

PATHYA APATHYA AAHARA IN RITUCHARYA-A CONCEPTUAL REVIEW

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ABSTRACT

The primary aim of *Ayurveda* is maintenance of good health and second is to cure the disease. Incorporation of *ritucharya*, in *sutrasthan* chapters of *Astang haridyam*, *Charaka samhita* & *Susruta samhita* shows its major role in maintenance of health and prevention of disease. Geographically, India is a country in which we can find all the six seasons and thus, it is must to have knowledge about the seasonal changes and the diet and lifestyle modification accordingly. In India, according to the geographical changes different diet pattern is followed in different region. Due to globalization, our diet is also influenced by different diet regimens like chinese, continental etc. People are abundantly using the diet without thinking its effect on their climate conditions and culture. In this review work detail collection and

compilation of *pathya* and *apathya aahara* according to *shadritu* were carried out from *Brihatrayi* of *Ayurved*. These regimens were also thoroughly analyzed for utilization in modern dietetics. A specific *patya apathya* chart was compiled for each season which can be implemented for prevention of health and maintenance of disease. So having diet according to season will be healthy, rich in flavor, nutritious and also cost effective.

INTRODUCTION

Life on earth is nature's gift to all living beings. *Ayurveda* is said as eternally continuing because of its beginningless-ness, the characters of entities having been determined by universal nature and the characters of substances being eternal.^[1] *Ayurveda* is the fundamental science of life. Primary aim of *Ayurveda* is maintains of good health of healthy

person and second is to cure disease of the patient.^[2] Now a day people are more aware for their health and expect a healthy body and mind for that this generation is more emplaning on prevention or health through diet and lifestyle modification.

Aahara, Swapana, Brahamcharya are the three *upstambha* of *Ayurveda*.^[3] Being supported by these three well regulated factors of life, the body is endowed with strength, complexion and growth, and continues till the full span of life, provided a person does not indulge in such regimen as are detrimental to health.^[4] From all these three; *Aahara* is one of the important factors of life. It plays a major role for maintaining our good health and prevents our body from many diseases. One should take food in (proper) quantity, this quantity of food depends on the power of digestion.^[6] The food taken in proper quantity provides certainly strength, complexion and happy life to the person without disturbing normalcy.^[7] The strength and luster of any person who is taking the suitable diet and regimen for every season and practices accordingly are improved.^[8]

In India we can find all the six seasons and thus, so it's important to have knowledge about the seasonal changes and the diet and lifestyle modification accordingly. According to the geographical changes different diet pattern is followed in different region. There is too much difference in diet & life style of all four regions in India like north Indian food, south Indian food, east Indian food, west Indian food. We should follow diet according to that region, if you born in north India and living in north region of India from 20-25 years but shifted to south and other region of India you have to change your diet & life style according to that new region. There will be problem if you having north Indian diet daily but living in south India same as other region also. Because of this person will be affected to many disease and also life style disorders.

Modern science also have the concept about balanced diet i.e. which contains protein, vitamin, minerals, carbohydrates, energy, fat. But, *Ayurveda* give a different concept. i.e. A balanced diet is the diet which gives nourishment to our physical and mental health. If we take *pathya-apathya Aahar* according to season in a planned manner it becomes the best medicine to cure the disease with very few medications. So, *pathya aahar* (or a balanced diet according to seasons) keeps the person healthy and maintain normal body function, leads to proper functioning of the organ, nourishes the mind and intellect, prevents disease and at the same time correct the irregularities that may occur in the body.^[9]

When seasonal changes occur it causes many changes in our body i.e. *vata*, *pitta*, *kapha* also changes according to season and it causes imbalance of the body. Hence, it is advice to take *pathya-apathya aahar* according to season to get rid of *dosha* imbalance. Hence this review focused to compile the scattered data regarding *ahara vihara* related to seasonal changes.

METHOD AND MATERIAL

The study was carried out to correlate the diet modifications with seasonal variations. Data was collected from *Ayurveda* classical texts and research article and compiled to analyze according to *dosha* and *shada ritucharya*.

RESULTS

Ayurveda explains 6 seasons in one year & every season remains for 2 month. Two month in succeeding order put together forms *ritu* likewise, six *ritus*, in a year, such as *Hemant*, *Sisira*, *Vasanta*, *Grisham*, *Varsha*, *Sarad*.^[10] Among six *ritus* *Sisira*, *Vasanta*, *Grisham* *ritus* have high exposure to the sun; hence, known as *uttarayana* and *Adana kala*, the remaining three *ritu* *Varsha*, *Sarad*, and *Hemant* are known as *dakshinayan* and also *visarga kala*.^[11] Both *adana* and *visarga kala* combined to form a one *Varsha* (a year).^[12]

Table no. 1: Month distribution according to season.

