Preventive Aspect Of Shodhana Chikitsa In Rutucharya With Reference To Bruhatrayee

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Abstract – Shodhana chikitsa has preventive as well as curative importance. In classical texts of Ayurveda Dinchrya and Rutucharya are prescribed. These chapters quote different Shodhana procedures. Indian population is suffering from seasonal diseases. Ayurveda as science of life was a part of culture of Indian lifestyle. Six seasons have been described in texts. Change in seasons cause different diseases. To avoid these diseases Ayurveda suggests lifestyle according to seasons called rutucharya. Six seasons are Vasant, Grishma, Varsha, Sharada, Hemanta and Shishir. For this every season Aahara (food habits) and Vihara (activities like travel, exercise) are suggested. Diseases arising due to seasonal weather are also explained with remedies. Ayurveda remedies are of two basic types Shodhana and Shamana. For prevention of diseases different Shodhana treatments are prescribed according to seasons. If an Ayurveda practitioner carryout these Shodhana treatments in healthy individuals they overcome seasonal diseases. Patients suffering from chronic allergic seasonal diseases can prevent these conditions by this seasonal Shodhana prescribed in rutucharya. Ayurveda treatment has this speciality of Rutucharya treatments. Rutucharya chapters are there in Brihattrayee that is Charak, Sushruta and Vaghbhatta. Compilation of these Rutucharya from all these Classical text will help practitioners WHO has identified epidemics according to seasons. We can correlate seasonal detoxification according to Bruhadtrayee and epidemics of modern era.

Key words – Rutucharya, Shodhanna, Bruhatrayee, Epidemics

Introduction – Meaning of word Ayurveda is science of life. Ayurveda deals with prevention and cure of diseases. Ayurveda science is aimed at maintenance of health and cure of diseases. Classical texts of Ayurveda, like Charaka, Sushruta and Vagbhata, known as Brihattrayee. Charaka and Vagbhata have explained different chapters of Rutucharya. Sushruta samhita has also explained Rutucharya in sutrasthana and swasthavritta chapter. Here Rutucharya from Bruhatrayee is studied as preventive aspect with reference to shodhana chikitsa. Ayurveda treatments are classified in groups like Shaman and Shodhana. Shodhana treatments eliminates toxins from body and cleansing of systems result in prevention of diseases. Though Ayurveda is an ancient heritage of Indian medicine it has capacity to deal with health problems arising in this new era. As methodology of diagnosis and treatment is based on relation of hetu (cause), ling (symptom), and aushadha (medicine). Examining the symptoms of any diseases Ayurveda physician relates with hetu based pathogenesis and treatment can be given. Due to global warming human health is also showing impact. Different viral infections like swine flu, chikungunya, dengue are getting spread and are more prone in particular seasons. Rutucharya is seasonal lifestyle which suggests food habits and remedies to prevent these diseases. It also suggests Shodhana treatments which timely eliminates toxins from body to avoid coming seasonal infections. It has been mentioned in Rutucharya chapter which dosha (body toxins) has tendency to accumulate in which certain season, aggregate in which season so shodhana treatments are prescribed accordingly. When this Rutucharya is followed along with Shodhana the seasonal diseases are prevented. With new arising conditions like global warming, other different types of infections like swine flu are not
directly mentioned by name in *Ayurved* texts but can be treated on basis of *Ayurveda* principles. Aggrevated *dosha* are responsible for pathogenesis of diseases, \(^8\) can be treated by *shodhana* and *shaman chikitsa*.

**Aim of study** – To study the preventive aspect of *shodhana chikitsa* according to the Rutucharya of *Bruhatrayee*.

**Objective** – Study the significance of *shodhana chikitsa* according to *rutucharya* in diseases of changing era with reference to *Bruhatrayee*.

