



Critical Review On Different Shodhana In Sharad Ritu With Special Reference To Modalities And Swasthya Paricharya

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Abstract

Sharad Ritu (autumn season) is characterized by an increase in environmental heat, dryness, and reduced humidity after the heavy rainfall of Varsha Ritu. These changes aggravate Pitta Dosha, especially in Rakta Dhatu, leading to disorders like hyperacidity, urticaria, skin eruptions, and hypertension. Ayurveda recommends Shodhana therapies such as Virechana and Raktamokshana during this period to purify Pitta and Rakta, thereby preventing seasonal and psychosomatic diseases.

This review explores the rationale, environmental and psychosocial context, Ayurvedic pathology (Samprapti), and modern relevance of different Shodhana modalities and Swasthya Paricharya during Sharad Ritu. [1][2]

Keywords- Shidhana Chikitsa, Shrad Ritu, Ritu Paricharya, Swasthya Paricharya, Seasonal Detoxification, Panchakarma, Virechana Karma, Pitta Prakopa, Dosha Shamana, Ritucharya according to Ayurveda

Introduction

Ayurveda emphasizes the principle of Ritucharya — adopting diet, lifestyle, and purification methods according to seasonal variations. In Sharad Ritu, the Adhika Pitta Kala begins. The environment shifts from humid (Varsha Ritu) to hot and dry; the sun regains strength, and atmospheric humidity decreases. This natural increase in heat causes Pitta Prakopa (aggravation).

If not balanced, it leads to Raktapitta, Pittaj jwara, Twak-vikar, Netra-daha, Udar roga, and stress-linked disorders. Hence, Shodhana therapies like Virechana and Raktamokshana are indicated to eliminate aggravated Pitta and maintain psychosomatic balance. [3][4]

Samprapti (Pathogenesis) According to Ayurveda

Phase Season / Description Dosha Activity Clinical Outcome

Accumulation Varsha Ritu – humidity, weak digestion Pitta accumulates Heaviness, dull digestion

Aggravation Sharad Ritu – dryness, heat Pitta mixes with Rakta Burning, rashes, irritability

Manifestation Full expression Pitta-Rakta Dushti Hyperacidity, urticaria, anger

Dosha–Dushya Samurchhana:

Pitta + Rakta → affects Twak, Rasa, and Manovaha Srotas → results in inflammatory and psychosomatic disorders. [5]

Need of Study

Sharad Ritu ke lifestyle aur food habits modern era me bahut badal gaye hain. People consume oily, spicy, and junk food, aggravating Pitta and leading to Ama-Pitta complex. Hence, Sharad Ritu is ideal for Virechana and Raktamokshana for detoxification and prevention. [6][7]

Key Factors:

1. Increased intake of spicy & oily foods

2. Fermented & junk food consumption

3. Sweet and cold food cravings

4. Irregular eating patterns

5. Overuse of stimulants (tea, coffee, fast food)

Mode of Action of Shodhana (According to Ayurveda)

1. Virechana (Therapeutic Purgation)

Sthana: Pakvashaya (small intestine – seat of Pitta)

Karma: Removes accumulated Pitta and Ama through the anal route.

Effect: Detoxifies liver, intestines, and blood channels. [8]

Table 1: Types of Virechana According to Strength & Purpose

Type	Meaning / Action	Purpose / Indication	Examples of Drugs	Modern Correlation
Stransan (Mild)	Gentle elimination of Pitta	For weak or preventive therapy	Triphala Churna, Eranda Taila (small dose)	Mild laxative, relieves hepatic congestion
Bhedan (Moderate)	Breaks and eliminates doshas	For moderate strength, Pitta-Kapha disorders	Trivrit Churna, Gandharvahastadi Taila	Moderate purgative, improves peristalsis
Rechan (Strong)	Deep expulsion from Pakvashaya	For strong patients, severe Pitta-Rakta Dushti	Trivrit, Danti, Eranda Taila (high dose)	Strong purgative, detoxifies liver & blood

Table 2: Snigdha and Ruksha Virechana

Type	Prakriti / Indication	Sneha Used	Example Formulation
Snigdha Virechana	Vata-pradhan, dry skin	Castor oil with milk/ghee	Eranda Taila with Ksheera
Ruksha Virechana	Kapha-Pitta, obesity, oiliness	Decoctions of Trivrit, Aragwadha, Triphala	Trivritta Lehya / Aragwadha Kwatha

2. Raktamokshana (Bloodletting Therapy)

Used for Rakta and Pitta Dushti to purify blood and relieve heat, inflammation, and congestion. [9][10]

Table 3: Types and Modalities of Raktamokshana

Type	Method	Indication	Site / Instrument	Sneha (Jio):	Local bloodletting	Acne, eczema, local inflammation
Jalauka	Alabu, Cupping	Sarvadehika	Whole-body purification	Hypertension, chronic skin, liver diseases	Siravedha / Syringe method	Jalauka
Avacharana	Leech therapy	Pitta-prone skin lesions	Legs, face –	Jalauka (Leech)		
Alabu / Cupping Therapy	Dry suction	Obesity, varicose veins	Modern vacuum cups or horns			
Shrunga Vidhi	Deep-seated congestion	Musculoskeletal pain	Cow horn / suction device			

Mode of Action (Ayurvedic and Modern View)

Ayurvedic Perspective	Modern Perspective
Removes vitiated Rakta carrying Pitta toxins	Improves microcirculation
Reduces Daha, Kandu, Raga	Removes inflammatory mediators
Balances Tridosha and mind	Reduces oxidative stress, improves venous return.
Swasthya Paricharya in Sharad Ritu	

Ahar (Dietary Regimen)

Prefer Madhura, Tikta, Kashaya rasa foods.

Include: Shali rice, wheat, milk, ghee, amla, pomegranate, sugarcane juice.

Avoid: spicy, sour, fermented, junk foods.

Kojagiri Purnima milk acts as a natural Pitta pacifier. [11]

Vihar (Lifestyle Regimen)

Practice Upavasa (fasting) for Ama Pachana.

Moonlight exposure pacifies Pitta and regulates endocrine function.

Navratri, Kojagiri, and Navanna festivals promote mental balance, devotion, and social harmony.

Avoid heat, anger, and overexertion. Apply Chandan, Ushira, Kumkumadi taila for cooling effect.

Discussion

Sharad Ritu's climatic shift acts as a natural trigger for Pitta aggravation. If neglected, it manifests as inflammatory, hepatic, and psychosomatic disorders.

Virechana removes Pitta from its root, and Raktamokshana purifies circulating blood, improving complexion and emotional stability.

When combined with Ahar, Vihar, and Satvavritta, it ensures complete psychosomatic and seasonal balance. [12][13]

Conclusion

Sharad Ritu represents a phase of biological detoxification, where the body naturally expels heat and toxins. Performing Virechana (Snigdha or Ruksha) and Raktamokshana (local/systemic) under proper Swasthya Paricharya harmonizes Pitta and Rakta, supporting purification at physical, mental, and social levels.

This seasonal Shodhana ensures long-term health, emotional balance, and spiritual upliftment — the ultimate aim of Ayurveda. [14][15].

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