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

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 ritucharya 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 Sukhasadhya.
4. Udarda is found in shishir rutu.
5. In Amalkayas Brhamya rasayan- Collection of Amalaki
6. Shishir is appropriate rutu for Langhan
7. appropriate rutu for Karnavedan

VARSHA:
1. Collection of Tuvarak.
2. Appropriate rutu for eating (Sevan) of Yusha.
3. Shrehpan is contraindicated in this rutu.

SHARAD RUTU:
1. Appropriate rutu for Jalaukavacharan & Pratisarniya
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 Arda ratri Alepa and Vrushya Dadhisar prayoga.

HEMANT RUTU:
3. Whid in this rutu is as like visha. (Harit Samhita)
4. Do Vranbandhan (Dressing of vrana) in every 3rd day.

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.

REFERENCES:
1. Acharya Vidyadhara Shukla, Prof. Ravi Dutt Tripathi, “Charak Samhita”, Vaidya Manorama Hindi Commentary Vol I & II.
5. Dr. Brahmanand Tripathi, “Dipika” Hindi Commentary, “Sharangdhar Samhita”.

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.