



Caraka Samhita – Class 4

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What we learned so far?

History of
Ayurveda

Definition of
Ayurveda

Doshas, Dhatus,
Pancamahabhutas

Sense organs, the
mind and the soul

Good conduct

How to assess
your prakriti?

Doshas in detail –
qualities, seats,
actions

Causes of
diseases

Concept of Agni

Urges of the body
and the mind

Daily Routine

Nasya in detail

Dhumapana in
detail



Ritucharya – The Seasonal Routine

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AYURVEDA

Chapters covered in this session

- Caraka Samhita Sutra Sthana Chapter 6 Tasyashiteeyam
- Caraka Samhita Vimana Sthana Chapter 1 Rasavimana Adhyaya
- Caraka Samhita Sutra Sthana Chapter 26 Atreyabhadrakapeeyam

Topics – Ritu Charya, Viruddha

What is Ritucharya

- Ritu = season, charya = practice
- Set of rules to stay healthy and prevent disease. All about the management of lifestyle in relation to the changing seasons
- The universe – constantly changing, days, months, years.
- The more human actions are aligned with the universe, the better the health.

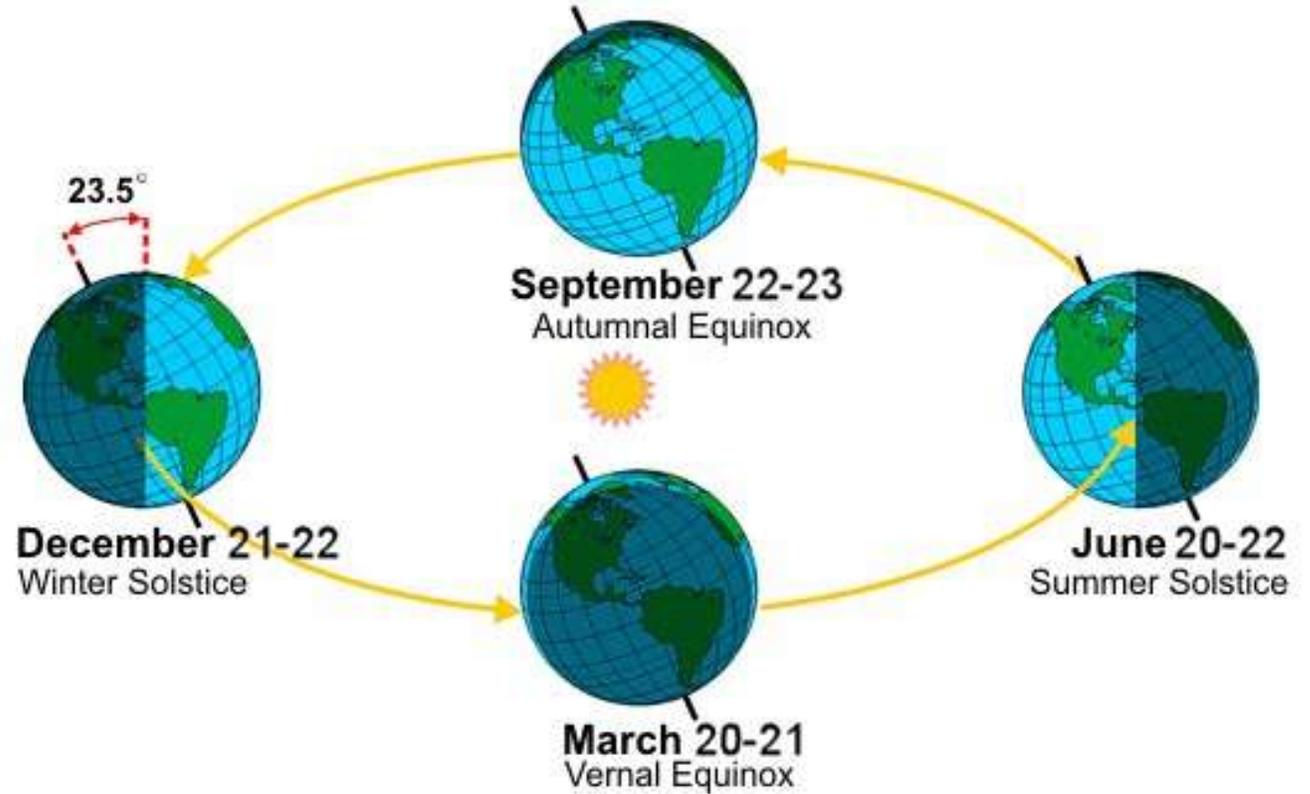
The movement of the Sun



Summer solstice - the solstice that marks the onset of summer, at the time of the longest day, about 21 June in the northern hemisphere and 22 December in the southern hemisphere.



Winter solstice - the solstice that marks the onset of winter, at the time of the shortest day, about 22 December in the northern hemisphere and 21 June in the southern hemisphere.



Uttarayana & Dakshinayana

The 6-month period between Summer solstice and winter solstice is Dakshinayana

Dakshina = South; ayana = movement

The 6-month period between Winter solstice and summer solstice is Uttarayana

Uttara - North; ayana = movement

The 6 Ritus



1 year = 12 ritus (seasons)



3 ritus – Sun moves towards North – Uttarayanam (adana kala) – hot months

Sisiram (Dewy season)
Vasantam (Spring)
Greeshmam (Summer)



3 ritus – Sun moves towards South – Dakshinayanam (visarga kala) – cold months

Varsham (Rainy season)
Sarad (Autumn)
Hemantam (Winter)

Trivia

- In our body, Vata, Pitta & Kapha controls the inner climate?
- What are the 3 factors that control the external climate?

Adana Kala & Visarga Kala

Adana Kala (Uttarayana) (hot months)

- Vata is “rooksha”
- Sun is more powerful (Aagneya)
- Low strength – body

Visarga Kala (Dakshinayana) (cold months)

- Vata is “na ati rooksha” due to its property - “yogavaahi”
- Moon is more powerful
- “Moon by its cooling effect, makes the world beautiful)
- Visarga kala is “Soumya” – gives bala (strength)

Adana Kala

- The sun absorbs moisture from the earth with its hot rays
- Vata debilitates the world with its ruksha & tivra (extreme strength)
- Order of rukshata = Summer > Spring > Dewy season
- This vitiates (increases) the tastes – bitter, pungent, astringent
- Cause of loss of strength in humans

Visarga Kala



Cold winds, clouds & rains etc reduces the harshness of the Sun



Moon becomes stronger



Due to rains the earth cools down



The tastes – sweet, sour, salty vitiates



Strength of human body increases in this order:



Winter > Autumn > Rainy season

Strength of the body & seasons

- Low body strength - at the beginning of Visarga & end of Adana
- High strength - at the beginning of Adana & end of Visarga
- Mid of kalas – medium strength

| | Ritu | Predominant taste | Strength of body |
|---------------------------|--------------|-------------------|------------------|
| Adana (Uttarayana) | Dewy season | Bitter | High |
| | Spring | Astringent | Medium |
| | Summer | Pungent | Low |
| Visarga (Dakshinayana) | Rainy season | Sour | Low |
| | Autumn | Salty | Medium |
| | Winter | Sweet | High |



Hemanta Charya (Winter Regimen)

What happens during Winter?

- Temperature is low
- Cold winds outside – preserves the Agni – Agni increases
- One can eat heavy food in more quantity without any difficulty
- It is important to eat enough during this season to pacify the high Agni
- If not, it can digest even the tissues.
- Can cause Vata vitiation (vata+cold temperature)
- Hence Caraka has mentioned a few regimen during this time.

