

MONTH: JULY: AUG -2015

VOLUME: 3, ISSUE: 2

ISSN: 2348-1846



Punarna V

TITLE

DIET TO TACKLE THE MONSOON MALADY: AN AYURVEDA INSIGHT

ARATHY S KRISHNA , M.B.KAVITA, SHIVAKUMAR , HARISH DESHPANDE

**AN INTERNATIONAL PEER REVIEWED AYURVED JOURNAL
ON LINE BI-MONTHLY AYURVED JOURNAL**

www.punarnav.com

Email: explore@punarnav.com, punarnav.ayu@gmail.com

DIET TO TACKLE THE MONSOON MALADY: AN AYURVEDA INSIGHT**ARATHY S KRISHNA ¹, M.B.KAVITA ², SHIVAKUMAR ³, HARISH DESHPANDE ⁴****^{1,4}Post Graduate scholar, ^{2,3}Associate Professor & HOD ,Department of PG studies in Swasthavritta., SDM college of Ayurveda ,Hassan, Karnataka, India.****ABSTRACT:**

It is must to consume according to season. Seasons are mainly six (Shadritus) according to Ayurveda. To enjoy the full nourishment of food, we must make our menu a seasonal one. In different parts of the world and even in different regions of one country seasonal menus can vary. There are some overriding rules we can follow to ensure optimal nourishment in every season. Here some important principles one can follow in Varsharitu is emphasized. Varsharitu is one among Visargakala. In rainy season or monsoon, the digestive power is less and vitiation of Tridosha is also there, so it is advisable to be moderate (Sadharana vidhi) as regard to diet and regimen during the rainy season.

Key words: Ritu, Visargakala, Sadharana vidhi

INTRODUCTION

**CORRESPONDANT:
DR. ARATHY S KRISHNA
PG Scholar,
Department of PG studies in
Swasthavritta.,
SDM college of Ayurveda
Hassan, Karnataka, India**

We have seasons because the orbit of the earth around the sun is not a circle but rather an ellipse or oval. There are mainly 2 seasons (*kala*) Adana and *Visarga kala* and each *kala* contains 3 ritus^{1,2,3}. Two months constitute one *Ritu*. Adana *kala* sun is more powerful and takes away the energy of human as well as plant life and dryness will be there. In *Visarga kala* moon's power overcome sun as a result

energy of human and plant life will be more⁴.
Varsha ritu is one among *Visarga kala* here
Tridosha Prakopa(vitiating of *vata*, *pitta* and
kapha) and *Agnimandya*(low digestive power)

is there^{5,6}, so one should follow diet
accordingly to reduce the risk of various health
problems.

DISCUSSION

Varsha ritu can be considered as a
time period between mid July to mid
September. But nowadays what we are getting
is *Ritu Vaishamya*⁷. It is of 3 types
Hina(climatic conditions less than expected),
Ati(climatic conditions more than expected),
Mitya(climatic conditions occur opposite to
the expected). *Varsha ritu* is the first *Ritu* in
Visarga kala here the body of human is weak
and as a result *Agni*(digestive power) is also
less⁸. Status of *Dosha* is vitiating of *Tridosha*
viz *Vata* undergoes *Chaya Purvaka*
Prakopa(accumulation of *Vata* happens
before vitiating), *Pitta* undergoes *Chaya*
(accumulation) and *Kapha* undergoes *Achaya*
Purvaka Prakopa (without accumulation
vitiating occurs). So *Sadharana*
Vidhi(everything in a moderate way without
causing vitiating of all the 3 *doshas*) and
everything that will boost our
Jataragni(digestive power) should be
followed^{9,10}. According to Ayurvedic
Principles it is difficult to prescribe
generalized diet. After considering *Prakruti*
(bodily constitution), *Desha*(place),
Agni(digestive power), *Kala*(season) and for
those who are ill *Rogavastha* and *Rogiavastha*
etc have to be considered before prescribing
diet.

Dominant *Rasa* (taste) in *Varsha Ritu*
is *Amla* (sour taste)^{11,12} so it is advisable
to take less *Amla* rasa during *Varsha Ritu* like
sour curd, buttermilk etc. For breakfast more
preferable are steamed food preparations
having very less oil since it digests easily.
Takra (buttermilk-add ¼ part of water to one
part of curd)¹³ can be used daily. Mixed diet
people can go for all salt water fishes, *Kukkuta*
Mamsa is preferable to use it helps to
overcome the cold nature of *Varsha Ritu*.

