Varsharitucharya: Scientific Practice and Regime for Rainy Season

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***Abstract*—*Ayurveda's* primary goal is to keep healthy people healthy. Ayurveda defined a number of rituals and regimes, including *Sadvritta, Dincharya, Ritucharya, Rasayanasevan, Aacharrasayana,* and others, to achieve this goal. *Ritucharya* is the practice of adjusting daily behavior and eating habitats to suit a specific season (*Ritu*).**

By doing this, we can stop the negative consequences and illnesses brought on by environmental change. to employ Shastras to create a holistic strategy for the prevention and management of illnesses and pathophysiological alterations brought on by the Rainy season. *Ayurvedic* literature with their commentary, research papers and peer reviews, and contemporary environmental science and dietetics texts.

***Index Terms*—Varsha Ritu, Visarga kala, Ritucharya, Aahar -Vihar**

I. INTRODUCTION

The science of healthy, joyful, beneficial, and long-lasting human life is known as *Ayurveda*. The first goal of *Ayurveda* is to avoid illness in healthy humans, and the second is to treat sick people[1]. This science's goal is to balance the body's fundamental structures and functions[2]. Texts such as the *Sadvritta, Ritucharya, Dincharya, Adharniya-Dharniyavegas, Acharrasayana, Pragyaapraadh* idea, etc., provide concepts for accomplishing the first goal. Among these, *Ritucharya* abides by and practices the rules pertaining to food and seasonal behavioral habitats.

Depending on the sun's location, a solar year is split into two parts- *Uttarayan*, also known as *Aadaankaal,* and *Dakshinayan,* also known as *Visarga Kaal*. Physical and environmental conditions during *Visargkaal* When the Sun begins to move southward during the rainy, fall, and winter seasons, respectively, its brightness decreases due to time, the Sun's natural path (*Visargkaal and Dakshinayan)*, clouds, wind, and rain. The moon stays full, and the world's heat decreases as a result of water falling from the sky. As a result, the human body begins to produce more and more sour, salty, and sweet, dry fluids and strength.

Theoretical underpinnings of the rainy season routine- Human bodies are extremely feeble during the rainy season. The digestive fire is already feeble in a weak physique. The tainted *Vata* and other *Doshas* make the wicked stomach fire even weaker when the rainy season begins. The *Vata* and other doshas become agitated during this season when the fire's strength becomes very weak because of the steam rising from the soil, the rain falling from the sky, and the acidic character of the water. Therefore, all of the procedures (rules) should be adhered to normally during the rainy season.

II. AIMS AND OBJECTIVES

- To review the rules and regimes for *Varsharitu* from various *Ayurveda* Texts.
- To find out the scientific approach towards *Varsharitucharya*.

III. MATERIAL AND METHOD

Mainly in this study material collected from *Samhita of ayurveda* and scientific journals available on Internet for gathering information and knowledge related to topic of our study.

IV. DISCUSSION

ACCORDING TO *AACHARYA CHARAK*

In rainy season food and behaviour restrictions include -

Udamanth (satisfied wheat mixed with water),
Sleeping during the day,

Aavasay (sitting or walking in the falling dew),
River water, exercise, sunbathing, and sexual pleasure[3].

Foods and Routines to Follow During the Rainy Season -
Throughout the rainy season, honey must be applied to every food item.
There should be a lot of acidic and salty juices and lubricants (ghee, lean meat, lentils, green gram, rice and wheat in daily diet.etc.)
consume small piece of ginger with rock salt before every meal.
In the food on those especially cold days with wind and rain.
Men must eat old barley, wheat, and rice if they wish to prevent the stomach fire.
Vegetarians should consume these foods with the juice of green grams, whereas non-vegetarians should consume them with the juice of wild animals and birds.
Madhu should be combined with water, *Arisht* and small amounts of *Madhvik* (mahua wine) during this season It is recommended to drink *Mahendra* (sky) water, heated and chilled water, and water from a pond or well during the rainy season.
Friction (body friction), bathing, ablution (*Udvartana*), scent (fragrant materials like sandalwood, etc.) and garlands of fragrant flowers are all good.
It is recommended to stay in a dry (not wet) environment and wear light, clean clothing.[4].
In order to prevent imbalances and improve general well-being, *Ayurveda* places a strong emphasis on the importance of *Varsha Ritucharya*, a set of rules designed especially for the monsoon season. During this period, people frequently have vitiated *Vata Dosha*, elevated *Pitta Dosha*, diminished strength, and *Agni* imbalances. So Consuming acids, salts, and oils helps to soothe the air during the rainy season.

V. ACCORDING TO AACHARAYA SUSRUTA

People's bodies are prone to sluggishness during the rainy season. As a result, the air is incredibly boring. The doshas, such as wind then become agitated. Therefore, astringents and bitter liquids are utilized to eliminate the disturbed *Doshas* and purify this source of sluggishness. Both healthy people and those who are ill should be fed.
Which is a hot, energizing food that is neither too rough nor too smooth. The king ought to be permitted to consume rainy-season water. He could also drink hot and chilled water that has been infused with honey. Because of the air around the clouds, the extremely cold water surrounding them and the production of new water, the medications turn acidic during the day. Therefore, an educated person should not perform too much activity during the rainy season. He should limit his intake of sunlight, dew, water, and rural religion (sex). He should stay away from these as much as he can. He ought to sleep on the roof.
To keep the steam from escaping from the earth. In cold weather, he should sleep in a house that is heated by fire and has a moderate wind speed, and he should wear heavy clothing. To travel, apply nice agar paste to his body and mount and hills. throughout the rainy season, try to avoid napping throughout the day and stay away from indigestion[5].

VI. CONCLUSION

One can balance *Doshas*, improve immunity, cleanse and detoxify the body, revitalize the body and mind, and reduce lifestyle illnesses like stress, diabetes, and high blood pressure by following *Ayurvedic* principles. According to *Ayurveda,* when a person modifies their food and lifestyle to fit the changing seasons, they should do so gradually over a period of 15 days. Try to gradually abandon the old way of life and embrace the new one. If the changes are significant, the body might not be able to handle them, which could cause issues.
Ayurveda has outlined a number of Rainy season dietary and behavioural guidelines to help people comfortably adjust to seasonal enforcement without compromising bodily equilibrium. Knowing *Ritucharya*, we may undoubtedly prevent seasonal symptoms and lifestyle disorders by adhering to *Ritu's* prescribed routines to preserve the *Tridosha's* equilibrium and our eternal health. The relevance of *Ritucharya* in the current context may be questioned given seasonal variations, yet *Tridosha* and *Pathmahabhoot* theory serve as the foundation for *Ritucharya*. Even though Ritu does not adhere to uniformity nowadays, the degree of *Tridosha* and *Pathchmahabhoot* can be evaluated appropriately to determine the regimen, to which this *Ayurvedic* knowledge serves as a guide.

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