



## A REVIEW ARTICLE ON 'RUTUCHARYA'- AYURVEDA SEASONAL REGIMEN FOR HEALTHY LIFESTYLE

[Varsharani Santosh Niphade](#)<sup>1</sup>, [Sunita Parmeshwar Bhusare](#)<sup>2</sup>, [Santosh Ramdas Niphade](#)<sup>3</sup>

<sup>1</sup>HOD And Associate Professor of Kaychikitsa Dept.<sup>(1)</sup>

<sup>2</sup>Asso. Professor of Rasashastra & Bhaishajyakalpana Dept.<sup>(2)</sup>

<sup>3</sup>Asst. Professor of Rasashastra & Bhaishajyakalpana Dept.<sup>(3)</sup>

S.M.B.T. Ayurved College and Hospital, Nandi Hills Dhamangoan, Nashik, Maharashtra, India

Corresponding Author: [varsharaniniphade@gmail.com](mailto:varsharaniniphade@gmail.com)

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## ABSTRACT

In Ayurveda *Acharya Charaka*, *Sushruta* and *Vagbhata* have deeply elaborated the regimen of different seasons and called it as *Rutucharya*. To abide by the rules of *Rutucharya*, it will help in *Bala –Varna-Vrudhi* (increase in strength and luster<sup>(1)</sup>). The rules which have to be followed in different seasons and develop specific lifestyle with the help of *Aahara/Diet - Vihara/Cloister* are called as *Rutucharya*. *Rutucharya* connects bridge between nature's cycle with human body's cycle. There are 6 *Rutus* and they are sub divided in 2 parts (2 solstices) as *Aadan Kala* and *Visarga Kala*, each *Kala* has 3 *Rutus*/seasons. *Acharya's* has given detail information about *Aahara Vihara* with its quality and quantity separately for each *Rutu* and *Kala*. For the healthy lifestyle second most important factor is *Matra* i.e. the quantity of *Aahara* and *Vihara*<sup>(2)</sup>. *Matra* of *Aahara* is depending on its quality i.e. *Guru*/heavy and *Laghu*/light<sup>(3)</sup>. *Hin*/Low, *Ati*/More and *Visham*/Odd *Matra*/quantity of *Aahara-Vihara* may cause diseases. Day to day number of diseases and patients are increasing due to unhealthy lifestyle. As people are not aware about such concepts, they unknowingly follow unhealthy lifestyle. Here we have tried to compile about the rules of *Rutucharya*. It gives information about what have to do and not to do in different seasons. So, it can be

said that, if one has to comply with the rules of *Rutucharya* and *Matra* of *Aahara Vihara* it will surely help to develop a healthy lifestyle.

**Keywords:** *Rutucharya, Aahara, Vihara, Matra*

## INTRODUCTION

*Ayurveda* is an ancient holistic system of healing. It is the "Art of total Health Care". *Ayurveda* system focus on caring of illness as well as prevention and promotion of health in healthy individuals. The strength and luster of one who knows the suitable regimen for every season and practices accordingly are enhanced by the maintenance of the equilibrium of tissue elements.<sup>(4)</sup>

**Rutucharya And Lifestyle:-** One should regularly take such articles which are conducive to the maintenance of good health and are capable of preventing the attacks of disease. *Rutucharya* are nothing but to follow the specific regimen of *Aahara-Vihara* according to different seasons. *Aahara* is included in three supports of life-*Trayopstambha*/Three pillars of Life<sup>(5)</sup>. The food which grows and gives strength to body is *Aahara*. *Aahara* is a basic source of life. Good food increases strength, luster and immunity of body<sup>(6)</sup>. *Vihara* is to follow the regimen of *Vyavaya*/ Sexual Intercourse, *Vyayama*/Exercise, *Abhyanga*/Oiling of Body and *Nidra*/Sleep.<sup>(7)</sup> In corporately *Aahara-Vihara* of different seasons can be called as a Lifestyle.

**Need of Study: -** Due to unhealthy lifestyle many diseases like, Asthma, Stroke, Diabetes, Heart diseases, Obesity, Arthritis, Anxiety, Alzheimer's disease and Depression are growing very fast in society and seen even in a young population. In India studies have reported increasing CHD prevalence over the last 60 years, from 1 percent to 9-10 percent in Urban population and 1 percent to 4-6 percent in Rural population.<sup>(8)</sup> Prevalence of childhood asthma in 2009 was 7.24percents and in 2017 it stands 11.7 percent due to bad dietary habits<sup>(9)</sup>. It is predicted that by 2030 India may become a Diabetic Hub and, the etiology includes lifestyle changes.