Foods for Winter

- Food with good fats added
- Sour and salty foods
- Meat of animals with fat, fried meat etc
- Drink alcohol like madira (wine), seedhu (rum from molasses) & madhu madya (honey wine)
- Dairy
- Sugarcane juice, rock, sugar, jaggery
- Sesame oil
- Warm water
- Rice (freshly cropped)
- Do not have light, vata increasing foods, eg. puffed rice with water etc
- Do not reduce the quantity of food

Routines for Winter

- Abhyanga
- Dry powder massage
- Head massage
- Dry hot bath - Jentaka sweda
- Getting sunlight
- Stay in heated rooms
- Vehicles, bedroom, living room – should be closed at all times
- Use thick blankets & bed sheets made of cotton, silk, wool, etc
- Wear heavy warm clothes
- Apply a paste of Akil (agarwood) (1kg=\$100,000) in the body (before shower) 😊
- Sex before sleep



Vasanta Charya (Spring Regimen)



Vasanta Ritu Charya (Spring Regimen)

- The Kapha accumulated over Winter is now beginning to melt
- This affects the Agni and creates diseases
- Hence one should take care to expel the Kapha in Spring. Eg. Vamana

Routines for Spring

- Skip day-time nap
- Do moderate exercise
- Do powder massage
- Dhumapana
- Oil pulling
- Apply Kajal
- Taking bath in warm water
- Body pack with Sandalwood powder and agarwood powder
- Spend time in forest and enjoy the beauty of young trees & flowers
- Sex

Foods for Spring

- Foods rich in sour, sweet tastes and fatty foods need to be avoided
- Include wheat and barley in the diet
- Wine from mollasses & honey wines can be used



Greeshma Ritu
Charya
(Summer
Regimen)



Routines for Summer

- Avoid exertion & (over) exercise during summer
- Stay in a cool place during the day
- Walk in the moonlight at night
- Before bed apply a paste of sandalwood powder on the body
- Wear jewellery with pearls and corals
- Spray sandalwood water on the body for cooling
- Stay comfortable

Food during Summer

- Have foods that are sweet in taste and added with good fats
- Have foods with cold potency (seeta veerya)
- Have more liquid foods
- Drink during summer – room temperature water + puffed rice powder + rock sugar
- Meat of animals of wet lands
- Ghee, milk
- Newly harvested rice

Food during Summer (contd.)

- Avoid alcohol during summer
- If taking alcohol mix with a lot of water
- Salty, sour, spicy foods should be avoided
- Avoid foods with hot potency (ushna viryam)



(Varsha Ritu Charya) Rainy Season Regimen

What happens in Rainy Season

- During Adana Kala (hot months), the body becomes weak.
- Agni is weak too.
- Due to evaporation, clouds, sourness of water, all doshas get vitiated in rainy season.
- The clash between doshas, which in turn clashes with Agni, makes Agni even weaker.
- Hence one should follow routines that do not increase all 3 doshas and also keeps Agni intact.

My 2 cents...

- There is conflict between doshas, and doshas and Agni during rainy season
- Body gets extremely vulnerable to diseases during rainy season as body becomes “doshamaya” (full of vitiated doshas)
- There is no other ritu that is as bad as rainy season when it comes to health
- In places where there is extreme rains, the disease rate is also substantially higher due to this reason
- The primary aim has to be for bringing up the Agni, increasing the body heat and balancing all the 3 doshas
- The most important thing to work on is Agni Sandeepana (increasing Agni)

Routines for Rainy Season

- Dry powder massage
- Take shower everyday
- Wear soft, light, clean, comfortable clothes

Food during Rainy Season

- Water with puffed rice added should be avoided
- Day-napping, exercise, exposure to cold, river water, exposure to sun, sex has to be avoided
- Vata subsiding foods should be taken – foods added with good fats, with predominance of sour, salty tastes.
- Soup made of old barley, wheat, newly harvested rice, meat – all of these made with ghee, spices etc has to be included in the diet for improving Agni
- Honey wine is good
- Drinking water should be boiled and cooled.
- Do not consume food that causes Kleda – eg. yoghurt

