



SEASONAL REGIMEN COULD AFFECTS ON ALLOPATHIC PILLS CONSUMPTIONS...?

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ABSTRACT The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health problem is metabolic disorders where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19. By consuming many allopathic medicine, there is lots of burden which is not only it hamper the health of particular person who is consuming it, but also it is hampering over the modern health system, i.e. there is very horrible situation is happening in the current scenario due to COVID-19 crisis. As Ayurveda is the ancient science & also known as the science of the life. Ayurveda does not only tell about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, "swasthasya swasthya rakshanam, & aturasya roga prashamanam cha". So, Ayurveda could be helpful over this worst situation (low down the rate of consumptions of pills)? How it can be? It will be explored over here. In other word, Ayurveda, could be very effectively, low down the consumption of pills (i.e. modern medicine). There are many solutions over this problem, such as by eating healthy food, avoiding the junk food, following the dincharya (daily routine), rutucharya (following seasonal regimine), seasonal purification, taking mental care etc & many more. The "swassthasy swasthya rakshanam" to prove this principle fruitful one should be aware of, what type of food are they taking? What is the required quantity? What is the correct time to take? After meal what should we take? In other word eating healthy food & avoiding junk food will be explored over here.

KEYWORDS :Burden of consumption of pills (modern medicine), Eating right things (food), avoiding the junk food, avoid incompatible food items, Ayurveda as solution for low down rate consumption of pills etc.

INTRODUCTION:-

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health problem is metabolic disorders where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19.

By consuming many allopathic medicine, there is lots of burden which is not only it hamper the health of particular person who is consuming it, but also it is hampering over the modern health system, i.e. there is very horrible situation is happening in the current scenario due to COVID-19 crisis.

As Ayurveda is the ancient science & also known as the science of the life. Ayurveda does not only tell about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, "swasthasya swasthya rakshanam, & aturasya roga prashamanam cha".

WHAT IS HEALTH? "AS PER AYURVEDA":-

Wagbhata says about health, so health is defined as pleasant sensation in body & mind i.e. *sukha sanghyakam aarogyam*'.

The health definition is explained by Acharya Sushruta in sutrasthana 15/41;

"samadosha sama agnisch sama dhaatu malah kriyah, prasanna aatmendriyah manah swastha iti abhidihiyate"

It means the equilibrium or homeostasis of not only three doshas, appropriate functioning of digestive fire, appropriate functioning seven dhaatus & three malas, but also there must be pleasant sensation in mental factors like happiness in soul, five sense faculties.

WORLD HEALTH ORGANIZATION'S DEFINITION:-

"Health is a state of complete physical, mental and social well being and it not merely an absence of disease or infirmity".

The world definition of health has been criticized as being too broad. Some argue that health cannot be defined as a state at all but must be seen as a process of continuous adjustment to the changing demands of living and of the changing meanings we give to life. It is dynamic concept, it helps people live well, work well and enjoy themselves.

DISCUSSION:-

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Topic explored by by discussing the introduction of the Ayurveda, definition of the health according to the Ayurved as well as according to the Ayurvedic science. Then regimen for the six rutu (seasonal regimen according to Ayurveda) for example rainy seasonal regimen for diets, drinks, activities & medication, this are seasonal regimen suggested very scientifically with what to consume or not to consume. In similar way it is explored for all six season for a year.

This will certainly, enhance health, not only by excreting the impurities, toxins, metabolic wastages but also helps repairing the unhealthy tissues, gets rid over the diseases.

If someone adopting this entire regimen throughout the year (with each season) certainly, one will have the all the dosha in equilibrium state, they never get provokes (not capable to manifest the diseases). Certainly, one will bust the immune system & will be very less susceptible to the communicable diseases like COVID-19 & eventually comparatively less needs to consume the modern medicine.

CONCLUSION:-

- Then regimen for the six rutu (seasonal regimen according to Ayurveda) for example Grisms rutu (summer) seasonal regimen for diets, drinks, activities & medication, this are seasonal regimen suggested very scientifically with what to consume or not to consume.
- This will certainly, enhance health, not only by excreting the impurities, toxins, metabolic wastages but also helps repairing the unhealthy tissues, gets rid over the diseases.
- If someone adopting this entire regimen throughout the year (with each season) certainly, one will have the all the dosha in equilibrium state, they never get provokes (not capable to manifest the diseases). Certainly, one will bust the immune system & will be very less susceptible to the communicable diseases like COVID-19 & eventually comparatively less needs to consume the modern medicine.
- Again, by adopting the Rutucharya (seasonal food & behavioral regimen), someone not only effectively controls the metabolic

disorders, but also improves the immune power, eventually could be slow down the consumption of modern medicine.

