

A CONCEPT OF VIRECHANA KARMA IN SHARAD RUTU

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ABSTRACT

In Ayurveda six *Rutu* (seasons) *Varsha, Sharad, Hemant, Shishir, Vasant, Grishma* are described. These seasons comes under two *Kala Visargkala & Adankala*. Out of which *Sharad* comes under *Visargkala* after *Varsha Rutu*. Body gets used to cold in *Varsha Rutu* due to rain; also *Pitta Chaya* occurs in this *Rutu*. Then in *Sharad Rutu* this cold habituated body gets exposed to intense hot sunrays, this hot property causes *Prakopa* of *Pitta Dosha*. To prevent *Pitta Prakopa, Pittaj Vikara* & to maintain health “*Virechana Karma*” is advised in *Sharad Rutu*. It is a *Panchakarma* procedure mainly advised for *Pitta Dosha*. Ayurveda promotes prevention better than cure. So, if done in *Sharad Rutu Virechana Karma* plays such role of prevention & cure in *Pittaprakop* and *Pittaj Vikara*. **Aim-** To study the concept of *Virechana Karma* in *Sharad Rutu*. **Objectives-** To study *Rutu* variation, *Sharad Rutucharya* & concept of *Virechana Karma* in *Sharad Rutu* considering *Pitta Dosha Prakop*.

Key-words: *Sharad Rutu, Pitta Prakop, Virechana*.

INTRODUCTION

Ayurveda the life science believes and promotes prevention than cure by maintaining healthy state of various body elements. In this context classics have explained how to lead a healthy lifestyle in the form of Daily regimen (*Dincharya*) & Seasonal regimen (*Rutucharya*).

Varsha, Sharad, Hemant, Shishira, Vasant, Grishma these six seasons are explained under two types of *Kala, Adankala & Visargkala*. *Varsha, Sharad, Hemant* comes under *Visargkala* and remaining seasons comes under *Adankala*. [1] There is certain cold temperature in *Varsha Rutu* due to rain.

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Pitta Chaya (accumulation) occurs in body naturally also body gets used to this low temperature. But in *Sharad Rutu* rainfall stops and sky becomes clearer. Due to this, sunrays reaches earth more intensely and climate becomes hotter (*Ushna*). This sudden exposure of body to intense hot sunrays causes aggravation (*Prakopa*) of *Pitta* which was accumulated in *Varsha Rutu*. [2] This aggravation of *Pitta* can lead to *Pittaj Vikara* and can worsen already present *Pittaj Vikara*.

To cope up with this *Pitta Prakopa* in detail regime for *Sharad Rutu* regarding diet, lifestyle & *Shodhana* have been explained in our treatise. Intake of *Pitta* pacifying food and drinks are advised. Also *Tikta Ghrit* (Ghee medicated with bitter drugs), *Virechana* & *Raktmokshan* are said to be done in purification therapy.[2] Out of which *Virechana* is main purification therapy in *Sharad* as it is most significant in *Pitta Dosha*. [3]

Sushruta have given a beautiful example to establish significance of *Virechana Karma* in *Pitta*, “if water is drained from a particular water source then aquatic plants & animals of that source dies, likewise if the *Pitta Dosha Shodhana* is done with *Virechana* then all *Pittaj Vikara* gets vanished.”[4] So in the present study concept of *Virechana Karma* in *Sharad Ritu* is studied.

AIM- To study the concept of *Virechana Karma* in *Sharad Ritu*.

OBJECTIVES-

1. To study *Ritu* variation in *Rutucharya*.
2. To study *Sharad Rutucharya* in detail.
3. To study concept of *Virechana Karma* in *Sharad Ritu* considering *Pitta Dosha Prakop*.

RUTU VARIATION-

A year is called as *Savantsar* in Ayurveda. Each year is made up of 12 months and 6 seasons. Each season is of two months. These six seasons i.e.

