



“Rutucharya: A lifestyle must follow to increase immunity.”

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Abstract:

Ayurved is *Anadi* and *Anant shastra* which deals with restoration of health of Healthy person and also of the diseased person. For maintenance of healthy life as we all know Ayurved Acharyas has given first preference and described treatment for diseases. For restoration of health i.e. *Swasthya rakshan Acharya Charak* has given 1st *Chatushka* name as *Swasthya Chatushka* in *Sutrasthana*. It includes *Dinacharya*, *Sadavritta* and *Rutucharya*. *Rutucharya* includes description of seasonal changes of *rutu*, effect on doshas, *ahar-vihara* to be taken and *ahar-vihara* to be avoided. It is the lifestyle changes to be adopted as per the seasonal changes. This description if followed prevents *dosha* vitiation and preventing diseases.

Keywords:

Rutu, Charya, Shad Rutu, Kaal swabhav, Ahara, Vihara

Introduction:

Ayurved is defined as-

Hitahitam Sukham dukham Ayustasya Hitahitam I

Manamcha tachha yatiroktam Ayurvedaha sa uchyate II

Ayurveda deals with all *hitakar* and *ahitkar* for life, *dukhakar* and *sukhar* for life, *mana* means *pramana* i.e. quantity and quality required for good life. This is definition of *Ayurveda* as per *Charakacharya*. The *rutucharya* includes the points that is *hitakar* for *swasthya* and *sukhakar* for healthy life.

The word *rutucharya* consists of two words.

Rutucharya = *Rutu* + *Charya*

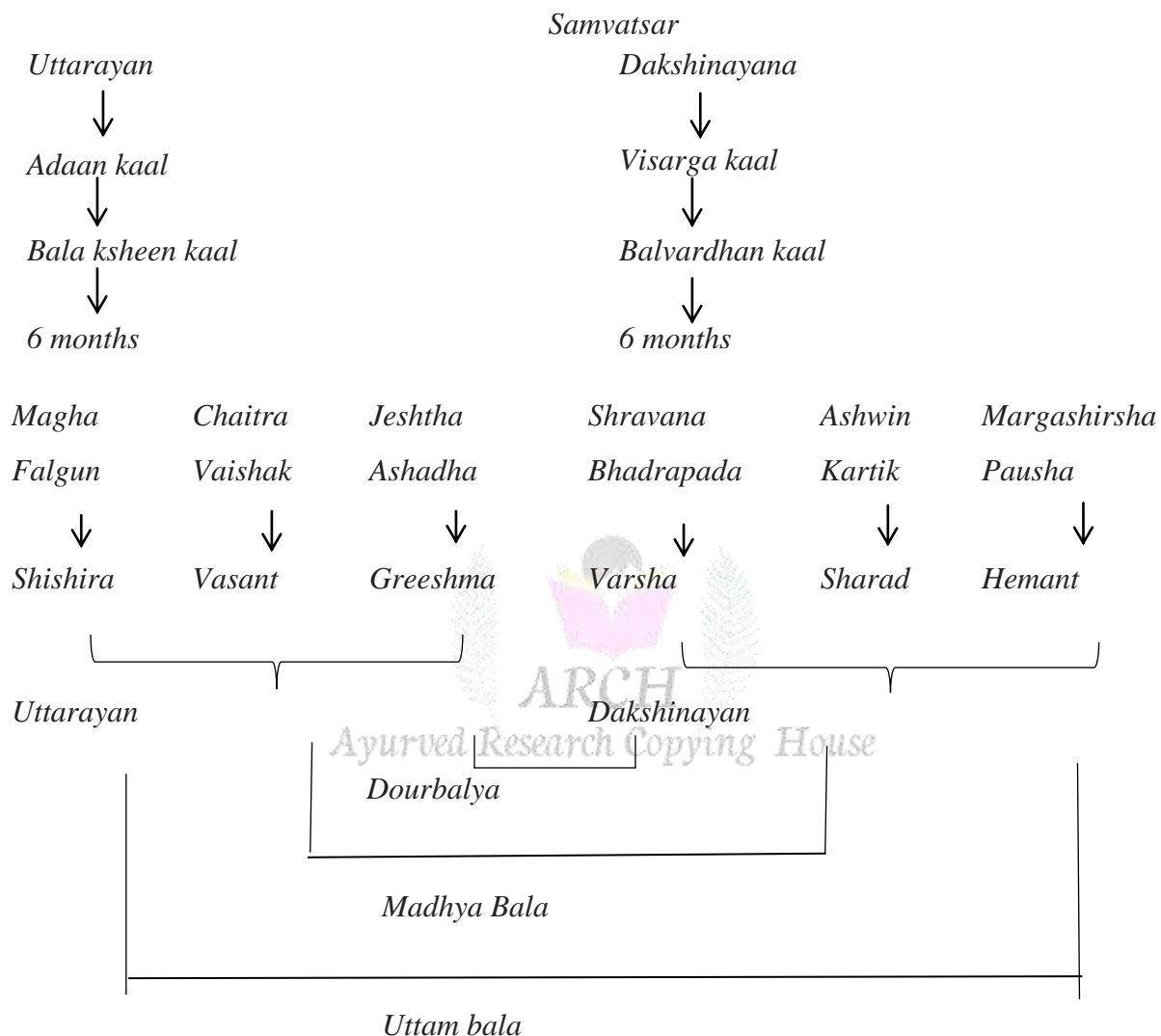
Rutu = Seasons and *Charya* = Regimen to be followed

