

## A review on healthy lifestyle in Hemantha Ritu (early winter)

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### Abstract:

*Ayurveda*, the science of life believes in promotion of health and prevention of diseases. *Kaala* (time) is responsible for the changes happening in the environment results in manifestation of different diseases. Some of the seasonal diseases can be prevented by adopting healthy lifestyle in particular season. *Hemantha Ritu* (early winter) comes under *visarga Kaala* (southern solstice) where sun moving along southern hemisphere. In this season entire world is covered with mist, cold wind is blowing from northern direction along with dust and smoke existing in the environment. This is due to moon predominant with *Saumya Guna*. By *Kaala Prabhava* (influence of time) *Kapha Sanchaya* (accumulation of phlegm) takes place along with *Pitta Shamana* (mitigation of bile). As a result of atmospheric cold the heat of the body is conserved inside by constriction lead to the increase of *Jataragni* (digestive fire) So if heavy food is not consumed it will burn away the *Rasadi Dhatus* (tissues) results in vitiation of *Vata* (air) and *Kapha Sanchaya* (accumulation of phlegm) leads to origin of many diseases like *Stabda Kosta* (rigid abdominal viscera), *Guruta of Shareera* (heaviness of the body) *Kasa* (cough), *Shwasa* (dyspnoea), *Peenasa* (rhinitis), *Swarabheda* (pharyngitis) etc. Hence following healthy lifestyle in relation to food and regimen can protect health and prevents seasonal disease onset in an individual.

**Key words:** *Hemantha, Ritu*, lifestyle, health, early winter

### Introduction:

The most desiring wish of every being is health. Health is a state of complete physical, mental and social wellbeing not merely an absence of disease or infirmity.<sup>1</sup> In order to protect and to maintain health there is a need to follow healthy regimen on daily basis as well as seasonal or else the individual becomes prey for diseases.<sup>2</sup> As the sun moves from one constellation to another constellation the seasonal changes happen, in this manner six seasons appears in a year. The year is divided into two *Ayana* i. e *Uttarayana Kaala* or and *Dakshinayana Kaala*. *Uttarayana Kaala* also known as *Adana Kaala* (sun in northern hemisphere) whereas *Dakshinayana Kaala* as *visarga Kaala* (sun in southern hemisphere).<sup>3</sup> *Hemantha Ritu* (early winter) belongs to *Visarga Kaala* where the sun present in *Dhanus* (sagittarius) and *Makara Rashi* (capricorn). In english calender it starts from mid-November to mid-january. As the sun moves towards the southern hemisphere and its heat is slacked by *Kaala* (time), *Megha* (cloud), *Vata* (wind) and *Varsha* (rain). The qualities of moon become dominant so that the *Bala* (strength) of the individual increases.<sup>4</sup>

In this season cold wind is blowing from northern direction along with dust and smoke. The entire area is covered by mist. The lakes and ponds are covered by ice. Excessive external atmospheric cold, body heat gets conserved inside by constriction this results in increase of *Jataragni* (digestive fire). If heavy food not consumed it will burn away the *Rasadi dhatus*, as the food in the form of fuel is not available become cause for *Vata dosha* vitiation along with accumulation of *Kapha Dosha* (phlegm) and *Shamana of Pitta Dosha* (mitigation of bile) in the body.<sup>5</sup> Consequence of *Kapha* accumulation produces *Stabda Kosta* (rigid abdomen), appearance of yellowish pigmentation, decrease in appetite, heaviness of body, lethargy.<sup>6</sup>