| <i>Ayana</i> | Season | Months according to hindu calender | Months according to english calender |
|--|---------------------------------|------------------------------------|---|
| <i>Uttarayana (adana kala or the period of dehydration)</i> | 1) <i>Sisira</i> (late winter) | 1) Magha 2) Phalguna | 1) January-february 2) February-march |
| | 1) <i>Vasanta</i> (Spring) | 1) Caitra 2) Vaisakha | 1) March-april 2) April-may |
| | 1) <i>Grisham</i> (Summer) | 1) Jyaistha 2) Aasadha | 1) May-june 2) June-july |
| <i>Dakshinayan (visarga kala or the period of hydration)</i> | 1) <i>Varsha</i> (rainy season) | 1) Sravana 2) Bhddrava | 1) July-august 2) August-september |
| | 2) <i>Sarad</i> (Autumn) | 1) Asvina 2) Karttika | 1) SEPTEMBER-october 2) OCTOBER-november |
| | 3) <i>Hemant</i> (Early winter) | 1) Margshirs 2) Pausa | 1) November-december 2) December-January |

Ayurveda explains human body is constituted by biological humors (*Tridoshas*) i.e. *Vata*, *pitta*, *kapha*.^[13] Healthy state is defined as balance of *tridosha* and imbalance of these *dosha* harmful to our body, although these three *doshas* are present all over our body but they also

have specific place like *vata doshas* present below the *haridya* and *nabhi*, *pitta doshas* present between *haridya* and *nabhi* and *kapha doshas* present above the *haridya* and *nabhi*.^[14] Each food article either has *doshas*, aggravating or pacifying or balancing action on human body.

Ayurveda prescribe specific seasonal diet i.e. *pathya apathya aahar* according to *ritucharya* affects the balance state of *dosha*. And also the seasonal dietary regimen practiced by a person in the prescribed way, promotes his vigor and complexion.^[15] There are 6 seasons in Indian subcontinent. It is divided into 2 parts based on heat distribution and light obtained from sun-

- ▶ **Adana Kala (Period of low nutrition or absorption):-** The fire element is prominent during first 3 seasons (*Sisira, Vasanta, Grisham*) which weakens the living beings; hence considered as *agneya*, the sun receiving the unctuous portion of nature, and the wind become *tivra* and *ruksha* (hot and dry) and dries up all the moisture (*sneha*) from the earth, and reduces the coolant property, because of *ruksha* quality *katu, kashya, tikta, rasas* gain predominance and cause weakness of the body.^[16]
- ▶ **Visarga Kala (Period of nutrition or liberation):-** The water element is prominent during last 3 seasons, (*Varsha, Sarad hemant*) which strengthens the living beings. During this season wind are not very rough as in *adana*; *soma* (moon) having unobstructed strength replenish the world continuously with its cold rays, thus *visarga* is *saumya* (having predominance of *soma*).^[17] Sky is full of clouds, with powerful wind and rain; since the sun is away it rains, the atmosphere is pleasant with coolant properties. During this period *amala, lavana, madhura rasa* are predominant this property is seen in their successive order, thus producing strength to the body.^[18]

Human being possess good strength in *ritu's Hemant* and *Sisira* and the strength during *sarad* and *vasanta ritu* it is moderate and in rest two *ritu varsha* and *grisham* strength will be poor respectively.^[19] *Pathya apathya aahara* are mentioned in table 2 according to the *shada ritu* mentioned in *Ayurvedic* classic text.

Table 2: *Pathya apathya aahar in hemant ritu.*

| Dosha Predominance | <i>Pathya</i> ^[20] (Wholesome diet) | <i>Apathya</i> ^[21] (Unwholesome diet) |
|----------------------|---|---|
| Vata ^[22] | <i>Sanigdh</i> (oily), amala (sour) and <i>lavana</i> (salty) <i>rasa</i> , meat of dominant fatty aquatic and marshy animals, wine, vinegars, honey, milk its product sugar cane product, fat, oil, new rice, hot water, Fresh cereal, black gram (<i>urad</i>), beans, wheat, | <i>Vata</i> aggravating and light, dry food and, restricted diet, strong wind and intake of cold drinks, cold food <i>sattu</i> , food having bitter and astringent taste, light, |

Table no. 3 *pathya apathya aahar in sisira ritu.*

hemanta and *sisira* are similar with the slight difference i.e *sisira* has more roughness due to beginning of *adana kala* and cold due to clouds, wind and rains. Hence the entire routine of living prescribed for *hemanta* is applicable to *sisira* as well so during *sisira* we should avoid pungent, bitter, astringent, light, cold and *vata*-rising food and drinks.^[23]

