Abstract:

Ayurveda is science of life which promotes positive health, prevent diseases and helps in disease free life. Ayurveda defines Rutucharya which includes aahar viharadi pathya, apathy, Shodhan and shaman chikitsa. According to different seasons there will be vitiation of doshas in the body which may turns to lead different diseases. If we should take care of this by performing Shodhan karma in respective season may specifies the vitiated dosha and preventing diseases.

KEYWORDS: Rutucharya, Shodhan karma, Doshas

Introduction:

Ayurveda defines Swastha as-

"Samdosha samagnishch samadhatu mala kriya
Prasanna aatmendriya manah swast itibhiyate”

The aim of ayurveda is "Swasthasya swasthya rakshnam, Aaturasya vikarprashanamch" so to maintain health of healthy individual to maintain this Seasonal Shodhan karma is very helpful. Shodhana means to expel toxins from the body. They are five namely Vamankarma, Virechankarma, Nasya, Basti and Raktmokshana. Seasonal regimen include detoxification according to the season like in Vasant rutu-Vaman, Sharadruru -Virechan and Raktamokshana and in Varsha-Basti. Increased doshas are pacified by Langhan, Dipan, Pchan and Shaman chikitsa but there may be chance of recurrence. By Shodhan karma doshas get eliminated from the body it is called Apunrbhav chikitsa. Panchakarma, Vamana (Emesis therapy), Virechana (Purgation therapy), Niruhabasti

*Corresponding author: varshavijay24.vr@gmail.com
(Decoction enema), Anuvasan (Medicated Ghee or Oil enema) and Nasya (errhine therapy). Acharya Sushruta instead of Anuvasana added Raktamokshana (Bloodletting therapy). Apart from these major Shodhana some of the adjuvant therapies are also play very important role in pacifying vitiated doshas like massage (Abhyanga), powder massage (Udvartana), mouth gurgling (Kavala), Gandhusha, medicated smoking, application of Paste, Padaghata, Exercise etc.

Panchkarma treatments are mainly indicated in all chronic disorders. The speciality of these treatments is not only indicated in diseased person but also in healthy individual as preventive aspect. Acharyas explained that in every person’s body according to season because of different food, regimens and behaviors doshas increased and lead to different diseases. All most all Acharyas discussed about seasonal shodhan karma, which help to specify the vitiated doshas and prevent the diseases.

**Status of Doshas according to Rutu:**

Acharya charak in Vasant rutu (spring season) because of strong sun rays it produces accumulation of pitta, to specify this in Sharad rutu Virechan and Raktmokshan therapy treatments are carried out.

Acharya Sharangdhara added in Sharad rutu, Vasant rutu and Pravrit rutu by analysing Dosha, Deshadi the intellect physician should give Vamana, Virechana and Basti respectively. In Hemant rutu accumulated Kapha become liquefied in Vasant rutu because of Sun rays, further lead to diminish in digestive power, produces different diseases. In Vasant rutu accumulated Kapha should be eliminated through Vamanadi Shodhan chirita. According to dosha in different season naturally there will be accumulation of Dosha and for this Shodhana explained.

<table>
<thead>
<tr>
<th>Rutu</th>
<th>Doshavasta</th>
<th>Shodhan Karma /Upkrama</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vasant</td>
<td>Kaph prakop</td>
<td>Vamana</td>
</tr>
<tr>
<td>Grishma</td>
<td>Vata sanchaya</td>
<td>Pralepa</td>
</tr>
<tr>
<td>Varsha</td>
<td>Vata prakop</td>
<td>Basti, Abhyang, Swedan</td>
</tr>
<tr>
<td>Sharad</td>
<td>Pitta prakop</td>
<td>Virechana, Raktmokshan</td>
</tr>
<tr>
<td>Hemant</td>
<td>Kaph sanchay</td>
<td>Abhyang, murdhn tail, Jentak swed.</td>
</tr>
<tr>
<td>Shishir</td>
<td></td>
<td>Abhyang</td>
</tr>
</tbody>
</table>
Shodhana makes the biological system to return to normalcy and to rejuvenate rapidly and also facilitates the desired pharmacokinetic effect of therapeutic remedies administered thereafter. It eliminates toxins from the body, cleanses the Strotas (macro and micro channels) maximizes the absorption and metabolism of nutrients and drugs.

**Conclusion:**

*Chaya, Prakop and Prasar avastha of Dosha* is different in different Rutu which aggravates the specific *dosha* which may lead to diseases. For the same conducting specific Shodhana according to *Dosha avastha* like *Vasant rutu-Vamana, Sharad rutu- Virechana, Varsha rutu-Basti chikitsa* may prevent the disease.

**References:**

6. Bramhanand Tripathi, Ashtanghridayam, Choukhamba Sanskrit Sansth, Delhi, Reprint 2003, Sutrasathan 3/10 verse, P.N.43-44.