



## 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 *Dinacharya* 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 carry out 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 *Brihatrayee* that is *Charak*, *Sushruta* and *Vagbhata*. 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 *Bruhadrayee* and epidemics of modern era.

**Key words** – *Rutucharya*, *Shodhana*, *Bruhatrayee*, Epidemics

### Introduction-

Meaning of word *Ayurveda* is science of life <sup>[1]</sup>. *Ayurveda* deals with prevention and cure of diseases. *Ayurveda* science is aimed at maintenance of health and cure of diseases <sup>[2]</sup>. Classical texts of *Ayurveda*, like *Charaka*, *Sushruta* and *Vagbhata*, known as *Brihatrayee*. *Charaka* and *Vagbhata* have explained different chapters of *Rutucharya*. *Sushruta* samhita has also explained *Rutucharya* in *sutrasthana* and *swasthavrutta* 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* <sup>[3]</sup>. *Shodhana* treatments eliminates toxins from body and cleansing of systems result in prevention of diseases <sup>[4]</sup>. 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. <sup>[5]</sup> 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 <sup>[6]</sup>. 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, aggravate in which season so *shodhana* treatments are prescribed accordingly. When this *Rutucharya* is followed along with *Shodhana* the seasonal diseases are prevented. <sup>[7]</sup> 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. Aggravated *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 *brihatrayee* according to six *rutu*-

RUTU	Month	Dosha <sup>[12]</sup>	Epidemics <sup>[9]</sup>	Charak	Sushrut	Astang Hrudaya
Shishira	Magha/Falgun (Jan/Feb/Mar)	Chaya (Accumilation) of Kapha	Chikungunea Chickenpox Measles Viral diarrhoea Whooping cough Influenza Rubella Diphtheria	Abhyanga Utsadana Murdhatail Jentak Atapa sweda	Avagaha swedan	Swedana, Udvartana
Vasant	Chaitra/Vaishaha (Mar/Apr/May)	Prakop (visiation) of Kapha	Chickenpox Measles Rubella Whooping cough Trachoma	Vamana Udvartana Dhumapana Kavala Anjana	Utsadana Shirovirechana Vamana Niruha Kavala	Vamana Udvartana Nasya Dhuma Gandusha
Grishma	Jeshtha/Ashadha (May/June/July)	Chaya of Vata	Polio Amoebiasis	Sheetopchar	Sheetopchar	Sheetopchar
Varsha	Shravan/Bhadrapada (July/August/September)	Prakopa of Vata Chaya of Pitta	Typhoid fever Malaria Polio Hepatitis-A Bacterial diarrhoea Cholera Hook worms Leptospirosis	Udvartana Gharshana	Niruha	Asthapana
Sharad	Ashwin/Kartik (September/October/November)	Prakopa of Pitta	Polio Typhoid fever Malaria	Snehapana Virechana raktamokshana	Virechana Raktamokshana Snehapana	Virechana Raktamokshana Snehapana
Hemant	Margashirsha/Paush (November/December/January)		Meningococcal meningitis Viral diarrhoea	Abhyanga Utsadana Murdhatail Jentak Atapa sweda	Avagaha swedan	Swedana, Udvartana

Seasons are divided in two parts *Adana kala* and *visarga kala*.

*Adana kala*<sup>[10]</sup>- *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 southernmost point to the northernmost point) *adana kala* consists *Shishira, Vasant, Grishma* seasons.

*Visarga kala*<sup>[11]</sup> – *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 southernmost 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 vitiated in this season. *Vata dosha* vitiation generates different pathogenesis of almost all diseases<sup>[13]</sup> due to this vitiation of *vata* we can observe number of seasonal communicable diseases is 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<sup>[10]</sup>

*Shishir rutu-* In this season due to cold weather *kapha dosha* gets accumulated. The symptoms of *kaphachaya angagaurav* (heaviness in body), *alasya* (lazy feel), *Agnimandya* (prolonged digestion).<sup>[14]</sup>

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 Chikungunya, 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* (laxness), *gaurava* (heaviness), *Shwainya* (pallor), *Shaitya* (shivers), *Slathangatva* (loss of tone), *swasa* (dysnoea), *kasa* (cough), *atinidrata* (drowsy).<sup>[15]</sup>

Among *bruhatrayee* Charaka has mentioned *Vamana, Udvartana, Dhumapana, Kavala, Anjana*.

*Sushrutacharya* has mentioned *kaval, Niruha* in addition. *Vagbhata* has mentioned *nasya, gandusha* in addition. These all treatments pacify *kapha* vitiation.

In today's era during this season the outbreak 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.

*Greeshma rutu-* In this season *vata* gets accumulated symptoms are *stbhapurnakoshtha* (abdominal belching with heaviness).<sup>[14]</sup>

As this season is in *adana 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 administered.

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 brnsha* (body strength, sleep, sensory strengths decreases) are observed. *Pralap* (excess talking), *bhrama* (vertigo), *deenata* (feeling of energy loss).

*Pitta dosha* accumulates in this season and symptoms are *Pitavbhasata* (yellowish tinge to skin colour), *mandoshmata anganam* (Feeling chill)

*Shodhana* treatment in this season according to *bruhatrayee* is *niruha basti, udvartana* and *udgharshana* which is *vatagha*.

Seasonal diseases found are mainly of *vata* and *pitta* like Typhoid fever, Malaria, Polio, Hepatitis-A, 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* vitiation.

*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 vitiation 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 their *chayavasth* (accumulatory phase) further progression is controlled<sup>[20]</sup>. 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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