RELEVANCE OF SEASON AND SEASONAL PURIFICATION

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ABSTRACT

Seasons are the main period into which a year can be divided and which each have their own typical weather conditions. The number and nature of season varies according to region. The changes in seasons have an impact on human body, plants and animals. The people, their lifestyle, occupation and our economy are greatly dependent on seasonal changes. Ayurveda mentioned seasons under the term Kala (Season) and Rtu (Season with cyclic rotation). There is an elaborate explanation regarding these in all Samhitas. In our science the impact of season on health is an established fact. Various modalities to be followed according to seasonal changes have been explained to improve the health and thereby preventing the disease. In recent years outbreak of seasonal epidemics during monsoon have affected millions and this has been a serious concern in the public health sector. Our body needs some time for adapting to the seasonal changes, and specific purificatory procedures are needed to prevent the seasonal diseases. A study was conducted among 39 healthy students of our college by performing Sadyovamana (instant emesis) as a part of seasonal purificatory measure. After 6 months a significant improvement was noticed in the general health of the volunteers and satisfactory reduction observed in the attack of seasonal diseases.

Keywords: Season, Rtu, Kala, Seasonal purification, Sadyovamana

INTRODUCTION

The occurrence of various season is because of earth’s orbit around the sun and earth’s axial tilt relative to the ecliptic plane. India has an extraordinary variety of climatic region, ranging from tropical in the south to temperate and alpine in the Himalayan north. The meteorological department designates four official seasons in India. Compared to other Indian states, Kerala lies closer to the equator. Kerala was bestowed with a pleasant climate throughout the year. Rainfall is abundant in Kerala provided with two rainy seasons namely Kalavarsha (south west monsoon), Thulavarsha (North east monsoon). Rain fall and temperature can be employed as the key indicators in classification of seasons of Kerala. The impact of season on affects our body which is based on how much we are exposed and adapt with these changes. During the process of disease development, the growth of pathogenic microorganism is influenced by seasonal changes. Due to change in seasons results an apparently healthy population, the healthy individuals
are also subjected to seasonal diseases. Shodhana (Purification) is the procedure by which there is a forceful expulsion of Dosha through different route. Seasonal Shodhana can timely eliminate toxins and can prevent the upcoming diseases.

**Materials and methods:** The present study was conducted among 39 final year BAMS students of VPSV Ayrveda college Kottakkal, completed in 3 consecutive days of winter season (January). They participated voluntarily in the study and gave a written informed consent.

**Procedure:** Prior to Vamana (emesis) Sadyasneha (instant lubrication) was done with 30 ml plain ghee + Kanji- two times daily for 3 days. Abyanga (oleation) and Ushmasweda (sudation by vapours) was done on the day of Vamana (using Thilathaila (sesamum oil). Vamana done with Yashitchurna (10g +Saindhava + Honey) followed by Akandapana (intake upto neck) with Yashtiphanta. After Vamana procedure Peyadi krama (regimen of diet) advised based on Shudhi (clarity).

**Assessment:** The health status of the individuals was assessed with a self-filled questionnaire and sf36 scale. The health status assessed prior to Vamana and after 6 months. Vamana assessed with a Vamana assessment sheet.

Observation: In Vamana assessment, the no. of Vegas varied from minimum of 1 to maximum of 8 The order of elimination as per classical reference, and among 5 of them attained Pittantha Shudhi after Vamana. In the assessment of Samyak yoga (proper vomiting)– most of them attained Sareeralahaka (lightness of body) immediately after Vamana, and no Athiyo (excess vomiting) symptoms were noticed. Few of them presented as Sareeralaghava (heaviness on body) Alasya (lassitude) and Nishteevana (spitting out frequently) throughout the same day. Most of them felt Kuntasula-(pain on throat) on the evening of Vamana day and persisted for 2 days.

Statistical analysis: The obtained value SF 36 scale was analyzed with Mann-Whitney U test. The level of significance defined as

P value > 0.05 – considered as insignificant
P value <0.05 – considered as significant

Result: After 6 months of Vamana an assessment was done. In the SF36 scale significant result obtained in the domain – general health (P < 0.05). Majority of them got improvement from the attack of sudden seasonal illness. The recurrent cough, sneezing, rhinitis, bronchitis, tonsillitis were the major diseases noted due to sudden seasonal variation.

**DISCUSSION**

The seasonal variation affects the natural equilibrium and it may reflect on human body. While planning a healthy mode of life consideration of seasonal variation are inevitable. In our science the role of season on health are clearly mentioned and seasonal regimens are recommended. Due to seasonal variation the accumulation aggravation and pacification of Doshas takes place. Acharya Susrutha mentioned if Doshas are eliminated in the Chayavastha (stage of accumulation) the further progression of disease is prevented. These shodhana are especially mentioned in Rtusandhi (time of overlapping of rtu). In this time the sudden withdrawal of previous Rtu and adaptation of upcoming Rtu will results in several Vyadhi (diseases). So, the Rtusandhi is the best period for elimination of Dosha for the prevention of such diseases. Most of the healthy individuals suffered with seasonal diseases. Due to sudden change in season results the accumulation of toxins in the body, promote the growth of pathogenic microorganisms, and affect the host immunity. These all are results in the manifestation of certain diseases particularly in the beginning of a season. In the beginning of winter, the upper respiratory infections are common. In this study most of the healthy volunteers are suffered with diseases like cough, sneezing, allergic rhinitis, sinusitis bronchitis, tonsillitis etc. The same was found to be aggravated during the rainy season also. Here the diseases are especially Kapha predominant, winter is the time results in Kaphachaya (accumulation of kapha).

Panchakarma itself have a preventive and curative aspect. Every Karma (action) can be applicable to both Swastha (healthy) and Athura (diseased). Vamana is a mode of Urdwashodhana (purification...
through upper part) and considered as the best method of elimination of accumulated Kapha. Sadyovamana is applicable in the initial stage of a disease. Vamana forcefully expel the accumulated Kapha and cure the Kaphajavikara (diseases of kapha origin). It also helps to attain Hritshudhi (purity of heart), Parsowardsudhi (purity of flanks and surrounding) Murdha (clearness of head) and Indriya shudhi. (clarity of sense organs) there by improve the health status of the individual.

CONCLUSION

Season is a cyclic change and its effect reflect on different areas and have positive and negative impact on human life and the surrounding. Seasonal purification is the best method to ward off diseases and maintain the health. Present study suggests some positive results of seasonal purification

REFERENCES

3. Climates of India- http://en.m.wikipedia.org >

Sf 36 scale- average of bt-at

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Source of Support: Nil
Conflict of Interest: None Declared