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For a Healthy Life, the Role of *Aahara – Vihara in Ritucharya*

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ABSTRACT:

There are three seasons in general: winter, summer, and rainy season. Six seasons are considered in Ayurveda: *Vasant*, *Grishma*, *Varsha*, *Sharad*, *Hemant*, and *Shishir*. The 12 months of the year have been classified into these seasons by Acharya Sushrut. In Visarga, there are two seasons: the first is when the sun goes towards the north, and the second is when the sun moves towards the south. These are referred to as *Adanakala* and *Visargakala*, respectively. The input period has winter (*shishir*), spring (*vasant ritu*), and summer (*grishma ritu*) seasons, while the Visarga period has *varsha* (monsoon), autumn (*sharad ritu*) and (Pri-winter) *Hemant* seasons. The Sun is strong and the moon is weak at the moment of the exchange. The Moon is powerful and the Sun is weak during the Visarga era. The *shishir* and *hemant ritu* is of great strength, the *vasant* and *sharad* is of medium strength and the *varsha* and *grishma* is of low strength.

Keywords: *Ritu, Ahar, Vihar, Pathya, Apathya*

INTRODUCTION

In this era of life on Earth, Ayurveda is the oldest life science. There are various ways to cure illnesses in Ayurveda by following a certain regimen. As stated in the scripture, Ayurveda has two main goals: "*Swasthya Swasthya Rakshana* and *Aaturasya Vikara Prashman*," which implies that Ayurveda claims to prolong a person's longevity and give protection from sickness. Thus, by adhering to these guidelines, it is possible to avoid disorders, which leads to a healthier lifestyle. As a result, according to Ayurveda, the right diet and regimen for specific diseases can be elaborated here.

Regimen of different seasons

Shishira (winter)

Diet regimen -

Foods with a predominant taste of *snigdha*, amla (sour), or *lavana* are favoured. Cereals and pulses, wheat/gram flour products, new rice, corn, and a variety of other foods are recommended. The diet should contain ginger, garlic, *Haritaki* (fruits of *Terminalia chebula*), sugarcane products, and milk and milk products. Foods with a prominent *Rasa* of *Katu* (pungent), *Tikta* (bitter), or *Kashaya* (astringent) should be avoided. It is recommended that *Laghu* (light) and *Shita* (cold) foods be avoided.

Lifestyle -

Massage with oil/powder/paste, lukewarm water bathing,



exposure to sunlight, and wearing warm clothing are all recommended. Lifestyles that aggravate *Vata*, such as exposure to cold wind, excessive walking, and sleeping late at night, should be avoided.

Vasanta (spring)

Diet regimen - Foods that are easily digestible should be consumed. Old barley, wheat, rice, and other cereals are recommended. Lentil, *Mugda*, and other pulses can be consumed. It is necessary to consume food that tastes *Tikta* (bitter), *Katu* (pungent), and *Kashaya* (astringent). Honey, in addition to these, should be included in the diet. Meats that are easier to digest, such as *Shahsa* (rabbit), can be consumed. Foods that are difficult to digest should be avoided. *Sheeta* (cold), *Snigdha* (viscous), *Guru* (heavy), *Amla* (sour), and *Madhura* (sweet) varieties are not recommended. New grains, curd, cold drinks, and other similar items will be forbidden as well.

Lifestyle -

Bathing should be done in warm water, and exercise should be done during *Vasant Ritu*. *Udvardana* (massage) with powders of *Chandana* (*Santalum album*), *Kesara* (*Crocus sativus*), *Agaru*, and other herbs, *Kavala* (gargle), *Dhooma* (smoking), *Anjana* (collyrium), and evacuative methods like *Vamana* and *Nasya* are recommended. During this time, day-sleeping is strictly prohibited.

Grishma (summer)

Diet regimen -

Rice, lentils, and other light-digesting foods with *Madhura* (sweet), *Snigdha* (unctuous), *Sheeta* (cold), and *Drava* (liquid) Guna should be consumed. It is recommended that you drink plenty of water and other liquids such as cold water, buttermilk, fruit juices, meat soups, mango juice, and churned curd with pepper. Milk with sugar sweets should be had before bedtime. Dishes with *Katu* (pungent) and *Amla* (sour) flavours, as well as *Ushna* (warm) foods, should be avoided.

Lifestyle -

Staying in cool places, massaging the body with sandalwood and other aromatic pastes, adorning the body with flowers, wearing light dresses, and napping during the day are all beneficial. The cooling moon rays with the air can be enjoyed at night. Excessive activity or hard work should be avoided, as should excessive sexual indulgence and alcoholic preparations.