Varsha, Sharad, Hemant, Shishir, Vasant, Grishma are divided in two groups *Adankala/Uttarayan & Visargkala/Dakshinayan*. [5]

Adanakala- Shishir, Vasant, Grishma comes under *Adankala* sequentially. During the period of *Adana*, the sun receiving the unctuous portion of nature, and the sharp and rough wind dries it up in *Shisira, Vasanta* and *Grishma* in progressive order by increasing the *Rasa Tikta, Kashaya* and *Katu*. Having roughness causes debility in human beings. [6]

Visargakala-Varsha, Sharad, Hemant comes under *Visargakala* sequentially. During this period intensity of sun is lowered by clouds, winds and rains, the moon is having more strength and the temperature of nature is cooled down by rain; the *Amla, Lavana* and *Madhura* increase in progressive order with consequent promotion of strength in human beings. [6]

Table no. 1 Seasons and their Indian and English months. [7]

SR.NO.	SEASONS	INDIAN MONTHS	ENGLISH MONTHS
1	<i>Shishira ritu</i> (cold/dewy season)	<i>Magha-Phalguna</i>	Mid Jan to Mid March
2	<i>Vasanta ritu</i> (spring season)	<i>Chaitra- Vaishakha</i>	Mid March to Mid May
3	<i>Grishma ritu</i> (summer season)	<i>Jyestha-Ashadha</i>	Mid May to Mid July
4	<i>Varsha ritu</i> (rainy season)	<i>Shravana-Bhadrapada</i>	Mid July to Mid Sept.
5	<i>Sharad ritu</i> (autumn season)	<i>Ashwin-Kartika</i>	Mid Sep. to Mid Nov.
6	<i>Hemant ritu</i> (winter season)	<i>Margshisha-Pausha</i>	Mid Nov. to Mid Jan.

These seasonal changes affects body & body humours. *Tridosha* i.e. *Vata, Pitta, Kapha* goes from accumulation (*Chaya*), Aggravation

(*Prakopa*), and Pacification (*Prasham*) with respect to change in Seasons, Wind, Temperature, *Rasa, Bala* etc.

Table no. 2 Chaya, Prakopa, Prashama of Dosha according to seasons. [8]

DOSHA	CHAYA	PRAKOPA	PRASHAMA
<i>Vata</i>	<i>Grishma</i>	<i>Varsha</i>	<i>Sharad</i>
<i>Pitta</i>	<i>Varsha</i>	<i>Sharad</i>	<i>Hemant</i>
<i>Kapha</i>	<i>Hemant</i>	<i>Vasant</i>	<i>Grishma</i>

SHARAD RUTUCHARYA (Regimen during autumn) [9]

Pitta Dosha Aggravation- In persons who have become accustomed to the cold of *Varsha* (Rainy season), getting exposed suddenly to the warm rays of the sun, the *Pitta*, which has undergone increase in their bodies during *Varsha*, becomes

greatly aggravated during *Sharad* (Autumn). In order to get over it, *Tikta ghrita, Virechana & Raktmokshana* should be done.

Diet- When hungry the person should take food which is of Sweet (*Madhur*), Bitter (*Tikta*) & astringent (*Kashaya*) in taste, and easily digestible such as *Shali* (rice), *Mudga* (green-gram),

Sita (sugar), *Dhatri* (*Amalaki*), *Patol*, *Madhu* (honey), and meat of dessert animals (*Jangal Mans*). *Hamsodaka* should be advised to drink.

Other changes in lifestyle- Evenings should be spent on terraces of houses which are white, anointing the body with the paste of *Chandana*, *Ushira* & *Karpura*, wearing garlands of pearls and shining dress and enjoying the moonlight.

Avoid- Exposure to mist, indulgence in alkaline substances (*Tikshna Kshara*), heavy meals, use of curd, oils, *Vasa* (muscle-fat), exposure to sunlight, strong liquors, sleeping at daytime and the eastern breeze should be avoided.