My 2 cents

- “Bhajet akledi”
- Do not sit/ stay at places that are wet due to rains
- Trademarks of rainy season – weak agni, weak body, bhoobashpam (evaporation), clouds ready to pour, sour water around – all of these make the body “Abhishyandi” in nature – causes blockage of channels – creates diseases.
- Most number of communicable diseases in rainy season
- Remedy – Improve agni, balance tridoshas

Sarad Ritu Charya (Autumn Regimen)

- The sun comes out again after the rains
- It was cold in rainy season. The Pitta could not express itself due to cold. It was in Sanchaya stage (increase in its own place without causing bad effects). Now that sun is back, the heat of the earth increases and Pitta gets vitiated (Pitta Kopa).
- Hence in Autumn Pitta subsiding practices should be done

Foods during Autumn

- Light foods rich in sweet and bitter taste, with cold potency, have to be taken to subside Pitta
- Eat only when hungry
- Meat – goat
- Newly harvested rice
- Barley
- Wheat
- Tiktaka Ghritam – has to be consumed to subside Pitta. If not, do Virechana
- Avoid sesame oil, animal fat, yoghurt, fish

Routines for Autumn

- Do not step out in the sun often, and exposure to winds
- Avoid day time napping
- Hamsodakam – Water kept in moonlight in the night and sunlight during the day - is great for drinking, taking shower, etc
- Wear clean clothes, garlands made of flowers,
- Walking in moonlight just after sunset is good

