared according to *Vatavyadhi* and *Vataprakopa Lakshanas* mentioned in *Brahatraya*.

Inclusive criteria: 1.The persons will be selected having different sex, occupations, different working habits, etc.

2. People of age groups between 20-45yrs taken.

Exclusive criteria: 1. People below 20yrs and above 45 years.

1.People suffering from any diseases except *Vatavyadhi* and *Vataprakopa Lakshanas*.

OBSERVATIONS:

Serial no.	<i>Vatavyadhi</i> and <i>Vataprakopa Lakshanas</i> appearing due to not following <i>Varsha Rutucharya</i> .	No. of People	%
1.	<i>Padashula</i>	85	85
2.	<i>Shirashula</i>	84	84
3.	<i>Tam</i>	80	80
4.	<i>Padosuptatta</i>	68	68
5.	<i>Janubheda</i>	67	67
6.	<i>Netrashula</i>	51	51
7.	<i>Trikagraha, Pushtagraha</i>	48	48
8.	<i>Toda</i>	42	42
9.	<i>Urustambha</i>	41	41
10.	<i>Vipadika</i>	40	40
11.	<i>Jumbha</i>	37	37
12.	<i>Raukshya</i>	34	34
13.	<i>Vidabheda</i>	30	30
14.	<i>Mukhshosha</i>	29	29
15.	<i>Karnamula</i>	24	24
16.	<i>Dantabheda</i>	23	23
17.	<i>Kampa</i>	22	22
18.	<i>Parshvmarda</i>	21	21
19.	<i>Gudarti</i>	20	20
20.	<i>Hrudadrava</i>	18	18
21.	<i>Aosthabheda</i>	17	17
22.	<i>Gulphgraha</i>	16	16
23.	<i>Aswapana</i>	15	15
24.	<i>Grivastambha</i>	11	11
25.	<i>Atipralapa</i>	10	10
26.	<i>Urusada</i>	08	08
27.	<i>Ashabadshravan</i>	06	06
28.	<i>Manystambha</i>	05	05
29.	<i>Dantashaitilya</i>	03	03



30.	<i>Baharepana</i>	03	03
31.	<i>Timira</i>	03	03
32.	<i>Uccheshruti</i>	02	02
33.	<i>Bhrama</i>	02	02
34.	<i>Padabhrasn</i>	01	01
35.	<i>Udavarta</i>	01	01
36.	<i>Hrumaha</i>	01	01
37.	<i>Akshibheda</i>	01	01
38.	<i>Hichaki</i>	01	01
39.	<i>Parushya</i>	01	01

RESULT: The % of people according to their effect of diseases and Lakshanas after following Varsha Rutucharya (i.e. 2 months):

Effects on diseases & <i>Lakshanas</i> (Categories)	No. of people
Mild effect	30
Medium effect	47
Total effect	09
No effect	14

It shows the categories relief of symptoms after following Varsha Rutucharya.

Table 1

Sr. No.	Age Group	Relief in symptoms (<i>Upasham</i>)				
		Mild	Medium	Total	No relief	
1	20-25	14	16	1	7	=38
2	26-30	10	11	5	1	=27
3	31-35	5	11	2	3	=21
4	36-40	1	7	1	3	=12
5	41-45	-	2	-	-	=02

It shows the agewise relief in symptoms after advice i.e. after 2 months. The maximum was observed in medium category for each age group. **Table 2**

Sr. No.	<i>Prakruti</i>	Relief in symptoms (<i>Upasham</i>)			
		Mild	Medium	Total	No relief
1	<i>Vatapradhan pittanubandhi</i>	2	1	1	2
2	<i>Vatapradhan kaphanubandhi</i>	-	2	-	1
3	<i>Pittapradhan vatanubandhi</i>	7	8	1	4
4	<i>Pittapradhan kaphanubandhi</i>	8	16	-	3
5	<i>Kaphapradhan vatanubandhi</i>	2	6	1	2
6	<i>Kaphapradhan pittanubandhi</i>	11	14	6	2

It shows that maximum no. of subjects showed result in Pitta-Kapha (16), and Kapha-Pitta (14) showed medium result. The subject of Vata Pradhan and Vatanubandhi showed result in mild category or no result.

Table 3

Sr. No.	Job	Relief in symptoms (<i>Upasham</i>)			
		Mild	Medium	Total	No relief
1	Sedentary	6	26	5	3
2	Labour	11	6	1	7
3	Housewife	7	6	1	3
4	Education	3	7	1	-
5	Business	2	3	1	1

It shows maximum no. (26) of result in medium category was observed in the subject doing sedentary work while in the subject doing laborious work showed maximum no. of result in mild category i.e. (11).

DISCUSSION: “Rutucharya” is a main siddhant mentioned by Ayurveda. In this siddhant the Lord Atreya said about the strength and luster of the one who knows the suitable diet and regimen for every season and practices according are enchanted. While going through the literature, we get the impression that the whole universe was well throughout by our Acharyas. Through this science deals with the human beings and diseases related to it. This science does not just merely deal with materialistic outputs but it demands something more. When they realized that a person can't isolate himself from his surrounding and the effects from it, it become necessary for them to consider the universal approach. But as the ultimate aim was to ideal with the human being they pointed their views in that direction. They have done tremendous and huge work for the good health of human being. For getting easier absorption of the knowledge they divided them into some siddhants which can also be termed as basic principles. Through these principles they mentioned the need of Ayurveda in today's life style. Through the data

collected and the observations done of the survey conducted for this paper, we can definitely say that the facts mentioned by the Acharyas of Ayurveda thousands of years ago remains true in today's lifestyle. It also proves the importance of the measures mentioned by Ayurveda for maintaining the life health and free from diseases, which also have the first aim of Ayurveda. It is essential for the physician to have good knowledge of this order to adopt suitable remedial measures to prevent disease that might arise from such increased doshas. The important point, which must be discussed in this paper is that if we compliance complete of Varsha Rutucharya, we get total relief in (diseases) diseases and Lakshanas. The result of the survey is observed that the compliance of Varsha Rutucharya and relief in (upasam) diseases and Lakshanas (symptoms) are directly proportional to each other.

CONCLUSION:

- 1.It definitely proves the importance of compliance of Varsha Rutucharya in daily worksheet of every human being.
- 2.It also proved the theory of Ayurveda about the compliance of Rutucharya and the diseases also Lakshanas arised due to non-compliance of Rutucharya.
- 3.Through the survey we can also conclude that everyone must follow the seasonal regimens mentioned by Ayurveda

to avoid the diseases originated by non-compliance of Rutucharya.

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