Before commencing to *Rutucharya* let us understand some terminology regarding this.

Samvatsar :- One year, *Ayan*:- *Marga* or route.

The rotation and revolution of Earth creates the season this is route towards and

away from the Sun. This *ayana* creates the *Rutus*. The table below explains the two *ayan*s.



There are Uttarayan and Dakshinayan two ayans. Uttarayan comprises of six months and Dakshinayana consists of six months. Uttarayan is also known as Adaan Kala as Surya gives its energy to earth. So due teja of surya bala or strength decreases. Whereas in Dakshinayana which is duplicated as Visarga Kaal bala or strength increases.

Samvatsar is formed of six rutus namely- Shishira, Vasant, Greeshma, Varsha, Sharad and Hemant. Each Rutus is comprised of two masa(months) each. i.e. Samvatsara has 12 months. These months are taken according to Hindu calender system which are Chaitra, Vishakha, Jyeshtha, Ashadha, Shravana, Bhadrapada, Ashwin, Katik, Margashirsha, Pousha, Magha and Phalgun.

The classification of these months is | as shown in the chart.

Magha } Shishira Chaitra } Vasant Jyeshtha } Greeshma
Phalgun } Vaishakha } Ashadha }

Shravan } Varsha Ashwin } Sharad Margashirsha } Hemant
Bhadrapada } Kartik } Pousha }

The three rutus form Uttarayan. Shishir-
Vasant- Greeshma together form Uttarayan.

And Varsha- Sharad- Hemant together is
Dakshinayana.

Adaavante cha dourbalyam visargaadaanyo nrunaam I

Madhye madhyabalam twante shreshthamagne cha nirdishet II Cha. Su.6

Uttarayan	Dakshinyana
• Surya accelerates towards Uttar disha	• Surya moves towards Dakshin disha
• Penetrating rays of Surya causes absorption of moisture of earth	• Chandrama is more influencing and gives cooling and soothing impression
• Tikta, kashaya and katu rasa are progressively stronger.	• Amla, lavana, madhura rasa are progressively stronger
• Surya is powerful- days are longer and nights are shorter	• Chandra is stronger and Surya has low impact. Days shorter and night longer.
• Dry ness is more	• Snigdha guna yukta
• Agneya guna pradhana	• Soumya guna pradhan

The bala in each rutu is described in chart and the above reference from Charak samhita is given to explain the bala or strenght. The characteristics of Uttarayan and Dakshinayana are as follows :-

Observations :-

Lets now discuss each rutus in details with kala svabhava, pathya and apathya.