**Rutucharya In Aadan and Visarga Kala: -**Table No 1.

Year is divided into 2 parts-*Aadan kala* and *Visarga Kala* according to seasons<sup>(10)</sup>. The northward movement of the Sun and its act of dehydration bring about three seasons beginning from late winter to summer that are *Shishir, Vasant* and *Grishma* called as *Aadan kala*<sup>(11)</sup>. The southward movement of sun and its act of hydration give rise to the other three seasons beginning with the rainy to early winter that are *Varsha, Sharad* and *Hemant* called as *Visargakala*<sup>(12)</sup>. *Aadan Kala* is also called as *Uttarayana* as Sun moves towards the north-Northern movement of Sun. Sun and Wind becomes very strong and dry in this *Kala* so take away all the cooling qualities of the Earth<sup>(13)</sup>. *Aadan kala* is *Aagneya* prominently. *Visarga Kala* is called as *Dakshinayana* as Sun moves towards south-Southern movement of Sun. The Moon is powerful, and Sun loses his strength. The earth becomes cool by the effect of clouds, rains, cold winds, and less heat of Sun-*Visarga kala* is *Shita* prominently.

During the period of *Aadan kala* not only the sun with its rays, but also winds with their sharp velocity and dryness, absorb the moisture from the earth. Winds progressively bring about dryness in the atmosphere during the 3seasons of this period viz. *Shishir, Vasant, Grishma* which enhances the *Tikta Kashay Katu Rasa*/ taste so have to avoid *Aahara* of prominence of these 3 *Rasas*. All these *Rasa* having drying effects and a result, human beings also become weak. So, the *Aadan Kala* is strength losing *Kala* for human being<sup>(14)</sup>.

During *Visarga Kala* viz. *Varsha, Sharad, Hemant* the Sun moves towards the south, and its power of heating is slackened by various factors viz. the time course, storm and rain but the moon is not affected. The earth is relived of its heat by the rain waters and drugs having *Amla, Lavan, Madhura Rasa* which causes unctu-

ousness in the body during the *Visarga Kala*, so have to take *Aahara* of these *Rasas*. As a result of this, human beings also progressively grown in strength. So the *Visarga Kala* is strength giving *kala* for human being<sup>(15)</sup>.

**The Quantity of Aahara/ Food:** - Always consider the *Matra*/quantity and *kala*/time of taking *Aahara*. One should eat in proper quantity. The quantity of food to be taken again depends upon the power of digestion including metabolism. The amount of food which, without disturbing the equilibrium of *Dhatus* and *Doshas* of the body, gets digested as well as metabolized in proper time is to be regarded as the proper quantity<sup>(16)</sup>. Light (*Laghu*) food articles are predominant in the qualities of *Vayu* and *Agni* like *Laja*/Popcorn and heavy (*Guru*)one in *Pruthvi* and *Aap* *Mahabhuta* like *Curd*, *Paneer* *Chee's* etc.<sup>(17)</sup>. There for according to their qualities, the light articles of food, being stimulants of appetite and by nature are considered to be less harmful even if taken in excess of the prescribed quantity. On another hand, heavy articles of food being by nature, suppressors of appetite are exceedingly harmful if taken in excess unless there is a strong power of digestion and metabolism achieved by physical exercise. In *Vagbhata* it is elaborated that *Ghan Aahara* (solid food) has to be taken by half of stomach, *Drava Aahara* (liquid) to be three fourth and one third have to be kept empty for the effortless digestion of food<sup>(18)</sup>. But now people are not following the Rule of *Aahar Matra* & consuming heavy food articles full of stomach usually many times. It causes *Agnimandya*/Lowering of Digestive fire and results in formation of *Santarpanjanya Vyadhies*/Diseases due to Accumulation.

**Vihara:-** To follow the rules about *Vyavaya*, *Vyayama*, *Abhyanga* and *Nidra* according to its quality and quantity are nothing but *Vihara*.

