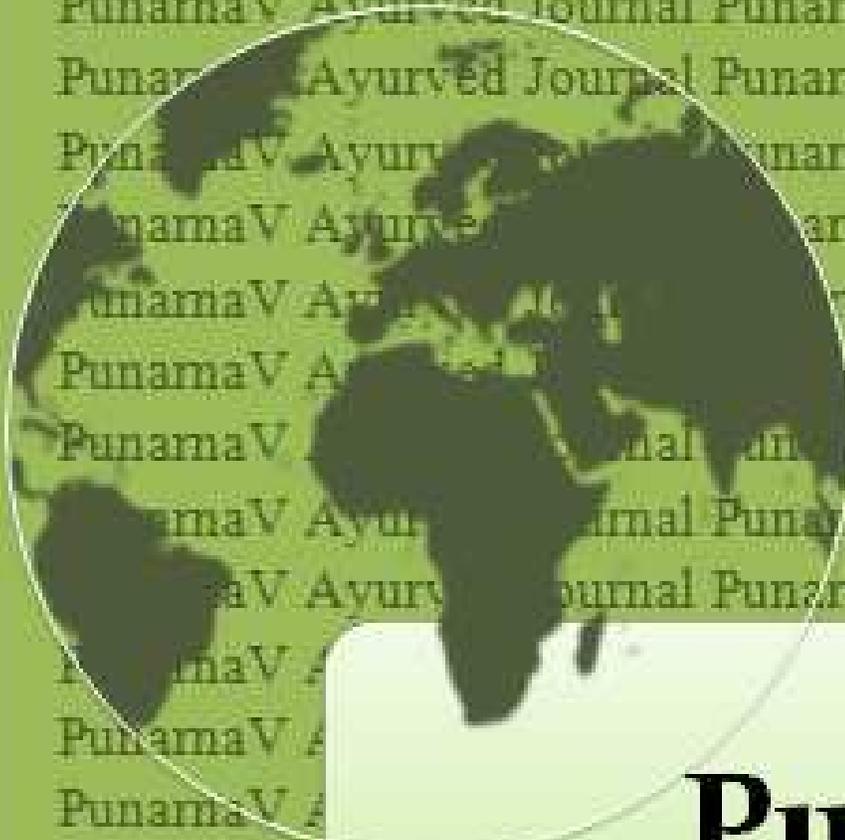


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**TITLE**

**PIVOLATE STUDY OF VASANTA RITU (SPRING SEASON) IN  
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## PIVOLATE STUDY OF VASANTA RITU (SPRING SEASON) IN PREVENTION OF AILMENTS

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### **Abstract:**

*Ayurveda the science of life gives importance for maintenance of health and prevention of diseases. An year is divided into two Ayana i.e Uttarayana and Dakshinayana. As Vasantha ritu (Spring season) approach in Uttarayana kala sun moves in northern direction dominated with the qualities of Agni and there is enhancement of astringent taste, roughness and weakness of the body is of moderate nature. Kapha gets accumulated in the seasons preceding the spring, it gets liquefied during this ritu as the body is exposed to the increased heat of sun affects both power of digestion and metabolism results in manifestation of various illness. The human being confront multiple problems from uncomfortable typical problem to severe problems like asthma, common cold, cough, skin ailments etc. By proper practice of suitable diet and regimen to respective ritu and internal purification of the body through vamanadi karma enhances strength and luster of the individual and keep one free from diseases.*

**KEY WORDS:** Agni, Dakshinayana, Kapha, Uttarayana, Vasantha.

## INTRODUCTION

### CORRESPONDENT:

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*Kala* is divinity, it has neither beginning nor an end. It follows the accumulated effect of actions. The *Mahabhutas* undergo transformation this is the cause for excellence of seasons, strength of the *Doshas* and body, taste and potency of plants, for manifestation of disorders.<sup>1</sup> As *Vasantha ritu* (Spring season) approach in *Uttarayana kala* sun moves in northern direction due its hotness and dryness of wind takes away the moisture of the earth and makes all beings weak. Plants become dominant with *Tikta*, *Kashaya* and *Katu* by *Teja Mahabhuta* predominancy. *Kapha* gets accumulated in the seasons preceding the spring, it gets liquified during this *ritu*

as the body is exposed to the increased heat of sun affects both power of digestion and metabolism results in manifestation of various illness like whitish discolouration, coldness, obesity, fatigue, feeling of heaviness, debility of the body parts, obstruction of the *Srotas*, fainting, stupor, sleepiness, difficulty in breathing, cough, excess salivation, nausea, weakness of digestive activity etc.<sup>2</sup> Due to weak digestive power one should avoid food and drinks having *Snighda*, *Madhura*, *Amla*, *Guru*, in relation to *Vihara* avoid day sleep.