I) Hemant Rutu:

Kala swabhav:

✧ Sheeta vayu towards uttar direction,

- ✧ Every where the atmosphere is filled with fog, mist, dust and smokiness,
- ✧ Crow, hippopotamus, buffalo, elephant are very joyful and cheery.

Pathya :

- Agni is pradipt in this rutu. So if proper food not taken then rasa-raktadi dhatus are ingested.
- Madhur, amla and lavana ras ahar are to be taken
- Milk, ghee, milk products, food items made of jaggery should be eaten

- Fatty animals meat should be consumed.
- New grains should be taken for preparing food
- Oil oleation, exercise, exertive work should be done
- Powder of Amla, Mruttika, triphala etc should be rubbed to body during bathing.
- Warm water must be used for bathing and post bathing keshar, chandan paste should be applied.
- Dhupa of agaru to be taken, Ushna pravaran i.e. warm clothings like sweater, mufler, shwal etc.

Diseases :- Sandhi stambh, sandhi shoola, Shwas, pratishyaya etc are commonly seen in this season.

II) Shishir Rutu :-

Ayameva vidhihi karyaha shishireapi visheshtaha I

Tada hi sheetamadhikam roukshyam cha adaankaalajam II

In this rutu cold is more than hemant rutu. Inthis rutu cold is supplemented with dryness. Here adaan kala i.e. Uttarayan starts. So the rutucharya described in hemanta rutu is to be followed in this rutu also.

III) Vasant Rutu :-

Kala swabhav:

- This rutu is known as “Ruturaj”

- Nature is very kind in this rutu as it carries all the ornaments with gracefulness.
- Yellow flowers are seen as if Earth is wearing her crown.
- Beetles enjoy the nature freely, birds are chirping every where
- South side Malayachal mountain ranges wind blow with fragrance.
- All flowering tress are filled with attractive flowers.

Pathya :

- The sanchit kapha in Hemant and Shishir rutu due to sun rays get melted. Its Kapha prakopa kala. So for this Vamana karma shodhan chikitsa is been directed by Acharyas. So as to prevent Kaphaja diseases Vamana a part of Panchakarma should be done as per the procedure described in our Samhitas.
- Probabaly Rhinitis, cough, and other kaphaja roga are seen during this period.

Vasante bhramanam pathyam I

- As described earlier the nature is in its beauty so vana vihar, visit to beautiful places with loving people is given. Spend time with family and friends
- Vyayama, Ubatan, chandan-agaru etc lepan
- Vamana karma, ruksha nasya
- To consume old rice, wheat, mung, yava etc
- Ruksha, kashaya, laghu anna sevan is appreciated

- Taking honey is useful

Apathya :

- Guru, sheeta, divaswap, snigdha, amla, madhur rasa should be excluded.
- New grains must not be consumed, also udad, potato, suran, banana, peru, sitaphal, oranges, milk products, cold water all must be strictly avoided.

IV **Greeshma Rutu:**

Kala swabhav:

- Fierce sun rays
- Very hot burning Nairutya air blows, that heats up the earth
- All birds, animals, are in search of water, wonder here and there for getting water.

Pathya :

- Madhur, snigdha, sheeta, liquid, flowing consistency products should be consumed like- shikaran, sarbat, milk, curd, dals, khichadi, etc should be included in diet.
- Under the coolness of moon, in open spaces, terrace or balconies one should sleep at night, in afternoon also rest must be taken in cool places, divaswap is appreciated in this rutu. Only Greeshma in rutu afternoon sleep is indicated.
- Khas floorings, fans, rose water, kevada water must be sprinkled
- White, cotton and low weight dress must be worn.

Apathya :

- To go outside in sun
- Kashaya, amla, tikshna foods

- While going outside one should protect themselves by carrying umbrellas, scarfs
- Withdrawl of Vyayama
- Alcohol consumption must be strictly avoided. If one willing to take then must be diluted.

