

## Concept of “Ritu Sandhi”

Dr. Anita Patiya<sup>1</sup>, Dr. Somlata Jadoun<sup>2</sup>

<sup>1</sup>PG Scholar, Department of Swasthavritta and Yoga, National Institute of Ayurveda, Jaipur, Rajasthan, India

<sup>2</sup>Assistant Professor, Department of Rachana Sharir, HAMCH Ferozepur, Punjab, India

### ABSTRACT

Our great science of life “Ayurveda” has withstood the test of time in a glorious manner. As described in Sushruta Samhita health means normal physiological parameters, spiritual well being, focused mind and mental peace. First aim of Ayurveda is *Swasthyarakshan*-maintenance of health. To fulfill this aim regimens according to different seasons and day to day life are given in Samhita in Ritucharya and Dincharya. Ritu means season. In Ayurveda literature year is divided into *Uttarayana* and *Dakshinayana*. Each *Ayana* is divided into three *Ritu*. Total 6 Ritu are present one year. At the end of *Ritucharya*, *Vagbhatta* has described *Ritusandhi*. It is the junction period of two *Ritu* or a small Period of meeting of two *Ritu* or seasons.

**KEYWORDS:** Ritu, Ritusandhi, Dincharya, Ratricharya, Ayurveda

### INTRODUCTION

Ritusandhi means - Junction of two Ritu.

Ritu- Season

Sandhi- Junction, meeting place

It is the junction period of two Ritu or a small period of meeting of two Ritu or seasons.

**DEFINITION OF RITU-** Ritu means the one which comes and goes again and again in cycle.<sup>1</sup>

### DEFINITION OF RITUSANDHI-

ऋत्वोरन्त्यादिसप्ताहावृतुसन्धिरिति स्मृतः (अ.ह.सू ४/५८)

The last seven days of on going Ritu and first seven days of next Ritu. The regimen prescribed for Ritusandhi period will help in a smooth change over from one season to the other.<sup>2</sup>

### HISTORICAL REVIEW OF RITUSANDHI-

- *Ritusandhi* is mentioned in *Vedic* literature itself.
- *Chaturmasya* sacrifices - curative significance and hence they are performed in *Ritusandhi*.
- *Ritusandhi* – causes illness.
- *Ritumukha*- Difficult to decide the face of the Ritu.

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### SAMHITAKALA-

- No direct reference of *Ritusandhi* in *Charaka* and *Sushruta Samhita*.
- In *Samgrahakala*: *Vagbhatta* mentioned *Ritusandhi* for the first time in *Ritucharya* chapter.
- *Sharnghadhara* described concept of *Ritusandhi* - period of Sixteen days of *Kartika* and *Margahsirsha* - “*Yamadamshttra*”.

ऋतु सन्धि चर्या-

तत्र पूर्वो विधिस्त्याज्यः सेवनीयोऽपरः क्रमात्

असात्म्यजा हि रोगाः स्युः सहसा त्यागशीलनात्

(अ.ह.सू ४/५८)

- The regimen of the preceding season should be discontinued gradually and that of the succeeding season should be gradually adopted.
- Sudden discontinuance or sudden adoption gives rise to diseases caused by *Asatmya*
- Practicing anything or letting go anything suddenly is not easy. Both the processes need to be done gradually.

- The body doesn't tolerate abrupt changes and Dosha are aggravated.
- Exp.- It is advised to avoid *katu Rasa Ahara* and *Amla Rasa Ahara* in *Sharad Ritu* as they would aggravate *Pitta Dosha*. But if we continue consuming spicy and sour foods, it would aggravate *Pitta Dosha* and lead to *Pitta* related disorders.

## पादांशिक क्रम का विधान-

उचितादहिताद्धीमान् क्रमशो विरमेन्नरः ।

हितः क्रमेण सेवेत क्रमश्चात्रोपदिश्यते ॥

प्रक्षेपापचये ताभ्यां क्रमः पादांशिको भवेत्

एकान्तरं ततश्चोर्ध्वं, द्वयन्तरं त्र्यन्तरं तथा ॥ (च. सू. 7/36-37)

## ACCORDING TO CHARAKA-

एकान्तरं	1 Day	3 Part of Apathya	1 Part of Pathya
द्वयन्तरं	2,3 day	2 Part of Apathya	2 Part of Pathya
त्र्यन्तरं	4,5,6 day	1 Part of Apathya	3 Part of Pathya
तथा	7 day	-	4 Part of Pathya

## Ahaarkrama for 14 days of Ritusandhi according -Indu &amp; Chakrapani-

Days of Ritusandhi	Preceding season	Succeeding season	P.S.	S.S.
1 <sup>st</sup> Day	3 part	1 part		
2 <sup>nd</sup> Day	4 part	-		
3 <sup>rd</sup> Day	2 part	2 part		
4 <sup>th</sup> Day	2 part	2 part		
5 <sup>th</sup> Day	3 part	1 part		
6 <sup>th</sup> Day	1 part	3 part		
7 <sup>th</sup> Day	1 part	3 part		
8 <sup>th</sup> Day	1 part	3 part		
9 <sup>th</sup> Day	2 part	2 part		
10 <sup>th</sup> Day	2 part	2 part	-	4 part
11 <sup>th</sup> Day	2 part	2 part	-	4 part
12 <sup>th</sup> Day	2 part	2 part	-	4 part
13 <sup>th</sup> Day	2 part	2 part	-	4 part
14 <sup>th</sup> Day	1 part	3 part		
15 <sup>th</sup> Day	-	4 part		

## पादांशिक क्रम का महत्त्व-

क्रमेणापचिता दोषाः क्रमेणोपचित गुणाः।

सन्तो यान्त्यपुनर्भावमप्रकम्प्या भवति च ।(च. सू. 7/38)

तस्मात्तेषां तत्साम्यतः क्रमेणापगमनं श्रेयः ।

सात्त्यमपि हि क्रमेणोप निवत्यमानम- दोषं वा भवति ॥(च.वि. 1/19)

## RITUSANDHI-

There are 6 seasons according to Indian calendar.

