INTRODUCTION

Lokapurushasamyasiddanta highlights the influence of macrocosm on microcosm, where in the environmental changes that occur in a particular season will have the direct influence on the human body in terms of Sanchaya, Prakopa of specific Doshas which may have the tendency to cause disease in order to overcome the effect of season on the body, certain dietetic and regimen modification are to be adopted as per the Rutu. In this regard, the concept of Rutucharya holds utmost important in conquering the above two objectives of Ayurveda. One should follow dietetic regimen and activities as prescribed in Ayurveda in respective season to maintain the normal health.

According to Sushruta, Doshas in the Ksheenaavastha Brumhanakarma advised, Doshas in Kutipavastha prashamana of Dasha advised, Doshas in Vruddavastha doshanirharaana Advised, in Samaavastha Paripalana of Dasha is advised 1.

Meaning of Rutu and Charya

Two Maasa are collectively called as one Rutu. There are six rutus. 2 Charya means moving, following. Rutucharya is the observance of diet and regimen according to seasonal changes. Chaitra, Vaishaka constitutes the Vasantarutu, probably in the month of mid march to mid may3

Rationality Behind Rutu Vibhajana

Depend upon the Chaya, Prakopa, Prashamana Rutu is divided4
Depend upon the Shamshodanarutu is divided5
Prakopais balavan compare to Chayaavastha for treating the Prakopavastha of Doshas, Rutu is divided.

Importance of Sadharana Rutu for Shodhana Karma In Swastha

In Sadharanarutu, evacuation therapy such as Vamanaadi karmas, should be administered in these seasons, due to moderate cold, heat, rain, the season having common character are most convenient and
unharmful to body and drugs, while due to excessive cold, heat and rain other seasons are inconvenient and harmful to body and drugs. In emergency, therapy should be administered carefully after modifying the seasonal affects by artificial means (Krutrimaupakarana). 6

Vasanta Rutu Lakshana and its Charya

For identification of particular Rutu knowledge of Rutulakshana is important. The wind blows from south in Vasantarutu, the sun rays appear like coppery red in colour. The trees are full of new tender leaves and bark. All the area around are clean, and adorned with the trees such as Kimshuka, Ashoka, Chut, spread all over with melodious sounds of the bees and the cuckoo bird. 7

Vasantarutucharya


Avoidance of Guru, Sheetaa, Snighda, Amla, Madhuraaharas and Divaswapna.

Nidana & Samprapti of Kaphaja Roga-

In Hemantha Rutu & In Vasantha Rutu

Atryarthaa Upayujyanama of Snigda, Guru, Sheetaahara

Mandakirana of Baanu +Sa tusharapavana (Himaardravata)

Upastambitadehanam (Due to Madurapaka of Jala and Aoushadi)

Upalepana of Srotas due to Sneha, Shaitya, Gourava

Skandatwa of Dosa (kapha) in Hemantha, Shishira due to Sheeta, Snigdaguna -Kaphachaya

Arkarashmpiravilaayana on Stabdhadehanam (in Vasantha Rutu)

Jataraagnimhatwa (because of Dravaswaropa of Kaphadosha)

Vilayanarupavriddi of Kaphadosha (Influence of Snigtha and Ushna guna)

Kaphaja rogas

Kapha Sanchaya, Prakopa, Prashamana

Snigdhadi qualities of Kapha if associated with Sheeta causes Kaphasanchaya.

Snigdhadi qualities of Kapha if associates with Ushna properties leads to Kaphaprapaka.

Rukssadi qualities of Kapha if associates with Ushna brings pacification in Kapha. 8

Indication of Shodhana, Shamana Chikitsa in Vasantha Rutu

In Vasantarutu we can understand the Chikitsa in two ways, 1. Shodana and 2. Shamana

Shodhana Chikitsa in Vasantha Rutu 9

- Akritayam Poorva Rutu Charya (one who is not Following Purva Rutu Charya)
- Purva Rutu Sanchita Doshas will go to Prakopa Avastha
- Apathyaa Nimittaja Dosa Prakopa (Purvarutu Sevita Apathyaatat)
- Chaya Purvaka Kapha Prakopa in these above conditions Shodana Chikitsa Should be Adopted.