IV) **Varsha Rutu:**

Kala swabhav

- All the jalashaya i.e. water bodies(river,well,lake) are filled with water
- The atmosphere is beautified with Lotus, truna, grass, green farming
- We can see greenary everywhere
- Black water filled clouds, thunder, lightening is star condition of rainy season
- Air blows from north direction. The atmosphere is made fragrant with flowers aroma and cold breeze blows.

Pathya :

- The cold atmosphere here causes jatharagni mandya
- Sprinkling water with cold breeze'
- Amla paak yukta muddy water, Vata prakop and pitta sanchaya occurs in this rutu
- Asthapana basti chikitsa is must to control the vata prakopa and prevention of vata vyadhis.
- Old grains, wheat, yava, sanskrut mansa rasa, jangal aimls and birds mans
- Yusha, honey, old asavas- aristhas, black salt, panchakolyukta dahi savan
- Shruta-sheeta jala.

Apathya :

- Ati ushna, ati sheeta, ruksha, horse gram, chavale, chane

- Getting wet in rain, taking bath in river
- Going out without covering legs i.e. wear shoes before going out
- Ingestion of liquid more in diet
- Sleeping in afternoon, Shrama

V) Sharada Rutu:

Kala swabhav:-

- Radiant heat in afternoon and slight cold at night
- Clean and clear sky, no clouds
- Lakes are embellished with swans and lotus

Hansodak:

*Divya suryanshu santaptam nishi
chandrashu sheetalam I*

*Kalena pakwam nirdosham
agatyenaavishikrutam II*

*Hansodakam iti khyatam sharadam
vimalam suchi I*

*Snanapaanaavagaaheshu hitamambu
yathaamrutam II*

This is characteristic explanation of sharad rutu. The water bodies filled during varsha is sterilized in sharad. It explains that in day time water is heated in sun rays and at night is cooled. Due to this kaal water is purified with Agastya nakshatra. Such water is HANSODAKA.

Such water should be snana, paan means drinking, avagahan. This is very hitakar and similar to Amrut.

Pathya:-

- This rutu is kaal of pitta prakopa and vata shaman kaal
- As it is pitta prakopa kaal the pitta shodhana with virechana and raktamokshana

- Madhur, kashaya, tikta rasa sevan
- Ghee, milk, wheat, java, chana, mung, rice, crystallized sugar, rose-kevala sarbat
- Karpur yukta sheeta chandan lepan must be done in afternoon
- Take walk in moonlight
- Fragrant cool things or flowers retention to be done
- Nirmal white dresses should be worn
- Nadi snan

Apathya:-

- Taking sun bath, sitting near agni, sleeping in dew,
- Consuming fatty, oily, jaliya-anupa mansa, kshar dravyas, curd,
- Amla, kashaya, ushna products
- Taking afternoon nap
- North flowing wind

Discussion:

We have gone through the each rutucharya highlights. This adoption of body towards the changes in season is necessary part of life. Such adoption gives us disease free life. The diet, the way of living is described here increases our immunity, sodhanas according to rutu gives cleansing effect to our body. Sound body creates sound mind and sound mind-body is nothing but Swastha purusha.

*Samadoshaha samaagnishcha sama dhatu
mala kriyaha I*

*Prasanna atmendriya manaha swastha
ityabhidhiyate II Sushrut*

As we all are presently fighting against Covid-19 disease over the world. In India the holistic approach in daily practices, all our festivals are according to *rutus*. Unknowingly we follow this *rutucharya* and

this gives us natural immunity in ourselves. So effect of Covid -19 was not that strong as like in other countries.

The natural system of Indian life is blessed with life style festivals, food changes, holistic approach, daily exercise, yoga are all part and parcel of life. Following this regimen we care for ourselves, for each and every person provoke sound health.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

Shrilaxmi G. Savadatti, Guruprasad A. Savadatti (2021). "Rutucharya: A lifestyle must follow to increase immunity.". Ayurlog: National Journal of Research in Ayurved Science, 9(02).

<https://doi.org/10.52482/ayurlog.v9i02.832>

Ayurlog: National Journal of Research in Ayurved Science- 2021; (09) (02):01- 07

Ayurved Research Copying House