**Vyavaya / Intercourse:** In winter season, *Shishir* and *Hemant Ritu* one can practice *Vyavaya* regularly. In *Vasant* and *SharadRitu* it can be done after span of three days. And in *Varsha*, *Grishma Ritu* *Vyavaya* can be practice once in a fifteen days.<sup>(19)</sup>

### **Vyayama / Exercise:-**

The one who is strength full and take *Aahara* of *Snigdha Guna* can practice *Vyayama* in cold seasons and in *Vasant Ritu* half full of his strength. In other seasons can do in reduced quantity.<sup>(20)</sup>

**Abhyanga/Oiling of Body:** - *Abhyanga* or oiling of body should practice daily and regularly in all *Rutus*<sup>(21)</sup>

**Nidra/Sleep:** - *Nidra* has to be taken in night time.<sup>(22)</sup>

In *Grishma Ritu* due to accumulation of *Vatadosha*, dryness of *Aadan kala* and shorter nights one can take *Nidra* in day time also. In other seasons daytime sleep increases *Kapha-Pitta Dosha*. Even though the persons who practice speech, horse riding, walking, lifting of heavy loads can take sleep in daytime. Also the persons suffering from dyspnea, diarrhea, pain, thirst, indigestion, assault, and who are weak can practice day time sleep in all *Rutus*.<sup>(23)</sup>

### **Literature Review: -**

#### **A] Previous work done-**

1. Preventive principles in *Rutucharya*, *IAMJ* volume 3 issue 4 April 2015.
2. *Rutucharya Diet & Lifestyle*, *IAMJ* volume 4 issue 06 June 2016
3. A Concept of *Vihara* in *Ayurveda*-A review article. *IAMJ* August 2017
4. *Aahar Matra & Aahar Sevan Kala* w.s.r.to *Charaka Samhita* *IAMJ*, volume 7 issue 4 April 2019.
5. Critical review of dietetics in *Ayurveda*, *Research Gate* Oct 2016
6. Prevalence of Obesity in India-A systematic review Jan-Feb 2019 *Pubmed.ncbi.nlm.nih.gov*.
7. *Annals of Global health* – volume 82 issue 2 March-April 2016 pages 307-315. [www.sciencedirect.com](http://www.sciencedirect.com)

#### **B] Ayurvedic Literature Review-**

- 1) *Chraka Samhita Sutrasthana-*
  - a) *Tashyashitiya Adhyaya-Rutucharya.*
  - b) *Matrashitiya Adhyaya-Aahar Matra, Guru-Laghu Aahar.*
  - c) *Annapanvidhi Adhyaya -Aahar Matra & Kala vichara.*
  - d) *Tristreshaniya Adhyaya-Trayopstambha.*
- 2) *Sushruta Samhita Sutrasthana-*

- a) *Rutucharya Adhyaya-Rutucharya*
- 3) *Ashtanghrudayam –Sarth Vagbhata,Sutrasthana-*
- a) *Rutucharya Adhyaya-Rutucharya,*
- b) *Dincharya Adhyaya-Abhyanga and Vyayama*
- c) *Matrashitiyadhayaya-Aahar Matra*
- d) *Annarakshadhayaya-Vyavaya*

#### **Materials and Methods: -**

Critical analysis of classical textbooks and relevant research material like-Charaka Samhita, Shushruta Samhita, *Ashtang Hrudayam*, related journals, research articles, and other textbooks were carried out; studied and reviewed. Result of this data mining has been presented in this research article.

### **OBSERVATION AND DISCUSSION**

**Effect Of Kala On Human Body:-** *Tikta, Kashay and Katu* tastes are more powerful in *Shishir, Vasant* and *Grishma Rutus* of *Aadan kala*. All having dryness effect on body and causes vitiation of *Vata Dosha*. So, Human body becomes weak in *Aadan kala*.<sup>(24)</sup> Unctuous tastes *Amla, Lavan* and *Madhur* are powerful in *Varsha Sharad* and *Vasant Rutus* of *Visarga Kala*. So human body becomes more strength full in *Visarga kala*.<sup>(25)</sup>

**Aadana Kala:-** Table No 2.

*Aadan kala* is strength losing *kala*. In this *kala Rukshata* and strength of body are decreasing in *Shishir, Vasant* and *Grishma Ritu* respectively.

**Visarga Kala:-** Table No 2 .

*Visarga Kala* is strength giving *kala*. In this *Kala Shigdhata* and strength of body are increasing in *Varsha, Sharad* and *Hemant Ritu* respectively.