Shamana Chikitsa in Vasantha Rutu 10

- Achayaporvakakaphaprakopa condition
- Pathyanimittaakaphaprakopavaastha
- Agantu Nimittaja Kapha Prakopa

In these above conditions shaman Chikitsa should be adopted.

Benefits of Vasantikavamana

- It prevents Rutujaan rogas.
- It arrests Doshagati, i.e., Prakopa to Prasrada karikakalas. 11
- It prevents Kaphajarogas.
- It helps in Dosha paripalana in Swastha.
- It prevents Rasavahasrotovikaras.
- It helps to improve Vyadhikshamatva.
- Because -Prakrutakapha dosha gives Bala to Deha.

The levels of antioxidants Super oxide dismutase have increased highly significantly after Shodhana.

Shodana therapy increases the antioxidants and decreases the free radicals in the body, by this pathogenesis of various diseases and ageing can be controlled/prevented.

DISCUSSION

Masa, Rashi, Swaropa (month, constellation, characteristic) are the 3 components in a season. They are strength in succeeding order according to that we should follow Vasanta rutu charya.

Masa swaropa – Two Maasa are collectively called as one Rutu. Vasanta rutu consists of chaatra and vaishaka maasa(mid Jan – mid March)

Raashi swaropa – Raashi swaropa means, each rutu is predominant of specific constellation as per the Raashi chakra

Example:

Karkotaadi dhanuha paryantam raashishatkatam
- Makaraadi mithuna paryantam raashishatkatam
- Swalaakshana swaropa: 12 characteristic of particular Rutu (Vasantha rutu).
Season supported by *Maasaswaroopa* and not supported by the constellation i.e., *Raashiswaroopa* in these condition *Swpalpanojya of Vasantha karma* regimen we should follow.

Season supported by constellation and not supported by the *Swaroopalakshana* (characteristic) in these conditions *Kichithpariparaneeeya vidhi* should follow.

Season supported by *Raashiswaroopa* not by a *Maasaswaroopa* in these conditions *Madyavidhi of Vasantha* regimen should follow

Season supported by the month, constellation and characteristic of the *Rutu* in these condition *Paripornavidhi of Vasanthacharya* should follow.

*Swaroopalakshana* is Balavan so in this condition *Parnavidhi of Vasanthacharya* should follow.

### Rationality behind *Madhava Prathame Mase Vamana Karma*

4 *Maasa (Rutudvaya)* for *Sanchaya* of *Kaphadosha*, if it is not early evacuated in *Chaitravasana* it end up in *Rutuvaan rogas*.

*Atisheettata* causes *Atidaarunibhata Doshas* and *Avabaddadoshadas*, in these conditions as early as possible *Doshas* should be evacuated from body.

According to *Induteeka*, thus neglected, the vitiated *Doshas* get accumulated over the time to its maximum, causes the diseases like *Sthoulya, Agnisada, Kusta, Meha* etc, which are not amenable for treatment.

The channels of *Rasa* are being obstructed by the vitiated *Doshas* (deposition of debries in the inner layers making the lumen narrowed), nourishment to the tissues is not possible. Hence, while maintaining health itself one must undergo purificatory measures to prevent from occurrence of the diseases.

*Vasantama Vamana* is highly beneficial for *Kapha* and *Kapha-Pitta* constitution and patients suffering from *Kapha* disorders and associated *Pitta* disorders or diseases originating or settled in the place of *Kapha*. *Vasant Rutu* supports for proper conduct of *Vamana Karma* as majority had *Madhyama Shuddhi* without any complications.14

They conclude that understanding of *Koshta* individuals in various conditions, is essential to decide the Dosage of *Snehapanas, Vamanadravyas* and *Shuddis of Vamana*, before conducting the *Vamana karma*.15

### CONCLUSION

- *Vasantavamana* holds good for *Nirharana of Doshas*, *Paripalana of Doshas*.

- In this modern era, most of people do not follow the *Shastraniyamitaachara*, and *Viharas*, so every individual should take *Vasantiya vanama* for prevention of *Kaphajaroga*.

- After some period, debries forms even in pure water or in a gem similarly even after following regimens, according to seasons, some amount of abnormalities of *Doshas* are seen.

- In order to prevent diseases and curtail the accumulation of *Doshas* one must undergo *Shodanachikitsa*.

### REFERENCES


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