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“To Study The Panchakarma Procedure With Special Reference Rutu/Kala (Season).”

¹Dr. Ajit Hawle

Associate professor, Panchakarma dept.

YCAM College, Chhatrapati Sambhaji Nagar, Maharashtra.

²Dr. Dnyaneshwar. J. Dhole

Associate Professor

Sambhita Siddhant Dept.

Shivajirao Pawar Ayurved Medical College and Research Centre, Pachegaon. Tal Newasa, Dist - Ahmednagar, state Maharashtra.

³Dr. Vipul Ajitkumar Gangwal

Associate professor - Panchakarma Department

Y.C.A.M.C , Chh.Sambhaji Nagar.

Abstract:

Panchakarma is a set of five therapeutic treatments administered in the traditional indian medicine system of ayurveda. These treatments are designed to cleanse the body of toxins, allowing a balance of the three doshas: vata, pitta, and kapha.

One uncommon fact about panchakarma is its connection to the seasons and specific environmental conditions. In ayurveda, different seasonal panchakarma treatments are considered most effective during certain times of the year. For example, virechana (purgation) is often recommended during the autumn season when the pitta dosha is believed to be more prominent.

So this article is focusing on panchakarma procedure according to season.

Key words: Season, Panchakarma.

Introduction:

The connection between panchakarma and the seasons is based on the ayurvedic principle of rutucharya, which means “season-appropriate living.” In ayurveda, it is believed that the seasons have a profound impact on our physical and mental health. For example, the heat of summer can aggravate pitta dosha, while the cold of winter can aggravate vata dosha.

Panchakarma treatments are designed to cleanse the body of toxins and restore balance to the doshas. By aligning the timing of panchakarma treatments with the seasons, we can maximise their effectiveness.¹

Panchakarma therapy helps to detoxify the body, strengthen the digestive system, boost immunity, promote relaxation, and balance the doshas in the monsoon season. Panchakarma is an ancient Ayurvedic therapy that focuses on detoxifying and rejuvenating the body. It is a comprehensive system of purification and rejuvenation that aims to restore the body’s natural balance. Panchakarma treatments involve a series of therapeutic procedures tailored to each individual’s unique constitution and health condition.²

Material & Methods:

Panchakarma according to season:³

SN	Season	PANCHAKARMA
1	Vasant	All panchakarma in sequence. Vaman
2	Sharad	Raktamokshan, Virechan
3	Hemant /Shishir	Basti
4	Grishma	Nasya
5	All season	Shirodhara /Snehan/ Nasya

Discussion:

Vasant rutu:

Vasant rutu is predominant to Kapha prakopa therefore Vamana advised in this condition; it helps to alleviate Kaphaja roga. Teekshna vamana, and all other means virechan & basti are indicated in Vasanta rutu in sequence.

Abhyanga, Murdhnitaila, Avagahasweda, are advised in Vasanta Rutu for achieving normal physiological functioning of body.⁴

Shishir Rutu:

In Shishir rutu Vata kapha hara procedures advised i.e.; Abhyanga, in this season Vamana helps to prevent consequences of allergic rhinitis.

Varsha rutu:

Varsha rutu persisted Vata prakopa therefore Basti advised to prevent Vataroga in Varsha rutu. In rainy season Vata gets aggravated hence Sodhana rutucharya for Vata pacification is advised. Asthapana basti can be done in Varsha rutu to relive aggravated Vata.⁵

Sharad rutu:

Sharad rutu persisted Pitta prakopa thus Virechan advocated to avoid Pittaja Rogas in this season.

As per literature it was evident that if Doshas accumulated in cold season then these Doshas should be expelled out in Vasanta Rutu. Similarly Doshas arises in Gishma Rutu should be removed by Shodhana during Abhakraala while Doshas accumulated in Varsha Rutu should be expelled out in Ghanaatyaya Kala.⁶

Panchakarma therapy should be performed as per status of Dosha, Prakriti, Kala, Desha, Vaya and Koshtha

Conclusions:

1. The Panchakarma therapy provides several benefits and best effects if performed in predefined season.
2. The Panchakarma according to rutu works towards Swastya rakshana and Vikara prashamana.

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