**Effect of Rutus On strength of Human Body: -** Table No.3

At the start of *Visarga kala* i.e.in *Varsha Ritu* and at the end of *Aadan Kala* i.e. in *Grishma Ritu* the strength of body is low/*Hinbala*. In the middle of both *Kalas* i.e. in *Sharad* and *Vasant Ritu* the strength is medium/*Madyambala*. And at the end of *Visarga kala* i.e. in *Hemant Ritu* and start of *Aadan kala* i.e.in *Shishir Ritu* the strength of human body is much higher/*Uttambala*.<sup>(26)</sup>

**Effect of Ritu On Doshavashtha:-** Table No4.

The *Sanchaya/Accumulation* of *Vata Dosha* is in *Grishma Ritu* due to *Ruksha* and *Laghu* properties of food and environment but *Vata* does not undergo *Prakop/Vitiation* due to the heat of season. *Pitta* undergoes mild increase in *Varsha ritu* because the food and environment is sour as similar to body, but *pitta* does not get vitiated due to cold season.<sup>(27)</sup> In *ShishirRitu Kapha* is mildly increased because of *Snighdha* and *Shita* properties of food and climate, but does not get vitiated due to its solidification<sup>(28)</sup>

**Shodhan of Doshas as per Ritu: -** Table No 4.

*Doshas* accumulated in winter season should be illuminated by *Shodhan* process in *Vasant Ritu*. *Doshas* accumulated in *Grishma Ritu* should be illuminated in *Varsha Ritu* while accumulated in *Varsha Ritu*, illuminated in *Sharad Ritu*.<sup>(29)</sup>

In *Sharad* and *Vasant Ritu Ruksha Aahar* /dry food article can be taken to help to prevent accumulation of *Kapha Dosha*. In rest all *Rutus Snigdha Aahar*/unctuous food is advisable. Like that in *Grishma* and *Sharada Ritu Ushna*/hot food items and in all rest of *Rutus Shit*/cold food articles can be taken as these are having opposite properties of specified *Ritu*.

**Aahara Matra/Food Quantity: -** Table No. 5

Now a days it is observed that people are taking *Guru*/heavy food articles like fermented food, bakery items etc. in extra quantity. A fad of zero figure in young girls move them to take only full stomach quantity of *Drava/liquides* food articles like fruit juices, soups etc. Instant and packed foods are stale food and are consumed in full stomach quantity as a wholesome meal in lunch or dinner. This disobedience of rules of *Aahar matra* results in start of pathophysiology of many diseases.

**Vihara and Ritu: -** Table No.6

With the help of these *Rutucharya* and *Aahar Matra*, one can develop his/her own lifestyle. Like people working in IT sector or in Multi-National Companies has connection with many countries and their work timing is really variable. Due to time variation if they are working at nighttime; they should take sleep - half of nighttime sleeps before meal at next morning. Also,

can take light and warm food articles in both *Aadan* and *Visarga Kala* and can-do daily oiling of body.

### CONCLUSION

*Rutucharya* and *Matra* of *Aahara Vihara* plays vital role in maintenance of good quality health. When the rules of all these are followed it helps in prevention of many diseases and in promotion of health. We can conclude that with the help of unique concept of *Rutucharya* and *Aahara Matra*, can promote healthy lifestyle in society. The world will look forward to Ayur-

veda traditional way of Lifestyle modification like *Rutucharya*. It will help to maintain the physical, mental, social and spiritual wellbeing of life and surely makes life harmonious.

### Further Scope for The Study: -

There is still window for researchers to find the effect of *Rutucharya* on Immunity and longevity with the help of modern technology in large population. Researchers can help people to develop their own lifestyle according to nature of work and *Rutucharya* and can observe the physiological changes.

