



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

SIGNIFICANCE OF RITU HARITAKI IN CLINICAL PRACTICE

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ABSTRACT

In modern science Ritu is also known as season. The ritu is a period of some days or months which is marked by changes in weather. As weather changes there is fluctuation in the state of vata, pitta and kapha dosha to regulate these above condition people must follow Ritu charya. Haritakee (*Terminalia chebula*) is one of the commonest and easily available medicine, which is generally used in various forms along with other two dravyas like amalaki and vibhitaki. It is used in the management of dysuria, anurea, constipation and rasayana karma. Ritu Haritaki is helpful to maintain homeostatic condition of vata, pitta and kapha doshas, to maintain the strengthening of body and jatharagni.

Keywords: Haritakee, *Terminalia chebula*, Ritu, Ritucharya, Anupana

INTRODUCTION

Ritu means (season) and charya means (guidelines). According to our acharyas movement of sun is responsible for the different types of Ritu (season), this divides a year into two parts one is Uttarayan and second is Dakshinayan. Both ayans have 6-6 months and 3-3 ritu, In Uttarayan (Shishira, vasant, Grishma) and in Dakshinayan (varsha, sharad, Hemant). Ritu Haritaki is apart of Ritu charya, when season wise Haritaki powder is taken with different adjuvant is called Ritu Haritaki. Haritakee is one of the important as well as commonest herbs used by folk, household and traditional medicine. Its fruit is used in medicine. It is one of the ingredients of triphala i.e Haritaki, vibhitaki, and amalaki^[1]. Acharya Charaka highlighted its rejuvenative properties in

chikitsasthana. He specifically stated that haritakee is best among the herbs to be used regularly. i.e. “Haritakee pathyanam”.^[2] Haritakee with different anupana yields rejuvenative effect in different ritu^[3]. So in this article there is a small description about haritaki and its benefits according to seasonal regimen.

MATERIAL AND METHOD

Ritu Haritaki:

To attain the vitalizing action of Haritaki, It should be taken with different additives which enhances the effectiveness of Haritaki .

According to season Ritu Haritaki is as follows:

Shishir Ritu (late winter)- with pippali

Vasant Ritu (spring)- with honey

Grishma Ritu (summer)- jaggery

Varsha Ritu (Monsoon)- rock salt

Sharad Ritu (Autumn)- Sugar

Hemant Ritu (late autumn or early winter)- dried ginger

Rasapanchak of Haritaki:

| | |
|---------------------------------------|--|
| Rasa (Taste) | Except saline all tastes are present |
| Guna (properties) | Laghu (light), Ruksha (dry) |
| Virya (potency) | Ushana (Hot) |
| Vipaka (post digestion effect) | Madhura (Sweet) |
| Prabhav (benefits) | Helpful to cure gulma, kushtha, pandu, udavarta, prameha, Arsha, Anaha, Bronchial asthma, jaundice, vomiting, impotency. |

CHEMICAL CONSTITUENTS:

Anthraquinone glycoside, chebulinic acid, Terchebin, Tannic acid, vit. C, Behenic, Arachidic, Palmatic, Oleic, Lindic, Stearic acid ^[4]

TYPES OF HARITAKI:

Acharya Bhavaprakasha mentioned 7 types of Haritakee:^[5]

| TYPES | USES |
|----------|--------------------------------|
| Vijaya | Sarvaroga (cures all diseases) |
| Rohini | Vrana (wound healing) |
| Putana | Pralepa (used for application) |
| Amruta | Shodhana (for purification) |
| Abhaya | Netra roga (eye diseases) |
| Jeevanti | Sarvaroga (cures all diseases) |
| Chetaki | Rechaka (purgation) |

Grahya laxanas of Haritakee:

A fruit of haritakee which sinks in water, which is fresh, bulky, smooth, round in shape and weight atleast 26 grams is considered ideal for medicinal use. ^[6]

VISHISTHA YOGA:

Abhayaristha, pathyadi kwath, Triphala ghrít, Triphala churna, Chitraka Haritakee. ^[7]

Rasapanchaka of Haritakee Anupanas ^[8]

| Drugs | Rasa | Guna | Virya | Vipaka | Karma |
|------------------|-------------------|---------------------------|--------|--------|---------------------------------------|
| Saindhava lavana | Lavana | Laghu, tikshna, snigdha | Sheeta | Madhur | Tridosahara, Rochaka, Deepana |
| Sharkara | Madhura | Guru, Snigdha | Sheeta | Madhur | Vatapittashamaka, brumhana |
| Shunthi | Katu | Laghu, snigdha | Ushna | Madhur | Vata kapha shamaka, Deepana, Vryushya |
| Pippali | Katu | Laghu, snigdha, Teekshana | Ushna | Madhur | Kaphapittashamaka, Deepana, Vryushya |
| Madhu | Madhura, Kashyaya | Laghu, ruksha | Sheeta | Madhur | Tridoshashamaka, Deepanna, Balya |
| Guda | Madhura | Guru, Snigdha | Sheeta | Madhur | Tridoshashamaka, Balya |

Effect of Haritakee with Sharkara in Sharada ritu

In sharad ritu there is predominancy of madhyama snigdha and lavana rasa. Due to the predominancy of snigdha guna, lavana rasa agni becomes teekshna, bala of person becomes madhyam.

