



IMPORTANCE OF KARKIDAKA CHIKITSA / MONSOON REJUVENATION IN AYURVEDA

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ABSTRACT Karkidaka Chikitsa, a conventional Ayurvedic treatment, points to detoxifying the body, reinforcing insusceptibility, and restoring both physically and rationally. It makes a difference dispose of poisons amassed over the year, reinforces the resistant framework by reestablishing dosha adjustment, and advances common well-being by tackling the recuperating powers of nature. Ayurveda, a characteristic framework of medication, began in India more than 3,000 a long time ago. The term Ayurveda is derived from the Sanskrit words Ayur (life) and Veda (science or information). So, Ayurveda implies information about life. Based on the thought that infection is caused by an awkwardness or push within human awareness, Ayurveda empowers certain way of life intercessions and common treatments to reestablish adjustment between the body, intellect, soul, and environment.

KEYWORDS :

INTRODUCTION

Karkidaka Chikitsa, also known as Karkidaka therapy or monsoon therapy in Ayurveda, is a treatment regimen derived from the traditional healing methods of Kerala.

It was created specifically to experience the healing powers of nature during the monsoon months, which are considered ideal for Ayurvedic therapies due to its cool and humid climate.

This treatment aims to detoxify the body, boost immunity, and restore the balance of the doshas (Vata, Pitta, and Kapha) to promote general health.

The best time to choose Karkidaka Chikitsa is during the Malayalam month Karkidaka, which falls between July and August. This period is characterized by heavy rains, cool temperatures, and lush greenery, creating a favourable environment Beneficial for Ayurvedic therapies for optimal results.

The monsoon season is believed to enhance the potency of medicinal plants, facilitate detoxification, and rejuvenate the body and mind.

Importance Of Ritu And Shodhana In Ayurveda¹

The word Ritucharya is made up of two words: Ritu means season, and Charya means dos and don'ts (diet). Varsha Ritu (rainy season) is between – Shravana and Bhadrapada (– mid-July – mid-September), during the rainy season (monsoon), Agni (digestive activity) is low.

It has weakened over the summer; it undergoes a further decline and is weakened by the Doshas. Doshas are aggravated by the action of thick clouds filled with water, cold winds accompanied by snow, dirty water from rain, the heat of the earth, and acidity.

The weak digestive activity of the Doshas starts weakening each other and causes many diseases. Therefore, all general measures to reduce the imbalance of Doshas and improve digestive functioning should be adopted.

Shodhana refers to the detoxification of the body to prevent diseases. Toxins can accumulate inside the human body due to various factors and the treatment helps to eliminate them through the excretory system.

According to Ayurveda, all diseases are caused by dosha imbalances which cause the accumulation and spread of ama or toxins in the body. Therefore, detoxification techniques focus on isolating and eliminating these harmful entities.

This creates a favorable environment in the body to improve the overall health of the patient. So, to remove these doshas, during karkidaka kala, panchakarma, and chikitsa are considered the best therapy.

Basti during Rainy season varsha ritu

Panchakarma is a procedure where doshas are eliminated from the body through its nearest routes- Vamana, Virechana, Basti ie both astapana and anuvasana, Nasya karma is Panchakarma. During the rainy seasons, the individual should have the application of the asthapana basti/ Niruha Basti which is decoction enema therapy after undergoing purificatory therapies like vamana, and virechana.

Action of Basti on Vata (asthapana basti/ Niruha Basti)

Vata is considered to be the main controller of the body. Now if Vata alone or in combination with other Dosha gets vitiated, then Basti by way of evacuation or elimination normalizes the path of Vata along with other doshas.

CONCLUSION

The seasons are divided into two parts.

Adana kala and visarga kala.

Adana kala2- Adana kala means the period when the sun is closer to the earth and thus absorbs the body's force during this time of the year. Body strength decreases due to uttarayana (sun moving from the southernmost point to the northernmost point) Adana Kala includes the Shishira, Vasant, and Grishma seasons.

Visarga kala - Visarga kala means the period when the sun is away from the earth and thus the strength of the body increases. This is the period of dakshinayana (sun moving from the northernmost point to the southernmost point).

Visarga kala covers Varsha, Sharad, and Hemant seasons Ritucharya - seasonal diet teaches us to adapt to different seasons and seasonal changes in terms of small adjustments we need to make during the seasons varying regarding diet, lifestyle, and behavior.

Following the rules and regulations of the Ritual is most important for overall health throughout the year. Most of us are wired to adapt to one season or another. For some of us, summer is compatible and for others, winter is compatible.

Only a few will have good immunity and stamina. Many times, we have difficulty adapting to different seasons as they change, the goal of Ayurveda is "Swasthasya swasthya rakshanam aturasya vikara prashamana", thus maintaining the health of an individual in good health It is important to maintain this seasonal biological purification process. useful.

Daily regimens like massage, exercise, gurgling, Gandusha, powder massage, and nasal medicine. The seasonal diet includes seasonal detoxification such as in Vasant-Vamana, Sharad-Virechana and Raktamokshana, and in Varsha-Basti (Niruhabasti and Anuvasana).

Acharya Vagbhata discussed different types of Panchakarma including complementary therapies in Rutucharya adhyaya. They are also known as Swasthya Panchakarma, which means a healthy individual

can undergo various Shodhanas for prevention and maintenance of health.

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