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Awareness of Seasonal Detoxification through Panchakarma

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ABSTRACT

An unhealthy lifestyle has contributed significantly to the manifestation and exacerbation of different disorders and the vitiation of *Doshas*. Whenever favourable conditions arise the *Dosha* will get further vitiated along with the seasonal influence and results into a reason for the disease Pathology. Ritucharya, or seasonal routines, is an Ayurvedic principle, and according to it, each season has a significant impact on our overall health. *Panchakarma* is a detoxifying and rejuvenating therapy that can balance the body, mind, and soul by regulating the three *Doshas* in the body. Seasonal *Shodhana*- a purification therapy, that expels the aggravated *Doshas* from the body and restores equilibrium and normalcy of *Dosha* even helps to maintain general health but also prevent and treat pathological consequences of many diseases. Ayurveda mentioned specific ways to perform *Panchakarma*, In this regard it was also specified to perform *Panchakarma* procedure as per the particular season. There are specific *Panchakarma* procedures which are indicated in particular *Ritu's* similarly some *Panchakarma* procedures need to be avoided in particular seasonal conditions. The present article emphasizes on the role of *Panchakarma* in seasonal detoxification, as everybody strives for a good healthy life, rather than just a number of years without a good health.

Key words: Ayurveda, Panchakarma, Ritu, Doshas, Shodhana

INTRODUCTION

Technologically growing fast world but attention is much required in developing countries. In the present era lifestyle disorders are very common which is mainly because of not following the seasonal regimen. In ayurveda a person with normal activity of *Dosha*, *Dhatu*, *Mala* and *Agni* along with *Prasanna*, *Indriya* and *Prasanna Manas* is considered as *Swastha Purusha*. To

remain healthy *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Sadvrutta* (code of conduct) have been explained in *Ayurveda*. Among which *Ritu Shodhana* is unique - the purificatory therapeutic measure in which accumulated morbid *Doshas* are expelled from body through nearest route by *Shodhana -Vamana, Virechana, Niruha - Anuvasana Basti, Shirovirechana* and *Raktamokshana* are the five procedures. This is done to avoid the *Prakopa* and the bad effects caused by that dosas in the particular *Ritu*. Everything in nature happens in cyclical manner. Whether it is one second or the era or day or the season, well-being or ill feeling, everything moves in a rhythm. All the activities of the world are under the control of *Kaala*.^[2]

AIM AND OBJECTIVES

1. Study of *Ritucharya* concept.
2. The significance of seasonal detoxification.

MATERIALS AND METHODS

- Classical texts and commentaries of Ayurveda.

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- Study material collected from internet.

Classification of Seasons in Ayurveda^[3]

Depending on direction of movement of sun the year is divided in to two periods *Ayana* (solstice). They are *Uttarayana* (northern solstice) and *Dakshinayana* (southern solstice). Three *Ritus* or seasons make one *Ayan*. The word *Ritu* means “to go”. It is the way in which the nature expresses itself in a sequence in particular and specific in present forms in short, the seasons

Effect of Uttarayana

It is called **Adana Kala**. Sun and wind are very powerful in this time. It indicates the ascent of the sun or northward movement of the sun. The cooling quality of the earth and the strength of the people are reduced. There is increase in *Tikta* (bitter), *Kashaya* (astringent) and *Katu* (pungent) taste. It brings dryness in the body and reduces the strength of the person. In this period there is northward journey of the Sun from Tropic of Capricorn to Tropic of cancer. The rays of the sun fall perpendicular at 30 degree meridian of the North Pole on June 21st every year. It is called summer solstice.

Effect of Dakshinayana

It is called **Visarga Kala**. In this period wind is not very dry, moon is more powerful than sun. It indicates descent of sun or southern movement of the sun. Due to clouds, rain and cold winds earth becomes cool. Unctuousness of atmosphere sets in. There is predominance of *Madhura* (sweet), *Amla* (sour), *Lavana* (salty) taste. The strength of person increases during this period. In this period rays of sun fall over 30-degree meridian of the South Pole perpendicularly on December 21st every year. It is called winter solstice. There is southward movement of sun from *Tropic* of Cancer to Tropic of Capricorn.