PITTA DOSHA & VIRECHANA-

Virechana is the best therapy in *Pitta* elimination. [10]

It is regarded as the most important one amongst all therapies for *Pitta* by physician. Because, from very start on entering into *Amshaya* it extracts the entire pathogenic root of *Pitta Dosha* and when it is overcome, the *Paittika* manifestations in the body get pacified like the fire chamber which becomes cold when the fire is removed. [11]

This evacuative therapy eliminates aggravated *Dosha*, excreta, alleviates diseases, improves strength and complexion and if administered properly, endows the person with a long life. [12] *Virechana* sharpens memory, increases acuity of organs, energy, and stability of all *Dhatu*, *Agni* and delays ageing. [13]

Sushruta says "if water is drained from a particular water source then aquatic plants & animals of that source dies, likewise if the *Pitta Dosha Shodhana* is done with *Virechana* then all *Pittaj Vikara* gets vanished." [4]

DISCUSSION

Accumulation of *Pitta* in *Varsha Rutu* occurs due to *Amla Vipaka* of food & medicines that occur naturally in this season. *Pitta* does not reach the level of aggravation because of external cold due to rain. *Pitta* accumulation occurs when internal qualities like *Tikshna* acts together with external qualities like *Sheeta*. When these *Tikshna* and *Sheeta* qualities suddenly act with the *Ushna* quality in *Sharad Rutu*, aggravation of *Pitta Dosha* is seen. [14] Due to this aggravation there are

higher chances of getting diseases related to *Pitta Dosha Prakopa*. Such as burning sensation, temperature, perspiration, suppuration, sloughing, fainting, gangrenes, moisture, intoxication, prostrations, sore or acrid eructation etc. [14,15]

Virechana therapy is recommended in Ayurveda for treatment of *Pitta*. It not only eliminates *Pitta* but also acts on *Kapha* & *Vata Dosha*. Mild purgation in fact is recommended in *Vata Chikitsa Upkrama* in *Ashtanghruday sutrasthan*. Thus *Virechana* acts on *Tridosha*. But as it is most significant purification treatment for *Pitta Dosha* it is recommended in *Sharad Rutu* due to aggravation of *Pitta* during this period. It should be done in healthy individuals for maintaining health and also in patients suffering from diseases in which *Virechana Karma* is indicated.

The clinical research article similar to this concept was published by Ravish SN, Mallika KJ under the title "Role of *Virechana* in *Sharad Rutu* for prevention of *Pitta Prakop Janya Vikara*" at JAHM in 2015, conclusion of this study was, *Sharad Rutu* is the time for *Pitta Prakopa* and this was evidenced by the symptoms dominantly seen during survey. Common complaints during this season are stomatitis, urticaria, gastritis, psoriasis, allergic dermatitis and acne. These maybe newly seen or may aggravate in this season. Many of the classical symptoms explained under *Pitta Prakopa* are also evidenced in this season. *Virechana* has positive role of getting rid of this *Prakopa* in *Sharad Rutu*. [14]

This concept needs to be studied clinically in various aspects like in healthy persons, Particular *Pittaj Vikara*. Age wise results of *Virechana* in *Sharada* can also be studied to prove this concept of *Virechana Karma* in *Sharad Rutu*.

CONCLUSION

Sharad Rutu is a time for *Pitta* aggravation due to seasonal changes. This can lead to many *Pittaj Vikara* in a person and can aggravate already present *Paittika* diseases. So in context to lead a healthy life even in these seasonal changes *Virechana Karma* should be performed in *Sharad Rutu* as advised in *Rutucharya*. This evacuative therapy eliminates aggravated *Dosha*, excreta, alleviates diseases, improves strength and

complexion and if administered properly, endows the person with a long life. *Virechana* sharpens memory, increases aquity of organs, energy, and stability of all *Dhatu*, *Agni* and delays ageing. *Virechana* is a most significant treatment to deal with this *Pitta Prakopa* in *Sharad Rutu*.

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