To overcome this health issues a healthy food and regimen should be followed that includes intake of food having *Madhura* (sweet), *Amla* (sour) and *Lavana rasa* (salt), *Shali* (rice), *Godhuma* (wheat), *Masha* (blackgram) *Navanna* (newly harvested grains), *Tila* (sesame), *Ikshu Vikaras* (sugarcane products), *Ushna Jala* (hot water), *Goksheera* (cow milk). Regimens includes *Pratabhojana* (consuming food in early hours of day), *Abhyanga* (oil massage), *Utsadhana* (massage), *Murdni taila* (application of oil to head region), *Vyayama* (exercise), expose to sun, *Ushna Garbha Griha vasa* (residing in warm building), wear silk cloths, heavy warm cloths and smear body by *Agaru* (*Aquilaria agallocha*). *Haritaki* must be taken along with *Shunti* (ginger) as *Anupana* to attain *Rasayana* (rejuvenation) effect

In this season avoid consuming *Laghu* (light), *Vatakara Aharas*, exposed to *Pravata* (cold breeze), *Pramithasana* (small quantity food intake) and *Udamanta* (gruels),<sup>7, 8</sup>

**Table 1: Showing Predominant Rasa, Dosha, states of Agni, Bala in Hemantha Ritu**

Predominance quality	Moon
Environmental condition	Cloud, cold wind and moisture
Atmospheric temperature	Decreased
Plants and herbs	Potent
Rasa pradhana	Madhura
Dosha	Kapha sanchaya, pitta shamana
Agni	Uttama
Shareera bala	Uttama
Rasayana	Haritaki+ shunti <sup>9</sup>

### Aims and objectives:

1. To understand healthy lifestyle in *Hemantha Ritu* (early winter)

### Materials and methods:

1. Literary sources from classical text books and other information from web site.

### Discussion:

Effect of *Hemantha Ritu* on environment:

The winds are not very dry and fierce blowing from northern direction, moon is more powerful than sun, the heat of earth is taken away by clouds, rain and cold wind. Thus, unctuousness sets in environment. Entire atmosphere is covered by mist even ponds and lakes are covered by ice. In this season short day longer night time was observed.<sup>10</sup>

Effect of *Hemantha Ritu* on Agni:

Excessive external atmospheric cold the body heat gets conserved inside by constriction this results in increase of *Jataragni* (digestive fire) therefore *Guru Guna Pradhana Ahara* (heavy food) must be consumed

Effect of *Hemantha Ritu* on *Shareera Bala*:

By the effect of season and *Uttama Agni Bala* person can consume even heavy foods like *Ksheera*, *Godhuma* etc.

Effect of *Hemantha Ritu* on dosha:

Due to *Kaala Prabhava* (influence by time) *Kapha Dosha Sanchaya* (accumulation of phlegm) takes place and *shamana of pitta* (mitigation of bile) happens. Thus, *Kapahaja vyadhis* are common in this season.

Pathya ahara and vihara:

*Madhura* (sweet), *Amla* (sour) and *Lavana rasa* (salt), *Shali* (rice), *Godhuma* (wheat), *Masha* (blackgram) *Navanna* (newly harvested grains), *Tila* (sesame), *Ikshu Vikaras* (sugarcane products), *Ushna Jala* (hot water), *Goksheera* (cow milk). Regimens includes *Pratabhojana* (consuming food in early hours of day), *Abhyanga* (oil massage), *Utsadhana* (massage), *Murdni taila* (application of oil to head region), *Vyayama* (exercise), expose to sun, *Ushna Garbha Griha vasa* (residing in warm building), wear silk cloths, heavy warm cloths and smear body by *Agaru* (*Aquilaria agallocha*). By following this the body temperature conserved from external environment cold and internally the digestive fire gets stimulated by the *Aharas* (food) thus *Shareera* (physical body) stays in healthy condition and free from diseases.

*APathya ahara and vihara*:

*Laghu* (light), *Vatacara Aharas*, exposed to *Pravata* (cold breeze), *Pramithasana* (small quantity food intake) and *Udamanta* (gruels). This regimen may become cause for accumulation of *Kapha Dosha* and even *Vata* dosha vitiation give rise illness in the *Shareera* (body).

### Conclusion:

To protect health and to prevent early winter common diseases, one should follow proper diet and lifestyle advised in *Ayurveda* thus disease manifestation can be interrupted in the initial stage leads to healthy and happy long life.

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