

RELEVANCE OF SEASON AND SEASONAL PURIFICATION

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ABSTRACT

Seasons are the main period into which a year can be divided and which each have their own typical weather conditions. The number and nature of season varies according to region. The changes in seasons have an impact on human body, plants and animals. The people, their lifestyle, occupation and our economy are greatly dependent on seasonal changes. Ayurveda mentioned seasons under the term *Kala* (Season) and *Rtu* (Season with cyclic rotation). There is an elaborate explanation regarding these in all *Samhitas*. In our science the impact of season on health is an established fact. Various modalities to be followed according to seasonal changes have been explained to improve the health and thereby preventing the disease. In recent years outbreak of seasonal epidemics during monsoon have affected millions and this has been a serious concern in the public health sector. Our body needs some time for adapting to the seasonal changes, and specific purificatory procedures are needed to prevent the seasonal diseases. A study was conducted among 39 healthy students of our college by performing *Sadyovamana* (instant emesis) as a part of seasonal purificatory measure. After 6 months a significant improvement was noticed in the general health of the volunteers and satisfactory reduction observed in the attack of seasonal diseases.

Keywords: Season, *Rtu*, *Kala*, Seasonal purification, *Sadyovamana*

INTRODUCTION

The occurrence of various season is because of earth's orbit around the sun and earth's axial tilt relative to the ecliptic plane^{1,2}. India has an extraordinary variety of climatic region, ranging from tropical in the south to temperate and alpine in the Himalayan north³. The meteorological department designates four official seasons in India. Compared to other Indian states, Kerala lies closer to the equator. Kerala was bestowed with a pleasant climate throughout the year. Rainfall is abundant in Kerala provided with two rainy seasons

namely *Kalavarsha* (south west monsoon), *Thulavarsha* (North east monsoon). Rain fall and temperature can be employed as the key indicators in classification of seasons of Kerala. The impact of season on affects our body which is based on how much we are exposed and adapt with these changes. During the process of disease development, the growth of pathogenic microorganism is influenced by seasonal changes. Due to change in seasons results an apparently healthy population, the healthy individuals

are also subjected to seasonal diseases. *Shodhana* (Purification) is the procedure by which there is a forceful expulsion of *Dosha* through different route. Seasonal *Shodhana* can timely eliminate toxins and can prevent the upcoming diseases.

Materials and methods: The present study was conducted among 39 final year BAMS students of VPSV Ayurveda college Kottakkal, completed in 3 consecutive days of winter season (January). They participated voluntarily in the study and gave a written informed consent.

Procedure: Prior to *Vamana* (emesis) *Sadyasneha* (instant lubrication) was done with 30 ml plain ghee + Kanji- two times daily for 3 days. *Abyanga* (oleation) and *Ushmasweda* (sudation by vapours) was done on the day of *Vamana* (using *Thilathaila* (sesamum oil). *Vamana* done with *Yashtichurna* (10g + *Saindhava* + Honey) followed by *Akandapana* (intake upto neck) with *Yashtiphanta*. After *Vamana* procedure *Peyadi krama* (regimen of diet) advised based on *Shudhi* (clarity).

Assessment: The health status of the individuals was assessed with a self-filled questionnaire and sf36 scale. The health status assessed prior to *Vamana* and after 6 months. *Vamana* assessed with a *Vamana* assessment sheet.

Observation: In *Vamana* assessment, the no. of *Vegas* varied from minimum of 1 to maximum of 8 The order of elimination as per classical reference, and among 5 of them attained *Pittantha Shudhi* after *Vamana*. In the assessment of *Samyak yoga* (proper vomiting)– most of them attained *Sareeralaghava* (lightness of body) immediately after *Vamana*, and no *Athiyoga* (excess vomiting) symptoms were noticed. Few of them presented as *Sareeragourava* (heaviness on body) *Alasya* (lassitude) and *Nishteavana* (spitting out frequently) throughout the same day. Most of them felt *Kantasula*-(pain on throat) on the evening of *Vamana* day and persisted for 2 days.

Statistical analysis: The obtained value SF 36 scale was analyzed with Mann-Whitney U test. The level of significance defined as

P value > 0.05 – considered as insignificant

P value <0.05 – considered as significant

Result: After 6 months of *Vamana* an assessment was done. In the SF36 scale significant result obtained in the domain – general health (P < 0.05*). Majority of them got improvement from the attack of sudden seasonal illness. The recurrent cough, sneezing, rhinitis, bronchitis, tonsillitis were the major diseases noted due to sudden seasonal variation.

DISCUSSION

The seasonal variation affects the natural equilibrium and it may reflect on human body. While planning a healthy mode of life consideration of seasonal variation are inevitable. In our science the role of season on health are clearly mentioned and seasonal regimens are recommended. Due to seasonal variation the accumulation aggravation and pacification of *Doshas* takes place⁴. *Acharya Susrutha* mentioned if *Doshas* are eliminated in the *Chayavastha* (stage of accumulation) the further progression of disease is prevented⁵. These *shodhana* are especially mentioned in *Rtusandhi* (time of overlapping of *rtu*). In this time the sudden withdrawal of previous *Rtu* and adaptation of upcoming *Rtu* will results in several *Vyadhi* ⁶(diseases). So, the *Rtusandhi* is the best period for elimination of *Dosha* for the prevention of such diseases. Most of the healthy individuals suffered with seasonal diseases. Due to sudden change in season results the accumulation of toxins in the body, promote the growth of pathogenic microorganisms, and affect the host immunity. These all are results in the manifestation of certain diseases particularly in the beginning of a season. In the beginning of winter, the upper respiratory infections are common. In this study most of the healthy volunteers are suffered with diseases like cough, sneezing, allergic rhinitis, sinusitis bronchitis, tonsillitis etc. The same was found to be aggravated during the rainy season also. Here the diseases are especially *Kapha* predominant, winter is the time results in *Kaphachaya* (accumulation of *kapha*).

Panchakarma itself have a preventive and curative aspect. Every *Karma* (action) can be applicable to both *Swastha* (healthy) and *Athura* (diseased). *Vamana* is a mode of *Urdwashodhana* (purification

through upper part) and considered as the best method of elimination of accumulated *Kapha*. *Sadyovamana* is applicable in the initial stage of a disease. *Vamana* forcefully expel the accumulated *Kapha* and cure the *Kaphajavikara* (diseases of *kapha* origin)⁷. It also helps to attain *Hritshudhi* (purity of heart), *Parswashudhi* (purity of flanks and surrounding) *Murdha* (clearness of head) and *Indriya shudhi*. (clarity of sense organs) there by improve the health status of the individual⁸.

CONCLUSION

Season is a cyclic change and its effect reflect on different areas and have positive and negative impact on human life and the surrounding. Seasonal purification is the best method to ward off diseases and maintain the health. Present study suggests some positive results of seasonal purification

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Sf 36 scale – average of bt-at

Domain	Average bt	Average at
Physical functioning	78.26	80.75
Role of limitation due to physical health	55	67.5
Role of limitation due to emotional problems	61.64	69.96
Energy/ fatigue	53.59	54.36
Emotional well being	53.92	55.45
Social functioning	57.87	62.63
Pain	52.5	53.75
General health	67.35*	75.5*

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