**Table 1:** Showing regimen of Seasons- *Rutucharya*:-

<b>Rutu</b>	<i>Shishir</i> (late winter) <i>Magh-Falgun</i> (January - February - February-March)	<i>Vasant</i> (spring) <i>Chaitra -Vaisakha</i> (March -April - April- May)	<i>Grishma</i> (summer) <i>Jyeshtha - Aashaadha</i> (May-June - June -July)	<i>Varsha</i> (rains) <i>Shravan-Bhadrapada</i> (July - August - August-September)	<i>Sharad</i> (autumn) <i>Ashwin-Kartik</i> (September- October - October- November)	<i>Hemant</i> (early winter) <i>Aghan- Pausha</i> (November-December - December- January)
<b>Rasa</b>	<i>Tikta</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Amla</i>	<i>Lavana</i>	Madhur
<b>Bala</b>	<i>Shreshta Bala</i>	<i>Madhyam Bala</i>	<i>Alpa Bala</i>	<i>Alpa Bala</i>	<i>Madhyam Bala</i>	<i>Shreshta Bala</i>
<b>Do-shavastha</b>	-	<i>Kapha Prakop</i>	<i>Vata Chaya, Kaph Prasham</i>	<i>Pitta Chaya, Vata Prakop</i>	<i>Pitta Prakop, Vata Shaman</i>	<i>Kapha Chaya, Pitta Prasham</i>
<b>Aahara</b>	<i>Snigdha Amla lavan Aahar Madira Sidhu Madhu Goras Ikshuras food, Vasa Taila</i>			<i>Madhur Sheet Drav Snigdha anna pan Jangal Pashu pakshi mansa Ghee Ksheer Shali Shastik</i>	<i>Amla lavana Sneha yukta Aahar</i>	<i>Jo Godhoom Shali Krushnamrug Titar mansa</i>
<b>Vihara</b>	<i>Abhyang shirstaila Swedan Kambal Reshmi Vastralepa</i>	<i>Ushna Sevan - stay in warm environment</i>	<i>Vyayam Ubtan Dhoompan Kavalgrah Anjan Lepa</i>	Stay in cool room <i>Anulepan Moti Mani Mala Dharan</i>	Loose cloths <i>Ubtan Sugandh moti mala dharan</i>	<i>Virechan Raktamokshan</i>
<b>Tyajya avoid)</b>	<i>Laghu vatkar Aahar, Sattu</i>	<i>Katu Tikta Kashay, Vat- vardhak Laghu Aahar, Sheetal Annapan</i>	<i>Amla Madhur Guru Snigdha Divaswap</i>	<i>Amla Lavan Katu. Vyayamstrisambhog (Vyavay) Madyapan</i>	<i>Sattu Divaswap Exercise Dhoop Maithoon (Vyavay)</i>	<i>Vasa Taila Kshar Audak-Mans Divaswap</i>

**Table 2:** Showing *Kala, Rasa* and *Bala* Connection for *Aadana Kala & Visarga Kala*:-

	<b>Rutu</b>	<b>Rasa</b>	<b>Rukshata</b>	<b>Bala-Weakness</b>	<b>Snigdhatta</b>	<b>Bala-Strengthful</b>
<b>Aadan Kala</b>	<i>Shishir</i>	<i>Tikta</i>	<i>Alpa</i>	<i>Alpa</i>	-----	-----
	<i>Vasant</i>	<i>Kashay</i>	<i>Madhya</i>	<i>Madhyam</i>	-----	-----
	<i>Grishma</i>	<i>Katu</i>	<i>Uttam</i>	<i>Uttam</i>	-----	-----
<b>Visarga Kala</b>	<i>Varsha</i>	<i>Amla</i>	-----	-----	<i>Alpa</i>	<i>Alpa</i>
	<i>Sharad</i>	<i>Lavan</i>	-----	-----	<i>Madhya</i>	<i>Madhyam</i>
	<i>Hemant</i>	<i>Madhur</i>	-----	-----	<i>Uttam</i>	<i>Uttam</i>



**Table 3:** *Rutu and Bala connection: -*

Sr. No	Sharir Bala/Strength of Body	Rutu of Aadan kala	Rutu of Visarga kala
1	Hina/Low	Grishma	Varsha
2	Madyama/Medium	Vasant	Sharad
3	Uttama/Higher	Shishir	Hemant

**Table 4:** *Rutu; Doshavashtha & Shodhan of Doshas according to Rutu:-*

Sr.No	Dosha	Sanchayavastha/ Accumulation	Prakopavastha/ Vitiation	Shodhan Process	Prashamavastha/ Pacification
1	Vata	Grishma	Varsha	Basti	Sharad
2	Pitta	Varsha	Sharad	Virechana	Hemant
3	Kapha	Shishir	Vasant	Vamana	Grishma

**Table 5:** *Showing Aahara Matra:-*

Sr.No.	Aahara/Food	Matra/Quantity
1	Ghana/Solid	One half of stomach
2	Drava/Liquide	Three fourth of stomach
3	Empty-For movement of Doshas	One third of stomach

**Table 6:** *Showing Vihara according to Rutu:-*

Sr.No.	Vihara	Rutu
1	Vyavaya/Intercourse	Shishir, Vasant Rutu-Regularly
2	Vyayama/Exercise	Cold Season, Vasant Rutu- half of body strength
3	Abhyanga/Oiling of body	Daily
4	Nidra/Sleep	Night sleep daily. Daytime sleep in Grishma Rutu only

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