There would be 6 Ritusandhi- Seasonal junctions.

- Shishira and Vasant Ritusandhi
- Vasant and Grishma Ritusandhi
- Grishma and Varsha Ritusandhi
- Varsha and Sharad Ritusandhi
- Sharad and Hemanta Ritusandhi
- Hemanta and Shishira Ritusandhi

S.NO.	RITU	DURATION	RITUSANDHI
1.	Shishira(late winter) Jan-march	Magha-15 Jan to 15 Feb Phalguna-15feb 15 march	Shishira –Vasanta 9 march -21 march
2.	Vasanta(Spring) March-may	Chaitra-15 march to 15 April Vaishakha-15 April to 15 may	Vasant -Grishma 9 April- 22 may

3.	Grishma(Summer) May- July	Jyeshtha-15 may to 15 June Ashadha-15 June to 15 July	Greeshma -Varsha 9 June -22july
4.	Varsha (Rain) July -Sep	Shravana-15 July to 15 Aug Bhadrapada-31 Aug to 15sep	Greeshma -Varsha 9 June -22july
5.	Sharad (Autumn) Sep-Nov	Ashvina-15 Sep 15 Oct kartika-15 Oct to 15 Nov	Sharad - Hemant 91nov -22 Dec
6.	Hemanta (Winter) Nov-Jan	Margashirsha-15 Nov to 15 Dec Pausha- 15dec to 15 Jan	Hemant -Shishira 9 Dec – 22 Jan

### Dosha Avastha according to Ritu-

Dosha	Sanchaya	Prakopa	Prashaman
Vata	Grishma	Varsha	Sharad
Pitta	Varsha	Sharad	Hemanta
Kapha	Hemanta	Vasanta	Grishma

### Dosha Status In Ritusandhi-

- Shishira - Vasanta Ritusandhi- Kapha having positive tendency (Kapha Prakopa)
- Vasanta - Grishma Ritusandhi - Kapha is in negative tendency
- Grishma-Varsha Ritusandhi - Vata Dosha is tending to aggravate (Vata Prakopa)
- Varsha - Sharad Ritusandhi-Vata is in negative tendency -Pitta is in positive tendency (Pitta Prakopa)
- Sharad - Hemanta Ritusandhi - Pitta is in negative tendency
- Hemanta - Shishira Ritusandhi - No tendency of Dosha

### IN CONDITION OF RITU VIPARYAYA-

मासराशिस्वरूपाख्यमृतोर्यल्लक्षणत्रयम् |  
यथोत्तरं भजेच्चर्या तत्र तस्य बलादिति ||(A.S.4/63 )

Three types of classification

- Masa- according to lunar month
- Raashi- according to solar month
- Swaroop- based on characteristics like shita, ushna and varsha

### Yamadamshttra kaala-

कार्तिकस्य दिनान्यष्टवग्रहणस्य च यमदंष्ट्रा समाख्यातः स्वल्पभुक्तोहि  
जीवितः॥ (शा. स. 2/30)

- Type of ritusandhi mentioned by Sharngadhara.
- 16 days duration.
- Transition period between Sharad and Hemanta Ritu.
- Another Yamadamshttra kala is also mentioned in Devi Bhagawata between Shishira and Vasanta Ritu.
- Mahabharata Yamadamshttra kala - sister of vaidya (patients are increased in this duration)

### Importance of Yamadamshttra kala-

- Due to lack of knowledge about *Ritucharya*, *Ritusandhicharya* and this *Yamadamshttra Kala* (Period between Nov-Dec) or due to ignorance, people do not follow the regimen.
- Causes *Dosha Vaishamyata* (Imbalance in *Dosha* state) in their body which results in various diseases.

### BENEFITS OF FOLLOWING RITUSANDHICHARYA-

- Knowledge of *Ritusandhi* helps us in adapting to different *Ritu* .
- It teach us the ways of letting go habits of the previous season related to food, lifestyle and behavior and also practice the habits of the upcoming season.
- Helps to prevent and treat many seasonal disorders
- Ritusandhi is essential to combat that imbalance and to harmonize the individual according to the environment.
- Improving digestion
- Boosting immunity
- Reducing stress
- Promoting detoxification
- Improving sleep

### PREVENTION OF THE DISEASES PRODUCED IN THE PERIOD OF RITUSANDHI-

1. Rasayana Therapy (rejuvenation)
2. Immune enhancer drugs like- Guduchi( *Tinospora cordifolia.wild.*)

Haridra( *Curcuma longa* Linn.)

Yashtimadhu, (*Glycyrrhiza glabra* Linn)

Ashwagandha( *Withania somnifera - (L.)Dunal.*)

**APPLIED ASPECTS-** Knowledge about *Ritusandhi* can help to increase the immunity of the body leads to prevent the illness produce by the seasonal changes.

### CONCLUSION-

- *Ritu* may not follow ideal presentation or sequence always, in that condition one should follow the current scenario.

- Changes in the environment brings the change in body, so if one modifies his routines according to season he can avoid the *Nija Vyadhis*.
- Along with following Ritucharya, one should take *Shodhana* as per the season so as to expel out the *Dosha* accumulated in body due to effect of that season.

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