Ritusatmyam

Ritu = season

Satmyam – favourable

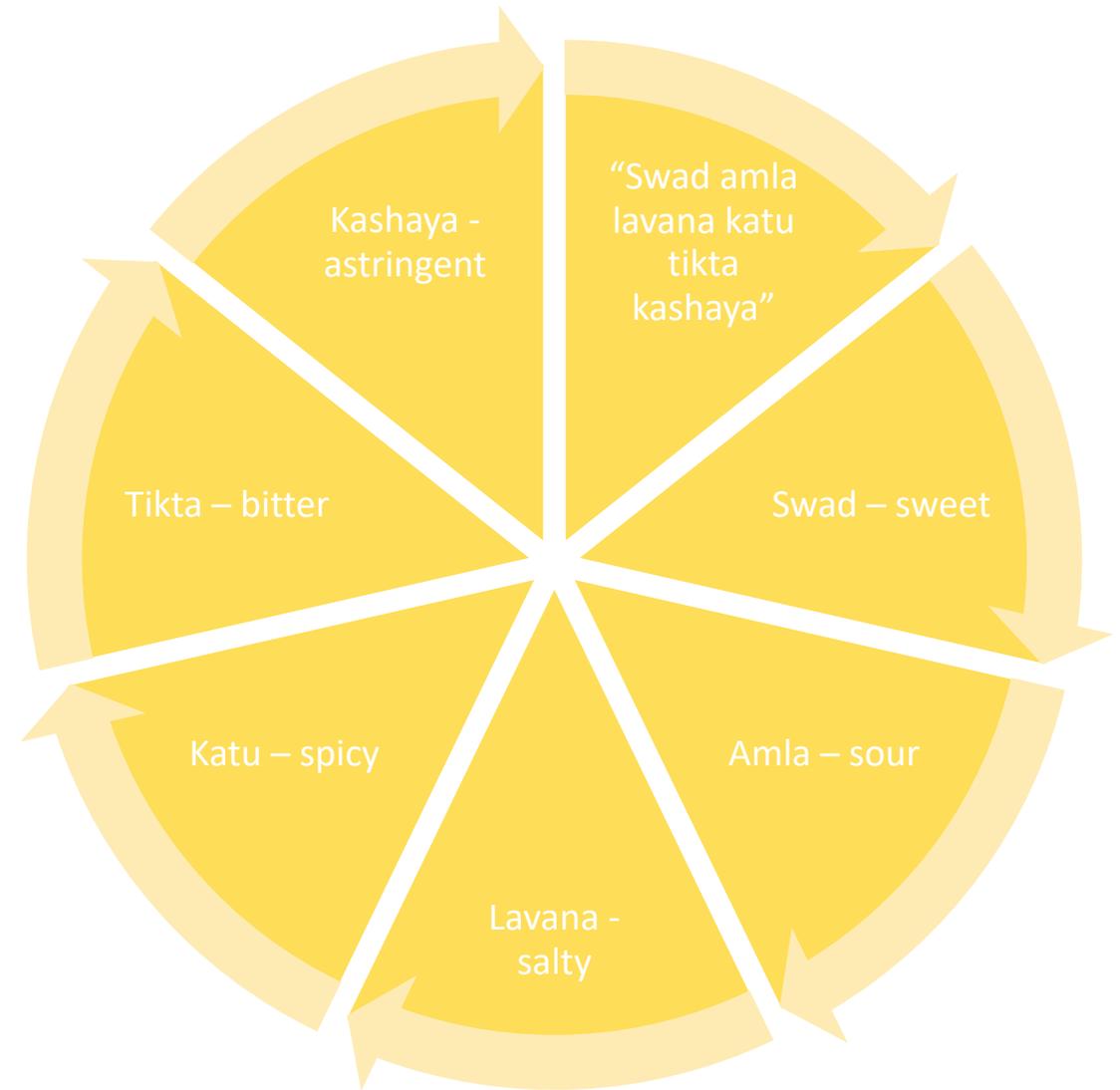
Ritusatmyam – favourable for the Ritu

Oka satmyam – favourable by practice



Ayurvedic Nutrition

The 6 Tastes





How the tastes are formed?

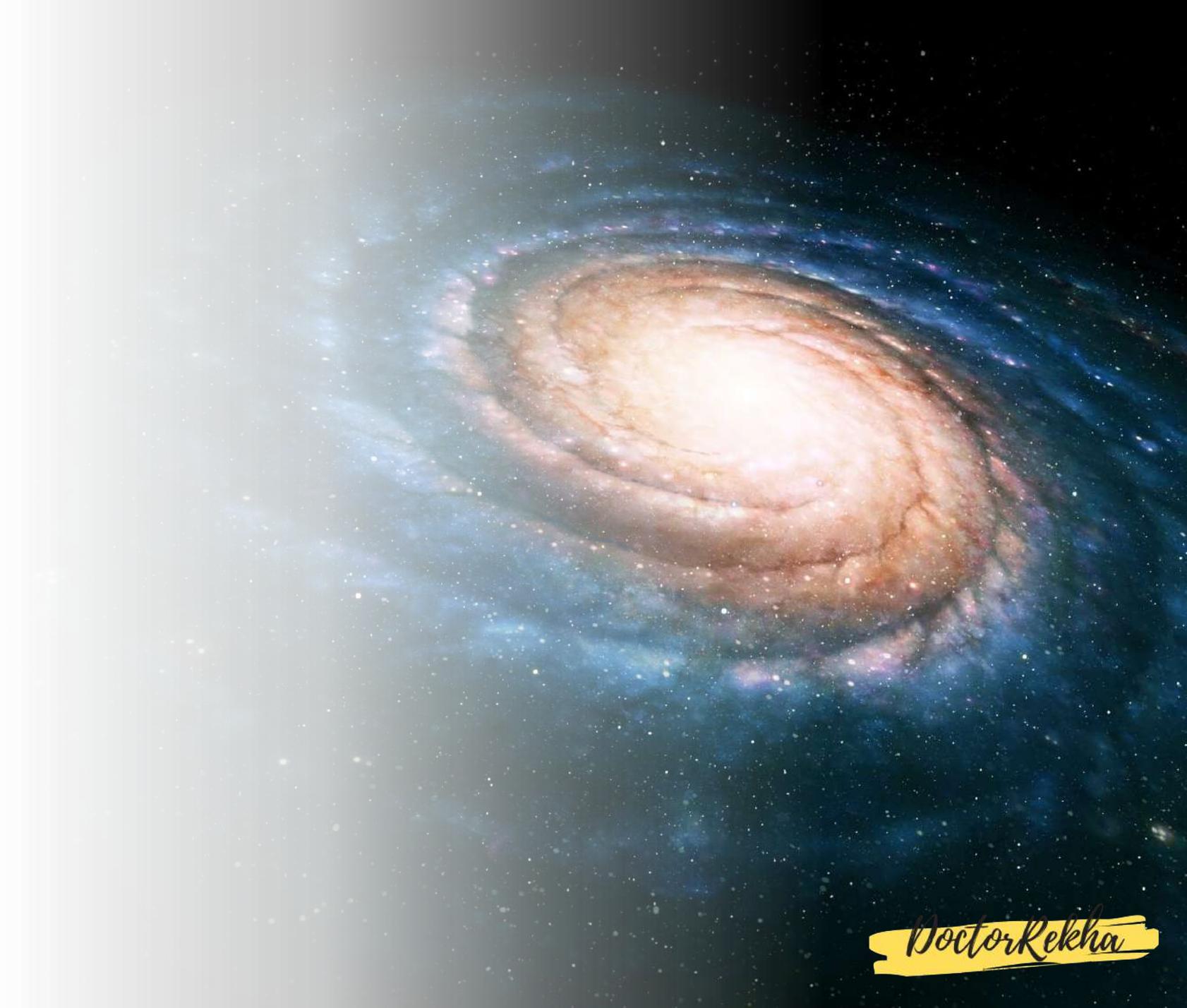
| Taste | Primary Element 1 | Primary Element 2 |
|---------|-------------------|-------------------|
| Sweet | Earth | Water |
| Sour | Fire | Water |
| Salty | Fire | Water |
| Bitter | Air | Space |
| Pungent | Air | Fire |
| Kashaya | Air | Earth |