Table no. 4: *Pathya apathya aahar in vasanta ritu.*

| Dosha Predominance | <i>Pathya</i> ^[24] Wholesome diet) | <i>Apathya</i> ^[25] (Unwholesome diet) |
|------------------------------|---|--|
| <i>Kapha</i> ^[26] | Old rice and wheat, water mixed with khas, ghee, barley, ginger water, honey with lukewarm water, cumin seeds, radish, hingu (asafoetida), <i>methi</i> , <i>kusmand</i> (petha), <i>parval</i> , <i>karela</i> (bitter gourd) and other foods bitter and astringent in taste | Sweat, sour, cold and heavy foods rich in fat, day sleep |

Table no. 5: *Pathya apathya aahar in grishm ritu.*

| Dosha Predominance | <i>Pathya</i> ^[27] (Wholesome diet) | <i>Apathya</i> ^[28] (Unwholesome diet) |
|----------------------|---|---|
| Vata ^[29] | <i>Sweet</i> , light, cold, food, liquid diet, sugar added <i>sattu</i> , Milk of cow and buffalo, buttermilk with rocksugar, sugar, ghee, banana, <i>munnaka</i> (grapes), jackfruit, mango, | Alcohol, Hot and dry, salty, sour, and pungent food |

Table no. 6: *Pathya apathya aahar in varsha ritu.*^[30]

| Dosha Predominance | <i>Pathya</i> (Wholesome diet) | <i>Apathya</i> (Unwholesome diet) |
|--------------------|---|-----------------------------------|
| <i>Vata</i> | old rice and wheat, old honey, <i>sunthi</i> appetizer <i>yush</i> , food mixed with honey, rock salt, buttermilk with rock sugar, ghee, <i>munnaka</i> , water from covered source, sour and salty food. | Cold, dry and spicy food |

Table no. 7: *Pathya apathya aahar in sharad ritu.*^[31]

| Dosha Predominance | <i>Pathya</i> (Wholesome diet) | <i>Apathya</i> (Unwholesome diet) |
|--------------------|--|--|
| <i>Pitta</i> | Sweet, bitter, pungent light diet, <i>shaali</i> , moong, sugar, <i>aamalki</i> , parval, madhu, | Heavy diet, curd, oil, fat, sunlight, alcohol, <i>tila</i> , <i>urad</i> |

Rules of eating applied

Do's^[32]

- The food we are taking should be tasty, warm, qualitative, and easily digestible.
- Don't eat too much fast or slow.
- Person should take food according to their agni (digestive power) and *kostha* i.e one part for food second for liquid and third should be empty for *vata sanchaar*
- When we become hungry or our previous food is digested then we should take food otherwise we will suffer many *udar rogas*.
- All the *six rasa- madhura, amla, lavana, katu, tikta, kashya* should be taken in daily diet.
- While eating food don't talk and never see the television.
- Food should be eaten in pleasant surrounding with utensils and preparation of individuals choice

Don't^[33]

- We always try to avoid *virudha aahar* like
- Honey and ghee in equal quantity, fish with milk
- Milk and its product with alcoholic beverages, cereals, fruits like banana shakes, mango shakes, kiwi shakes etc.
- Lotus stem with honey.

DISCUSSION

Diet recommendation based on *shada ritu* i.e. seasonal diet has been studied. Mostly, health problems occur due to wrong method of cooking, wrong habits, *virudha aahara* etc. If a person suffering from any disease and having *apathya aahar* then his disease will be more worsen so he should follow proper medicine and *pathya aahara*. However, with *pathya aahara* he may get better results even in the absence of medicines. If we takes *guru, snigdha aahar* in *grisham* and *varsha* in which our strength and *agni* is very poor than our body is not able to digest the food properly and which causes many diseases. Similarly; in *sisira* and *hemant ritus* our body is capable to digest *guru aahar* but if we takes very *laghu aahar* then our strength become very weak. Because of consumption of unbalanced non-seasonal diet also caused numerous diseases. The use of seasonal diet will offer a solution from many problems occurs from disease if we follow diet according to *Ayurveda*.

CONCLUSION

We need energy to do daily work of our life, and to get this energy we need healthy food. So we should follow proper healthy seasonal diet and life style. Nature give us the food what we need in different-different season. But today our market becomes more advanced, its normal to see most of fruits and vegetables are available 365 days of the year in big grocery stores etc. either seasonal or not and nutritious or not. But we should have diet according to season which will be more healthy, rich in flavor, nutritious and cost effective. This study reviewed *Pathya* and *Apathya aahar* to be followed in *shada ritu* as mentioned in *Ayurvedic* classical text. The science of *Ayurveda* provides us proper *pathya-apathya aahar* according to season, *prakrti*, *doshas*, *vyadhi*, for the promotion of our health and to prevent from disease. *Ayurveda* mentioned proper diet will provide good strength, good complexion, vigor, and happy life.

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