Meaning of Ritu

- *Sisira* means people tends to stay in their houses like a *Sasa* (rabbit) due to the heavy cold season.
- *Vasantha* means flowering season

- *Greeshma* means that which extracts the *Soumya Bhava* from the body.
- *Varsha Ritu* is characterized by rains
- *Sarat* means the harvesting of the rice and paddy by *Himsa Karma* (thrashing)
- *Hemantha* means the season characterized by the reduction of hotness by heat.
- *Pravrit Ritu* means that which is characterized with heavy rain.
- *Pravrit* is the *Ritu* coming prior to rainy season

Importance of Sisiradi Ritukrama and Pravrutadi Ritukrama in Chikitsa

Sisiradi Ritukrama

Sisiradi Ritukrama means *Ritukrama* starting with *Sisira*. *Sisiradi Ritukrama* includes *Sisira*, *Vasanta*, *Greeshma*, *Varsha*, *Sarat* and *Hemanta*. *Sisiradi Ritukrama* is prevalent in northern side of river Ganga. *Sisiradi Ritukrama* has *Sisira Ritu* which has extreme cold and presence of hailstones

Sisiradi Ritukrama is prevalent in

- Uttarakhand and Uttar Pradesh
- Himachal Pradesh and Delhi
- Punjab and Haryana
- Jammu and Kashmir

Pravrutadi Ritukrama

Pravrutadi Ritukrama means *Ritukrama* starting with *Pravrut*. *Pravrutadi Ritukrama* includes *Pravrut*, *Varsha*, *Sarat*, *Hemanta*, *Vasanta* and *Greeshma*. *Pravrutadi Ritukrama* is prevalent in southern side of river Ganga. *Pravrutadi Ritukrama* has *Pravrut Ritu* which results in four months of rainy season

Pravrutadi Ritukrama is prevalent in

- Kerala and Karnataka
- Maharastra and Goa
- Andra Pradesh and Tamilnadu

- Odissa and Madya Pradesh

Table 1: Seasonal variation of Dosh along with there Strength^[4]

SN	Kala	Ritu	Masa	Month	Sanchaya	Prakopa	Prashman	Bala
1.	Aadana	Shishira	Mid Jan - Mid Mar	Late Winter	Kapha	-	-	Uttama
2.	Aadana	Vasanta	Mid Mar - Mid May	Spring	-	Kapha	-	Madhyama
3.	Aadana	Greeshma	Mid May - Mid Jul	Summer	Vata	-	Kapha	Heena
4.	Visarga	Varsha	Mid Jul - Mid Sep	Rainy	Pitta	Vata	-	Heena
5.	Visarga	Sharad	Mid Sept - Mid Nov	Autumn	-	Pitta	Vata	Madhyama
6.	Visarga	Hemanta	Mid Nov - Mid Jan	Early Winters	Kapha	-	Pitta	Uttama

Table 2: Panchakarma procedures specified in each seasons according to Acharya^[5,6,7]

SN	Season	Dosa Avastha	Panchakarma Procedures
1.	Shishira	Kapha Sanchaya Vayu Preritha	Abhyanga, Murdha Taila, Vimardana, Padaghata, Lepa, Swedana, Atapa Swedana, Ushna Sadana, Guru Pravarna, Aahava, Utsadana, Jentaka Swedana
2.	Vasant	Kapha Prakopa	Tikshna Vamana, Nasya, Vyayama, Udvartana, Lepa, Dhoomapana, Kavala, Anjana, Lepa
3.	Greeshma	Vata Sanchaya, Bala Heena, Kapha Ksheenata	Lepa Extensive Panchkarma procedures are avoided
4.	Pravrit	Pitta Sanchaya, Vata Prakopa, Bala Heena,	Nasya