The 5 Elements & The Six Tastes

- “Panchabhutatmakam dravyam”
- Dravya is important because the rasa, virya, vipaka etc are dependent on it.
- Dravya is made up of 5 elements
- With the inseparable combination of 5 elements, Dravya is formed
- Each dravya’s characteristics depends on the predominance of the 5 elements Universe is made of 5 elements – called “Prapancha”

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The 5 Elements & Qualities of Dravyas

| Elements | Name | Qualities of Element | Qualities of Dravyas | |
|----------|---------|---|---|-----------------|
| Earth | Prithvi | Heavy Bulky Stable Smell | Guruta (heaviness) Sthairya (stability) Samghata (compactness) ~ Well nourished qualities | Moves downwards |
| Water | Ap | Liquidity Cold Heavy Unctuous/oily/moisture Dull Thick/dense Rasa (taste) | Snehana (lubrication, moistness), Avishyanda (secretion, moisture) Kleda (wetness) Prahlada (satiation, contentment, satisfaction) Bandhakrut (cohesion, binding, holding together) | Moves downwards |
| Fire | Tejas | Dry Penetrating/sharp Hot Non-slimy Minute Appearance, form | Daha (burning sensation) Bha (luster) Varna (expression of colour) Pachana (digestion, transformation, putrefaction) | Moves upwards |
| Air | Vayu | Dry Clear, non-slimy Light Tactile sensation/ touch | Rooksha (dryness) Laghava (lightness) Vishada (clarity, transparency) Vichara (movement, activities) | Moves upwards |
| Space | Akasham | Minute Clear, transparent Light Sound | Soushiryam (hollowness) Laghavam (weightlessness) | |

