



ORIGINAL RESEARCH PAPER

Ayurveda

REFERENCES OF RUTU (SEASON) OTHER THAN RUTUCHARYA IN SAMHITA OF AYURVED - A LITERATURE REVIEW

KEY WORDS: References Of Rutu.

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ABSTRACT

The Procedure of anything, collection of drugs, doing panchakarma, regarding diet etc are mentioned at different places in Ayurveda samhita but not mentioned in rutucharya. So it is difficult to remember such things. So these things are collected according to rutu from different samhita. So it can be easy to understand and easy to learn.

INTRODUCTION:

The Procedure of anything, collection of drugs, doing panchakarma, regarding diet etc are mentioned at different places in Ayurveda samhita but not mentioned in rutucharya chapter. The topics mentioned in rutucharya can be easily understand by reading rutucharya chapter mentioned in samhita. (for example Tasyashitiya chapter in Charak samhita..) But references of rutu seen at different places in samhita. So it is necessary to find them and collect them at one place. So it can be easy to understand and easy to learn and can be utilized easily. The aim of Ayurveda is of two fold i.e. 1.Prevention of disease in healthy individual 2.Cure of the disease in diseased person. To fulfill the first aim different Acharayas have described dincharya, ritucharya, etc. In samhita there is separate description/chapters for ritucharya but references of rutu other than rutucharya are also much more important in Ayurveda. So it is relevant to review the description available in the ayurvedic text books in relation to ritu (season).

OBJECTIVES:

To understand the references of rutu seen at different places in samhita other than rutucharya chapter.

METHODS:

Manual searching and collection.
References of rutu other than rutucharya:

SHISHIR RUTU:

1. Bhagna in this rutu is *Sukhasadhya*.
2. Raktapitta in this rutu is *Sukhasadhya*.
3. Water in shishir rutu having property of *Trushna shaman*
4. Udarda is found in shishir rutu.
5. In Amalkayas Brhama rasayan- Collection of Amalaki
6. Shishir is appropriate rutu for Langhan
7. appropriate rutu for Karnavedan
8. Collection of Ahiphen, Snuhi, Amalaki and Nagbala.

VASANT RUTU:

1. Rason and Hingu *sangraha* (Collection)
2. Appropriate rutu for eating (*Sevan*) of Bhallataka & Vatsnabha.
3. Do Vranbandhan (Dressing of vrana) in every 3rd day.
4. Flowering season of Argwada, karbudar, Kanchanar.

GRISHMA:

1. Generation of Shilajit (Sushrut Samhita)
2. In this rutu Agnikarma is contraindicated.

3. Treatment of Swedan Atiyoga.
4. Collection of Bhalltak rasayan.
5. *Yavagu, Dadhi and takra* is contraindicated in this rutu.
6. Drinking water is Shruta shita jala (Cold water after boiling)
7. Appropriate rutu for Bruhan.
8. Appropriate rutu for eating (*Sevan*) of Vatsnabha.

VARSHA:

1. Collection of Tuvarak.
2. Appropriate rutu for eating (*Sevan*) of Yusha.
3. *Snehapan* is contraindicated in this rutu.

SHARAD RUTU:

1. Appropriate rutu for Jalaukavacharan & Pratisarniya Kshar nirman.
2. Collection of Kutaj.
3. Natural vitiation of rakta is occurred in this rutu.
4. *Dadhi & Agnikarma* is contraindicated in this rutu.
5. *Haemostasis of tridosha found* in this rutu.
6. Flowering season of Kowidar and saptaparna.
7. Appropriate rutu for Ardha ratri Alepa and Vrushya Dadhisar prayoga.
8. In this rutu – Toxic effect is Manda. (*Agastya uday se mandavirya*)
9. Do Vranbandhan (Dressing of vrana) in every 2nd day.

HEMANT RUTU:

1. Collection of Bhalltak.
 2. Appropriate rutu for *Bhauma jala graham*.
 3. Wnid in this rutu is as like visha. (Harit Samhita)
 4. Do Vranbandhan (Dressing of vrana) in every 3rd day.
- Collection of Kshar and Eating Vatatk rasayan – In any rutu.

CONCLUSION:

The benefit of this different type of rutucharya is Prevention of disease in healthy individual or Cure of the disease in diseased person. Also it add knowledge regarding different rutu. It is useful for multiple choice questions in different Ayurvedic competitive exams.

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