



## PHYSIOLOGICAL CHANGES IN VARSHA RUTU AND AYURVEDA

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## ABSTRACT

*Ayurveda* is ancient science, which explain us how to live our life healthy. As *Rutu* (season) change its effect occur on our body and so many diseases occur. To face this environmental changes and maintain our healthy state is very essential. So in *Ayurveda* have beautiful description of *Rutucharya*. In *Rutucharya* have information about diet and lifestyle changes in each *rutu*. *Ayurveda* include six *rutu*. *Varsha rutu* (rainy season) is first *rutu* in *Dakshinayan*. Due to environmental changes in *Varsha rutu* naturally *Vata dosha prakop* and *Pitta dosha sanchaya* (accumulation) occur in body. Vitiated *dosha* is reasons of all diseases. So to understand physiological changes which happened in *Varsha rutu* and how to protect our life during *Varsha rutu*. For maintenance of our healthy state, it is necessary to do some changes in our diet and lifestyle as describe in *Ayurved*.

## KEYWORDS :

## INTRODUCTION:

*Ayurveda* is life science in which effect of environmental changes on body is beautifully describe. *Ayurveda* include six *rutu* - *Shishir*, *Vasant*, *Grishma*, *Varsha*, *Sharad* and *Hemant*. *Varsha rutu* is first *rutu* in *Dakshinayan*. *Dakshinayan* include three *rutu* - *Varsha*, *Sharad* and *Hemant*. In *Varsha rutu* days are small so the effect of sun is for short time .Due to this reasons power of sun is less during *Varsha rutu*. Viceversa power of moon is more due to nights are longer so the effect of moon is for longer time. So due to all this reasons in *dakshinayan* strength of individuals start to increase gradually.

## PHYSIOLOGICAL CHANGES IN VARSA RUTU:

In *Grishma rutu* naturally accumulation of *Vata dosha* ocure in body. In *Varsha rutu* this accumulated *Vata dosha prakop* (increase than normal limit) occur due to claudy weathers, cold air, rain fall, etc. According to *Ayurveda* vitiated *doshas* are main reason for all diseases. This *prakupit dosha* enter in *shaka*, *koshta* (visceral organs), *asthi* (bones), *sandhi* (joints) or different body parts and creates different types of diseases, like *sandhivat* (osteo arthritis), *Aamavata* (rheumatoid arthritis), *Vatarakt* (gout), *Pakshvadh* (paralysis), etc. increases during this *Rutu*.

In *Varsha rutu* water is naturally *Amla* (sour taste) *vipaki* (final taste of food after exposer to digestive enzyme ) so *Pitta* and *Kapha dosha* increase, which decrease power of *Agni* (digestive power) and create *Agnimandy* (decrease digestive power). According to *Ayurveda* *Mandagni* is root cause of all diseases. So due to all that reasons during this *rutu* diseases like *Aamalpitta* (Acidity), *Aatisar* (Diarrhea), *Udarshula* (Pain in abdomen), etc. also increases.

In *Vasha rutu* as power of *Agni* decrease it unable to digest food properly so *aamansh* i.e. undigested part is appear in body. So proper nutrition can't reach upto *dhatu* and other body organs.

So due to all above reasons during *Varsha rutu* immunity of individuals low and diseases attack on body easily.

In *varsha rutu* effect of environmental changes occur on our body, so in this *rutu* *Vata dosha prakop* and *Pitta dosha sanchay* occur in body. So to face this changes which occur in environment and body & to stay away from disease is very essential. For protection our body during *varsha rutu* it is very essential to do some changes in our diet and lifestyle.

## LIFESTYLE CHANGES IN VARSHA RUTU:

As the *Ayurveda* is life science and its aim is to keep healthy everyone . so in *Ayurveda* has detailed description about *Rutucharya* . *Rutucharya* means lifestyle & diet changes in each *rutu* which help us to maintain our health. According to *Ayurveda* during *Varsha rutu* mainly intake of *Madhur* (sweet), *Amla* (sour), *Lavan* (salty) *rasatmak* , *Snigdha* (oily) & *Ushna* (hot) *Aahar* (diet).

In *Varsha rutu* avoid to sleep during day time because it increase *snigdhat* in body and which vitiates *Kapha dosha* which creates *Kapha* related diseases. Also avoid to late night sleeping which increase *rukshata* in body & vitiates *Vata* which creates *Vata* related diseases. Also avoid to do heavy exercise and work which is responsible to increase *Vata* and *pitta* diseases.

For prevention of *Vata* related diseases we can do daily *Abhyanga* (massage) with oil. As the skin is site of *vata dosha* due to *Abhyanga vata shamana* (decrease) occur. In *Varsha rutu* everyone must do *Asthapan basti* as it help us to remove *Vatapradha dosha* & also increase our strength.

By following rules of *Ayurveda* we can easily adopt physiological changes which occur during *Varsha rutu* and enjoy our healthy life.

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