		Agni Heenatva	
5.	Varsha	Pitta Sanchaya, Vata Prakopa, Bala Heena, Agni Heenatva	Asthapana Basti, Pragharsa Udvartana, Lepa
6.	Sharad	Pitta Prakopa	Virechana, Raktamokshana, Lepa, Tikta Snehapana,
7.	Hemanta	Kapha Sanchaya Vayu Preritha	Abhyanga, Murdha Taila, Vimardana, Padaghata, Lepa, Swedana, Atapa Swedana, Ushna Sadana, Guru Pravarna, Aahava, Utsadana, Jentaka Swedana

Table 3: Specific indication of seasons for Panchakarma Procedures

SN	Different Shodhana Shamana Procedures	Specific Indication in Seasons
1.	Anu Taila Nasya	Pravrit, Sharad, Vasanta

2.	<i>Pravicharana Snehapana</i>	<i>Ushnakaala</i>
3.	<i>Pravicharana Snehapana</i>	<i>Hemantha Ritu</i>
4.	<i>Matrabasti</i>	<i>Sarvakala</i>
5.	<i>Nasya</i>	<i>Greeshma</i> (morning time), <i>Shisira</i> , <i>Hemanta</i> (afternoon time), <i>Varsha Ritu</i> (when sky is free from clouds)
6.	<i>Snehapana -Sarpil^{8]}</i>	<i>Sharad Ritu</i>
7.	<i>Snehapana -Taila^{9]}</i>	<i>Pravrit Ritu</i> (Forepart of rainy season)
8.	<i>Snehapana -Vasa Majja^{10]}</i>	<i>Madhava</i> (Jan-Feb)

DISCUSSION

Among six *Ritus*, *Shishira* is very cold and so procedures like *Abhyanga*, *Utsadana*, *Murdha Taila* are to be applied in this season to combat the ill effect of cold. *Vamana* helps to relives from *Kapha Dosaja Vyadhi*. *Vamana* in *Vasantha Rithu* helps to treat allergic condition. *Vamana* done in *Vasanta* helps to reduce allergic effects of pollen grains which are found more in *Vasantha Ritu*. *Vamana* relieves aggravated *Kapha* and clears channels. Seasonal variations influence *Doshas* and alter health status of person therefore purification measures need to be performed as per seasonal conditions. *Greesma* as it is very hot and dry, is not ideal for any *Shodhana* therapy is not ideal for any *Shodhana* therapy rather *Shita Pralepa* or other *Shitala Upachara* is needed. *Nasya Karma* removes aggravated *Doshas* from *Urdhva Jatru Pradesha* and helps to maintain circulation of body. *Basti Karma* facilitate expulsion of feces, flatus and urine thus improves appetite. *Virechana* & *Raktamokshana* in *Sarat Ritu* helps in the prevention of *Rakta Dushti* (*Raktajavyadhi*). *Virechana* removes aggravated *Pitta* thus improves *Jatharagni*. *Raktamokshana* purify skin and alleviates skin ailments. *Panchkarma* procedure performed as per the rules of *Ritucharya* then elimination of *Dosas* occurs effectively. *Panchkarma* helps to establish equilibrium of body when performed according to seasonal variation

CONCLUSION

The *Dosha* predominance changes as per the climatic condition therefore it is prerequisite to perform *Shodhana* therapy according to *Ritu*. *Ritu Shodhana* decreases disease morbidity; prevents lifestyle disorders, control immune disturbances, maintain hormonal balance and maintain immunity. *Ritu Shodhana* works towards *Swastya Rakshana* and *Vikara Prashamana* thus helps to achieve ultimate goal of *Ayurveda*. *Ritu Shodhana* decreases effects of accumulated environmental toxins. The *Shodhana* therapy prevents premature aging and restores strength of body. If *Panchakarma* is done with proper time it will definitely eradicate disease and give fruitful result otherwise it may cause serious complications so *Kaala* has important role in *Panchakarma* for successful treatment.

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