*Rutucharya from Bruhatrayee*- Six *rutu* are mentioned in *Bruhatrayee* and lifestyle in each *Rutu* is explained with reason of *chaya* (accumulation),*prakopa*(vitiation),*prashama*(pacifying) of *doshas*. Along with lifestyle *shodhana* and allied procedures are also prescribed to prevent forthcoming seasonal diseases. Compilation of *Shodhana* and allied treatments from *Bruhatrayee* according to six *rutu*-

<table>
<thead>
<tr>
<th>RUTU</th>
<th>Month</th>
<th>Dosha (^{12})</th>
<th>Epidemics (^{9})</th>
<th>Charak</th>
<th>Sushrut</th>
<th>Astang Hrudaya</th>
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<tbody>
<tr>
<td>Shishira</td>
<td>Magha/Falgun (Jan/Feb/Mar)</td>
<td>Chaya (Accumilation) of Kapha</td>
<td>Chikungunea</td>
<td>Abhyanga Utsadana Murdhatail</td>
<td>Avagaha swedan</td>
<td>Swedana, Udvartana</td>
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<td>Vasant</td>
<td>Chaıtra/Vaishaha (Mar/Apr/May)</td>
<td>Prakop (Visiation) of Kapha</td>
<td>Chickenpox Measles</td>
<td>Udvartana Dhumapana Kavala Anjana</td>
<td>Utsadana Shirovirec hana</td>
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<td>Grishma</td>
<td>Jeshtha/Ashadhya (May/June/July)</td>
<td>Chaya of Vata</td>
<td>Polio Amoebiasis</td>
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<td>Varsha</td>
<td>Shravan/Bhadrapada (July/August/September)</td>
<td>Prakopa of Vata Chaya of Pitta</td>
<td>Typhoid fever Malaria</td>
<td>Udvartana Gharshana</td>
<td>Niruha</td>
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<td>Leptospirosis</td>
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<td>Sharad</td>
<td>Ashwin/Kartik (September/October/November)</td>
<td>Prakopa of Pitta</td>
<td>Polio Typhoid fever Malaria</td>
<td>Virechana Raktamok shana Snehapana</td>
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<td>Hemant</td>
<td>Margashirsha/Paush (November/ December/January)</td>
<td>Prakopa of Pitta</td>
<td>Meningococcal meningitis Viral diarrhoea</td>
<td>Abhyanga Utsadana</td>
<td>Avagaha swedan</td>
<td>Swedana, Udvartana</td>
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Seasons are divided in two parts *Adana kala* and *visarga kala*.
Adana kala\textsuperscript{[10]} - Adana kala means the period when sun is closer to the earth and hence absorb body strength during this portion of year. Body strength decreases due to uttarayana (Sun travels from southermmost point to the northermmost point) adana kala consists Shishira, Vasant, Grishma seasons.

Visarga kala\textsuperscript{[11]} - Visarga kala means the period when sun is away from the earth and hence body strength increases. This is period of dakshinayana (Sun travels from northern most point to southermmost point). Visarga kala consists Varsha, Sharad, Hemant seasons.

**Observations** - According to table we observe that Hemant rutu is in visarga kala and number of epidemic diseases are also less. This is also called as healthy season in today’s era.

Though varsha rutu is also in visargakala, vata dosha gets visiated in this season. Vata dosha visiation generates different pathogenesis of almost all diseases\textsuperscript{[13]} due to this visiation of vata we can observe number of seasonal communicable diseases more in this season.

In Shishir and Vasant as they are contributing adana kala we find more diseases during this season as sharir bala is altered during this season\textsuperscript{[10]}

Shishir rutu - In this season due to cold weather kapha dosha gets accumulated. The symptoms of kaphachayya angagaurav (heaviness in body), alasya (lazy feel), Agnimandya (prolonged digestion)\textsuperscript{[14]} Body is prone to suffer from kapha dominance diseases along with vata. In all bruhatrayee different types of swedana (fomentation), utsadana (powder massage) is mentioned. This swedana and utsadana act on kapha and vata dosha.

In shishir rutu we find outbreak of diseases Chikungunea, Chickenpox, Measles, Viral diarrhoea, Whooping cough, Influenza, Rubella, Diphtheria. The symptoms of these diseases match to the symptoms of vata kaphaja diseases. Treatments in rutucharya help to overcome and prevent these kapha and vata symptoms.

Vasant rutu - In this season kapha gets vitiated. The symptoms of kapha vitiation are agnisadana (vitiation are suppressed digestion), praseka (excess salivation), alasya (lazy feel), gauravara (heaviness), Shwaitya ( pallor), Shaitiya (shivers), Slahtangatva (loss of tone), swasa (disnoea), kasa (cough), atinidrata (drowsy).\textsuperscript{[15]}

Among bruhatrayee Charaka has mentioned Vamana, Udvantana, Dhupana, Kavala, Anjana. Sushrutaacharya has mentioned kaval, Niruha in addition. Vagbhata has mentioned nasya, Gandusha in addition. These all treatments pacify kapha vitiation.