Preferred vegetables are *Agasti*
kusuma(*Sesbania aegyptiaca*), *Balamulaka*(
tender radish), *Patola*(snake gourd), *Vridha*
kushmanda(fully ripened ash gourd) etc all of
these have *Tridosha* and *Agnivardhaka*
property. Proffered fruits are *Amruthaphala*
(pear), *Dadima*(pomegranate), *Amalaki*(
gooseberry) etc. *Madhuambu* (honey mixed
with boiled cooled water- quantity of honey
added should be just to sweeten water) can be
used in this season in small quantity in order to
overcome dampness in rainy season¹⁵.
Drinking water should be boiled and reduced
to half the quantity. Since *Ksheenagni*(weak
digestive fire) is there in *Varsha Ritu* pickle
like baby mango pickle can be used since it is
Agnideepaka (increases digestive fire) and
*Tridosha*hara.

CONCLUSION

One important point to be noted is that whatever changes will happen in nature the same changes must happen in human since human life is a part of nature. So if one eats

accordingly to the concerned seasons, our body can function smoothly in a healthy manner.

REFERENCES

1. Agnivesa (2007) 'Tasyashitheeya adyaya', in Ram Karan Sharma and Vaidya Bhagvan Dash(ed.) *Charaka samhita*. Varanasi: Chowkhamba Sanskrit series office, pp. 130.
2. Vagbhata (2007) , in K R Srikanthamurthy(ed.) *Astangahrudaya*. Varanasi: Chowkhamba krishnadas academy, pp. 32-33
3. Susruta (2004) , in K R Srikanthamurthy(ed.) *Susrutha samhita*. Varanasi: Chowkamba orientalia, pp.37.
4. Agnivesa (2007) 'Tasyashitheeya adyaya' , in Ram Karan Sharma and Vaidya Bhagvan Dash(ed.) *Charaka samhita*. Varanasi: Chowkhamba Sanskrit series office, pp. 131.
5. Agnivesa (2007) 'Tasyashitheeya adyaya' , in Ram Karan Sharma and Vaidya Bhagvan Dash(ed.) *Charaka samhita*. Varanasi: Chowkhamba Sanskrit series office, pp. 140.
6. Vagbhata (2007) , in K R Srikanthamurthy(ed.) *Astangahrudaya*. Varanasi: Chowkhamba krishnadas academy, pp. 41.
7. Susruta (2004) , in K R Srikanthamurthy(ed.) *Susrutha samhita*. Varanasi: Chowkamba orientalia, pp.42.
8. Vagbhata (2007) , in K R Srikanthamurthy(ed.) *Astangahrudaya*. Varanasi: Chowkhamba krishnadas academy, pp. 40.
9. Agnivesa (2007) 'Tasyashitheeya adyaya', in Ram Karan Sharma and Vaidya Bhagvan Dash(ed.) *Charaka samhita*. Varanasi: Chowkhamba Sanskrit series office, pp. 140-141.
10. Vagbhata (2007) , in K R Srikanthamurthy(ed.) *Astangahrudaya*. Varanasi: Chowkhamba krishnadas academy, pp. 40-41.
11. Agnivesa (2007) 'Tasyashitheeya adyaya', in Ram Karan Sharma and Vaidya Bhagvan Dash(ed.) *Charaka samhita*. Varanasi: Chowkhamba Sanskrit series office, pp. 133.
12. Vagbhata (2007) , in K R Srikanthamurthy(ed.) *Astangahrudaya*. Varanasi: Chowkhamba krishnadas academy, pp. 34.
13. Kaiyyadeva (2009) , in Priyavata Sharma and Guru Prasad Sharma(ed.) *Kaiyyadeva nighantu*. Varanasi: Chowkhamba orientalia, pp.360.
14. Agnivesa (2007) 'Tasyashitheeya adyaya', in Ram Karan Sharma and Vaidya Bhagvan

Dash(ed.) *Charaka samhita*. Varanasi:
Chowkhamba Sanskrit series office, pp. 131.

15. Agnivesa (2007) 'Tasyashitheeya adyaya',
in Ram Karan Sharma and Vaidya Bhagvan
Dash(ed.) *Charaka samhita*. Varanasi:
Chowkhamba Sanskrit series office, pp. 140-
141.