Characteristics of Substances

- Rasa – Rasa means taste. Taste in a substance arises out of Pancha mahabhuta (5 element) combination. Hence, because of the combination of the 5 elements
- Virya – The property which is responsible for the specific action of a drug. Types – Ushna (hot), Sheeta (cold)
- Vipaka - The change that a Rasa (taste) undergoes at the end of digestion, due to the action of Agni (Jatharagni)
- Prabhava - Special action exhibited by a substance. Prabhava is more powerful than Rasa, Virya & Vipaka (Madhuka and black raisins – both have similar qualities. But black raisins has mild purgative action, but licorice does not. Milk and ghee – both possess similar qualities. But ghee increases digestion strength, but milk does not. Hence increasing digestion strength is the Prabhava of ghee

Vichitra Pratyarabhdha Dravya (Substances with strange action)

- Both wheat and barley possess sweet Rasa and are heavy. Yet wheat reduces Vata but barley aggravates it.
- Fish and milk are sweet and heavy, but milk is cold, and fish is hot

The Concept of Viruddha (Incompatible Foods)

18 types of Viruddha

What happens when Viruddha foods are taken?

Ama visha, blindness, low fertility, ascitis, blisters on skin, psychosis, fistula, stupor, vertigo, flatulence, anemia, skin diseases, IBS, inflammation, acid reflux, fever, sinusitis, rhinitis, death

Desa Viruddha

- Using ruksha, tikshna foods in Jangala desha
- Using oily, cold foods in Anooopa desha

Kala Viruddha

- Using cold, dry foods in cold seasons
- Using hot, spicy foods in hot seasons

Agni Viruddha

- Not eating foods according to Agni

Matra Viruddha

- Using honey and ghee mixed in the same quantity

Satmya Viruddha

- Eating sweet, cold potency foods by one who is habituated to eating hot spicy foods

Samskara Viruddha

- Change in processing lead to Samskara Viruddha
- Eg. Meat cooked with a branch of Erandam (Ricinus communis)

Types of Bhoomi deshams

“Jangalam vata bhooyishtam (predominance) anoopam to kapholbanam (predominance of kapham) sadharanam samamalam (balanced doshas) tridha (3 types) bhoomidesham adishet (it is said)”

Types of Bhoomidesham

1. Jangalam: Has less trees, up and down terrain (V)
2. Anoopam: Land with moisture, near or formed from a water body (K)
3. Sadharanam: Lots of trees, pure water, pleasing to the mind (VPK) – healthy

> Ushara (Deserts, P) are not included, as they are not fit for living 😊

Virya Viruddha

- Hot potency foods + cold potency foods
- Milk + pineapple

Koshta Viruddha

- Krura Koshta x Manda virya, constipating food in alpa matra
- Mridu Koshta x Heavy foods in large quantity & foods that cause loose motions

Avastha Viruddha

- Vata increasing food for someone who does excessive exercise, sex & exertion
- Kapha increasing food for someone who has laziness and sleepiness

Krama Viruddha

- Eating food before hunger is formed
- Eating food passing bowel movements
- Overeating after feeling excessive hunger

Parihara Viruddha

- Eating hot potency foods after having pork
- Drinking cold water after having ghee

Parihara means compensatory food.

Parihara – food eaten before or after a main meal
(purvapana, anupana)

Paka Viruddha

- Using improper ways of cooking – leading to improper cooking
- Eating rice which is not cooked properly
- Eating rice which is overcooked
- Eating rice which is burned due to overcooking

Samyoga Viruddha

- Sour foods + milk

Hrid Viruddha

- Eating unpleasant food which doesn't satisfy the mind

Sampat Viruddha

- Sampat - optimum properties
- Optimum properties of a food is good taste, richness in qualities, colour, smell etc
- Consuming foods that do not have optimum properties is Viriuddha