Varsha (monsoon)

Diet regimen -

Foods with *Amla* (sour) and *Lavana* (salty) flavours, as well as *Sneha* (unctuous) properties, should be consumed.

Old barley, rice, wheat, and other cereals are recommended. Aside from beef soup, *Yusha* (soup), and other foods should be included in the diet. It is recommended that one drink medicinal or heated water. River water, churning preparations with a lot of water, and too much fluids and wine should all be avoided. Foods that are heavy and difficult to digest, such as meat, are forbidden.

Bathing with boiling water is recommended, as is properly massaging the body with oil afterward. As an evacuative method to eliminate vitiated *Doshas*, medicated *Basti* (enema) is administered. It is forbidden to get wet in the rain, day-sleep, exercise, hard work, sexual indulgence, wind, and stay on the riverbank, among other things.

Sharat (autumn)

Diet regimen -

Foods with *Madhura* (sweet) and *Tikta* (bitter) flavours, as well as *Laghu* (easy to digest) and cold qualities, are recommended. Foods with anti-vitiated *Pitta* qualities are recommended. Wheat, green gramme, sugar candy, honey, *Patola* (*Trichosanthes dioica*), and dry-land animal flesh (*Jangala Mamsa*) should all be consumed. Foods that are hot, bitter, sweet, or astringent should be avoided. Foods such as fat, oils, aquatic animal meat, curds, and other dairy products should also be avoided during this season.

Lifestyle -

It is advisable to only eat food when there is a strong desire to do so. Drinking, bathing, and other activities should be done with water cleaned by the sun's rays during the day and the moon's rays at night. Wearing flower garlands and applying *Chandana* (*Santalum album*) paste to the body is recommended. Moon rays in the first three hours of the night are said to be beneficial to health. During this season, medical procedures such as *Virechana* (purging), *Rakta-Mokshana* (bloodletting), and others should be performed. Day-sleeping, overeating, and excessive sun exposure, among other things, should be avoided.

Hemanta (late autumn)

Diet regimen -

Unctuous, sweet, sour, and salty meals should be used. New rice, flour preparations, green gramme, *Masha*, and other cereals and pulses are noted as being employed. The diet should also include various meats, lipids, milk and milk products, sugarcane products, *Shidhu* (fermented preparations), *Tila* (sesame), and so forth. Avoid foods that aggravate *Vata*, such as *Laghu* (light), cold, and dry foods. It's also not a good idea to drink cold drinks.

Lifestyle -

Exercise, body and head massage, warm water, *Atapa-*

sevana (sunbath), *Agaru* application, heavy clothing, sexual indulgence with one partner, and residing in warm places are all advised. Exposure to strong and cold winds, as well as the habit of sleeping throughout the day, are all things that should be avoided.

DISCUSSION

This is the way the ancient sages set up the regimen for various seasons on analytical reasoning to obtain *Swastha* (health) and prevent the diseases. The examples set by them stand as a hint to decide other dos’ and don’ts’ in the regimen—*Ritucharya*. The environmental factors include the nature of the land, water, and various atmospheric phenomena, including temperature, humidity, wind, rain, clouds, and atmospheric pressure. All these environmental factors undergo a continuous change and at a time, no two moments are exactly alike in a given place. Thus with the rising Sun the temperature keeps on rising and gradually drops at night. The maximum and minimum temperature fluctuates daily but it is highest in summer and lowest in winter. Similarly, all these factors show diurnal as well as seasonal variations and these variations for a particular time are known as season.

CONCLUSION

According to Ayurveda, *ahar and vihar* are necessary for good health. To obtain optimum health, Ayurveda suggests a daily regimen *dinacharya* and a seasonal timetable *ritucharya*. Before going any further, it's important to clarify what it means to be healthy.

Lifestyle, in addition to eating, should be taken into account for a healthy life. We have a great deal of influence over our diet. However, we have very little control over the majority of our way of life. It relies on others, but whatever lifestyle we have control over, we can improve and become healthier if we work hard enough.

Ayurveda has also paid significant concern to daily routines. Maintaining good health and treating illness are two sides of the same coin. Both eat the same foods, take the same prescriptions, and stick to the same workout routine. All of the elements are the same and can be found in nature. The type of food that should be consumed is given the same weight as the drugs that should be taken. Each one helps the other and functions in similar ways to keep the doshas in check in the body, which is the key to good health.

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