Haritakee with sharkara due to its snigdha guna, madhura rasa and vipaka helps in the purification of provoked pitta.

Effect of Haritakee with saindhava lavana in varsha ritu

In varsha ritu there is predominancy of alpa rukshata, amla rasa. Agni becomes irregular. Bala is less. Due to mandagni and excess cold, sanchaya of pitta dosha and prakopa of vata takes place.

Haritakee with saindhava lavana brings the sanchita pitta to equilibrium state due to their laghu guna and madhura vipaka of both haritakee and saindhava lavana. Saindhava lavana acts as vata shamaka due to its lavana rasa, snigdha guna and madhura vipaka. Haritakee acts as vata shamaka due to madhura, amla rasa, ushna virya and madhura vipaka. Haritakee and saindhava acts as appetizer, digestant and restore the strength of the person by its madhura vipaka.

Effect of Haritakee with shunthi in Hemant ritu.

In Hemant ritu there is predominancy of snigdha guna and madhura rasa. In this season the strength of the person is good, the pitta is in mitigating state and kapha at its accumulating stage. It mitigates the kapha at its accumulating stage and prevents aggravation, due to ushna virya, katu, tikta, kashaya rasa, laghu, ruksha guna of haritakee and shunthi. Due to its ushna virya it stimulate the agni which get impaired during vitiation of pitta.

Effect of Haritakee with pippali in shishir ritu

In this season the accumulation of kapha takes place. To mitigate the accumulated kapha, Haritakee should be taken with piper longum fruit. It is good sheshmahara due to its katu rasa, laghu, tikshna guna and ushna virya.

Effect of Haritakee with Madhu in vasant ritu

The aggravation of kapha takes place in this ritu. To mitigate the aggravated kapha, Haritakee should be taken with honey. The laghu, ruksha guna and kashaya rasa of Haritakee and madhu help to mitigate kapha. Ushna virya of Haritakee acts as kaphahara. It acts as rasayana because of its madhura vipaka.

Effect of Haritakee with Guda in Grishma ritu

In this season there is accumulation of vata and mitigation of kapha. Guru snigdha guna and madhura vipaka of jaggery and ushna virya, madhura vipaka of Haritakee helps to prevent the vata sanchaya. Ushna virya and laghu, ruksha gunas of Haritakee brings the samana rupi kapha to its equilibrium state.

SIGNIFICANCE OF HARITAKI IN CLINICAL PRACTICE^[9]

Haritaki is amiraculous herb that can be used in different combinations. Here are some of the effective ways of using Haritaki in clinical practice.

Antibiotics:

Haritaki extracts have antibacterial activity against several bacterial isolates. It is used as antibiotic against several diseases.

Antifungal agents:

Haritaki extracts inhibits the growth of fungal agents. Effective in cleaning the urinary tract which reduces and eliminates the risk of infections.

Antiviral action:

Extracts of Terminalia chebula may protect against damage caused by influenza and may inhibit human immunodeficiency virus.

Gastrointestinal aid:

It has wonderful effects on gastrointestinal tract. It purifies the digestive system and aids in curing constipation. It contains Tannin, which aids in detoxification and cleansing.

Cardiovascular action:

It plays an important role in purifying the blood . The increase in purity of blood grows the heart muscles stronger and build –up of fat in the artery is prohibited.

Hepatotoxic Sheild:

Haritaki extract helps in preventing hepatotoxicity and protects the liver against any damages.

Metabolism booster:

It cleanses the intestinal tract and increases the mineral absorption. It speeds up the metabolism which in turn reduces body fat content.

CONCLUSION:

In present era it is hard to maintain the healthy life due to faulty diet habits and lifestyle. As everyone wants a healthy life there are many method in Ayurveda to regulates the healthy status of life like Ritu charya (seasonal regimen), Dincharya (daily regimen), Aachar rasayan (to maintain social health), sadvritta (good habits) etc. Ritu Haritaki is one of them . In Ritu Haritaki, haritaki is recommended with different adjuvant in different season

like pippali, jiggery, dried ginger etc. Haritaki producing the wholesome effect (the ones that helps to stay healthy) 'Haritaki pathyanam'.

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