In todays era during this season the outbreaks of diseases like Chickenpox, Measles, Whooping cough, Rubella and Trachoma are observed. Kapha is main vitiated dosha in these diseases. Shodhana and allied treatments of vasant rutucharya prevent and cure symptoms of seasonal outbreaks.

Greeehma rutu - In this season vata gets accumulated symptoms are stbdharpurnakoshtha (abdominal belching with heaviness).\textsuperscript{[14]}

As this season is in aadana kala the body strength is reduced. Shodhana is not administered in this season but due to excess of heat sheetopachar (treatment to prevent excess heat effect) are administer Seasonal diseases mentioned during this period are Amoebiasis which is related to digestive system and polio which can be called as vatavyadhi.

Varsha rutu - In this season vata is vitiated and symptoms seen are karsha (wt loss), karshnya (skin complexion becomes dark), ushnakamitva (affinity of heat), kampa treamers, anaha (accumulation of gases), shakrutgrava (constipation), bala nidra and indriya brisha (bodystrength, sleep, sensory strengths decreases) are observed. Pralap (exess talking), bhrama (vertigo), deenata (feeling of energy loss).

Pitta dosha is accumulates in this season and symptoms are Pitavbhasata (yellowish stinge to skin colour), mandoshmata anganam (Feeling chill). Shodhana treatment in this season according to bruhatayee is niruha basti, udvantana and udgharshana which is vatagha.

Seasonal diseases found are mainly of vata and pitta like Typhoid fever Malaria Polio Hepatitis-B, Bacterial diarrhoea. Cholera, Hook worms, Leptospirosis in these diseases we find vata and pitta involvement according to Ayurveda.
Sharad rutu- in this season pitta dosha gets vitiated. Symptoms are pitavinmuttra, netra and tvaka (yellowish stings to stool, urine, eyes and skin) kshudha (excess hunger), trushna (excess thirst), daha (burning sensation), alpanidrata (insomnia).

Shodhana chikitsa in this season in bruhatrayee are Virechan, Raktamokshana, Snehapana.

Seasonal outbreaks are Polio, Typhoid fever, Malaria which resemble with pitta visiation.

Hemant Rutu – In this rutu no accumulation or vitiation of any dosha is described. So no specific shodhana treatments are described. Abhyanga, Utsadana, Murdhatail, Jentak, Atapa sweda, Avagaha swedan are prescribed in bruhatrayee. Which pacify excess cold weather effects.

Seasonal outbreak of Meningococcal meningitis, viral diarrhoea are observed during this period. They match with symptoms of pitta.

Discussion-
In modern era seasonal epidemic infections are found. Climate changes cause infectious diseases. Pathogenic organisms survive outside the host body in favourable weather conditions like temperature, humidity, sunlight. Annual variation in climate therefore result rising incidences of different seasonal diseases. When these pathogens survive outside the host bodies due to favourable weather conditions, they infect other individuals. If the immunity of host is suppressed they catch these seasonal infections.

According to Ayurveda principles if there is accumulation of dosha in human body then they are more prone to suffer from different diseases. They may be seasonal infections. As Ayurveda has mentioned different seasons of accumulation of dosha and visiation of dosha in human body, We find according to table mentioned above these seasonal diseases of dosha match with climate rising infections of modern era.

To gain immunity if we administer shodhana treatments according to seasons accumulated dosha get removed. And tendency of human to get infected is reduced. As mentioned in Sushruta that when we treat over accumulated dosha during there chayavasth (accumulatory phase) further progression is controlled. Seasonal diseases is showing variety in modern era like swine flu is newly disbursed infection. Variety of viruses will keep on evolving but if we follow shodhana treatments mentioned in rutucharya the root cause of diseases is removed from body. As detoxification action takes place the immunity increases and individual is protected from seasonal diseases.

Though there is slight difference in the seasonal treatments prescribed by all three samhitas called bruhatrayee the principle behind the rutucharya is for the same cause that is to prevent the disease.

Conclusion-
Shodhana treatments mentioned in bruhatrayee need to come in practise as preventive and immunity enhancer according to rutucharya to overcome seasonal diseases.

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