In order to prevent diseases manifestation should follow *Aharas* like *Yava*, *Godhuma*, *Seedhu*, *Madhvika*. Regimens like perform *Vyayama*, *Udvarthana*, *Anjana*, *Dhoomapana*, *Kavalagraha*, *Sukhambu Snana*, *Chandana* and *Agaru lepa* on body and conduct body purificatory procedures like *vamana*, *shirovirechana* etc.<sup>3</sup>

## DISCUSSION

### Effect of *Vasantha Ritu* on environment

: The movement of the sun will be little more towards the north on its elliptical path and so the earth comes a little nearer to it. This is known as *Uttarayana kala* (northern solatice). The sun's heat becomes

more, takes away the moisture of the earth and makes all beings weak.<sup>4</sup>

### Effect of *Vasantha Ritu* on plants:

Due to more sun rays and dry wind, plants losing their moisture become sapless and the astringent taste originate with dominance of *Tejas* become more

powerful hence such plants which have these properties by their nature will found very powerful during this period. So people are advised to avoid the use of such substances possessing these tastes for their food and drink. This is the best season to collect the plants having astringent taste.<sup>4</sup>

**Effect of Vasantha Ritu on Kayagni:**

Liquification of *Kapha* in *Vasantha* by hot sunrays results in weakness of *Agni* and impairment in metabolism.<sup>5</sup>

**Effect of Vasantha Ritu on Dosha:**

In *Sisira Ritu*, *Kapha* gets slightly increased inside due to cold and will accumulate in thick consistency in many places. In *Vasantha*, the heat of the sun gradually increases and liquified the thick *Kapha* which fills up the tissues and cavities of the body by its increased volume. If left as such leads to the production of many diseases.<sup>6</sup>

**Effect of Vasantha Ritu on Dhatus:**

*Prakopita Kapha* residing in skin causes stiffness and whitish discolouration, residing in *Rakta* causes *Pandu*, in *Mamsa*

causes *Arbuda*, *Apachi*, a feeling of heaviness, in *Medha Dhatu* causes obesity and diabetes, in *Asthi* causes loss of movements, in *Majja Dhatu* causes whitish discolouration of eyes, in *Sukra Vaha Srotas* causes obstruction to the flow of *Sukra*, in *Sandhis* causes pain, in *Kosta* produces *Udara Roga*, *Arochaka*, *Avipaka* and other ailments.<sup>7</sup>

**Effect of Vasantha Ritu on Shareera**

**Bala:** As it being middle of *Adanakala*, *Bala* of environment and *Deha* are moderate.<sup>8</sup>

**Observance of festivals:**

*Souramaana Ugadi* fest is celebrated in south india it indicates protection of health from liquified *Kapha* by the hotness of the sun.

Here neem and jaggery are used to mitigate *Kapha* by their *Tikta* and *Ushna* Guna.

**Type of cloth:** wear *Kashaya Vastra* (orange colour) acts as *Pittashamaka*, produces coolness and considered to be *Medhya*.<sup>9</sup>

**PREVENTIVE MEASURES**

- As the *kayagni Bala* is weak and *Kapha* is in *Prakopa* avoid day sleep and the food, drinks having the quality of *Guru*, *Snighda*, *Madhura*, *Amla*
- Should follow *Aharas* like *Yava*, *Godhuma*, *Seedhu*, *Madhava* are all mild alcoholic drinks, *Asava Arista*

decoction respectively with addition of molasses), *mardvika* (prepared from grapes), *Madhava* (prepared from honey), *Sarambha* (water made fragrant by adding extract of trees of astringent and bitter taste) as these food and drinks are formed by *Ruksha*,

reducing *Snigdha Guna* of *Kapha* thereby helps in the *Shaman* of *Kapha*.

➤ Regimens like perform *Vyayama*, *Udvarthana*, *Anjana*, *Dhoomapana*, *Kavalagraha*, *Sukhambu Snana*, *Chandana* and *Agaru Lepa* on body, all these activities supports in bringing *Kapha* into equilibrium state.

➤ Body purificatory procedures like *vamana*, *Shirovirechana* etc.

*Vasantika Vamana* is done in spring season approximately in the month of March and April for the elimination of vitiated *Kapha Dosha* which in turn helps to prevent the forth

coming *Kapha* disorders and associated *Pitta* disorders or diseases originating or settled in the place of *Kapha* like bronchial asthma, allergic bronchitis, rhinitis, sinusitis, migraine, hyperacidity, indigestion, anorexia, obesity, overweight, dyslipidemia, diabetes mellitus, acne vulgaris, psoriasis, eczema, urticaria etc.<sup>10</sup>

Physical exercise not only produces lightness of the body but also maintains three humours which otherwise cause illness.<sup>11</sup>.

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