Vidhi Viruddha

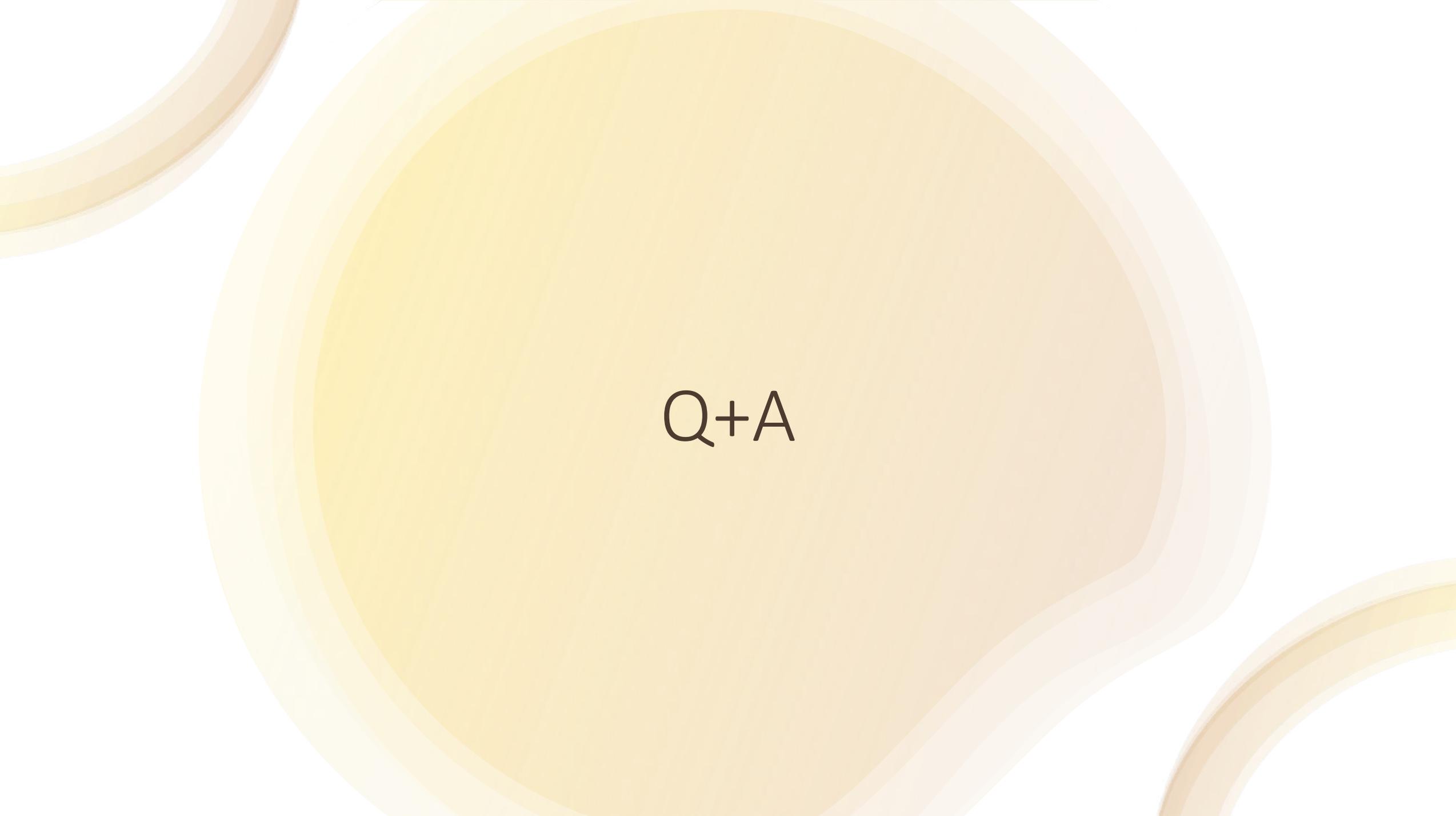
- Eating food in an open place is Vidhi Viruddha (against the rule of eating)

Treatment of diseases due to consuming Viruddha ahara

- Vamana
- Virechana
- Immunity building medicines
- “Poorvam hitasevana” – have foods that are ‘hita’ (favourable) from the beginning to avoid diseases caused.

Viruddha will not affect the following people

- One who has strong Agni
- Young people
- One who has oiliness in the body
- One who has body strength
- One who is habituated to Viruddha food



Q+A