- Ayurveda & the concept (principles of Ayurveda), must be reach to the every corner of not only throughout the India but also it must be reached across the Globe.
- It is also the cost effective management, so it could also balance the economy of India.

MANAGEMENT BY RUTUCHARYA (seasonal food & behavioral regimen)

SEASONS	DO'S	DON'TS
WINTER	Food- • unctuous, sour & saltish juices of the meat of aquatic marshy animals, • meat of bilesahaya (burrow dwelling) animals, meat of prasaha (who eat by snatching) & new rice	• Pramitaahar (under feeding). • Light & liable to vitiate vata dosha
	Drinks- • Madira, sidhu type of wine, • cows milk, cane juice & honey, fat oil & hot water	• Light & liable to vitiate vata dosha • Intake of gruel
	Activities – • underground residence, & inner heated apartment of building, • Conveyance, bedding & seat should covered with wrappers, cloths, or blankets • One should wear heavy, warm clothes & should besmear of body with aguru • One may indulge in excessive sexual intercourse	• Exposure to cold
	Medication- • Massage, unction, application of oil on head • Fomentation of Jenthak process	
SHISHIR	Food & drinks Same as winter season	• Diet & drinks- pungent, bitter, astringent tastes
	Activities- • windless & warm home	• Cold diet & drink
SPRING	Diets • Barely, wheat, • Meat of sharabha, shasha (rabbit), ena (antelope), lava (common quail) & Kapinjal (gray partridge)	Diets- • Heavy, unctuous, sour & sweet taste
	Drinks- • Unpolluted sidhu, mrudvika type of wine	
	Activities- • Exercise, • Enjoy blossoms & garden	
	Medication- • Uction, medicated smoking, • Gargling & collyrium • Be smear body with chandan & Aguru • Vamana karma (emesis)	
SUMMER	Diets & drinks • Sweet, cold, liquid & unctuous diet & drink	Diets & drinks – • Salty, sour, pungent or hot

	<ul style="list-style-type: none"> • Cold mantha (type of groat) along with sugar • Meat animal & bird of aride climate • Ghee & milk along with shali Rice • Very little quantity of alcohol or don't drink or drink with plenty of water 	<ul style="list-style-type: none"> • Very little quantity of alcohol or don't drink or drink with plenty of water
	Activities - <ul style="list-style-type: none"> • Day sleeping in air cooler climate • Should sleep in open air roof Medication Be smeared body with sandal paste	<ul style="list-style-type: none"> • Physical exercise • Sexual intercourse
RAINY	Diets- • Use of honey in preparing diets & drinks & others • Sour, salty & unctuous diet • Old barely, wheat & shali Rice along with meat of arid animals & vegetable soup	
	Drinks- • Maadhvika, or aristha type of liquor • Pure rain water • Water from well or pond-boiled & cooled & mixed with little honey	<ul style="list-style-type: none"> • Udamantha (groat diluted in excess) • Water from river
	Activities • Light & clean apparel & reside in house which is devoid of humidity	<ul style="list-style-type: none"> • Excessive exercise • Moving in sun • Sexual intercourse • Day sleeping
	Medications • Rub the body, apply unction, take bath & Wear fragrant garlands	
AUTUMN	Diets- • Sweet, light, cold & bitter food & drinks which alleviate pitta dosha • Meat of lava (common quail), kapinjala (gray partridge), ena (antelope), urabhra (sheep), sharabha (wapiti), shasha (rabbit) • Rice, barely & wheat	<ul style="list-style-type: none"> • Fat, oil, & meat of aquatic animal & marshy animal • Alkaline salt preparations curd
	Drinks- • Use of hansoudaka for drinks, bathing, & swimming	
	Activities • Use of garlands, autumnal flowers & clean apparel • Rays of moon in the evening time	<ul style="list-style-type: none"> • Sun bath • Day sleeping • Exposure to frost & easterly wind
	Medications- • Intake of ghee prepared with bitter medications • Purgation therapy • Blood letting	

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