

## REVIEW ARTICLE

# KALA VIBHAGA OF HEMADRI VIS-À-VIS RUTU AND ITS CLINICAL APPLICATIONS

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### ABSTRACT

Dinacharya and Rutucharya mentioned in ayurveda have significant importance in maintenance of health. Learning basic principles of Ayurveda is essential for an Ayurveda Students to understand the treatment aspect. The kala vibhaga (seasons) is one such essential principle required in understanding Ayurveda chikitsa. The Shodhana (Purification therapies), Shamana (palliative therapies), Ahaara (Food) and vihaara (habits) which are mentioned in Rutu (seasons) are as per the Dosha Avastaha (Status of bodily humours) in the respective rutu. Ayurveda advocates role of rutu in vyadhi (Disease) and swasthya (health). This article is a literary review of kala vibhaga of Hemadri w.s.r. Rutu and its clinical application.

**Keywords:** Ayurveda, Hemadri, Kala, Rutu

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### INTRODUCTION

The Ayurveda is science of Trisutra<sup>3</sup>, where hetu (Cause) and linga (Clinical features) are prime factor for understanding of the vyadhi (Disease)<sup>1</sup>. The vyadhi utpatti (Manifestation of disease) depends on the rutu kala. The main classification of the sanchayadi avastha i.e. the collection of causative factors to the manifestation of disease.

**Methodology:** The work is a type of literary research. Source of Data: the literary source is from all available Ayurveda classical text with commentary and published articles in authentic journals. The collected matter from various source were analysed and critically correlated with contemporary classical text for better understanding.

### LITERARY REVIEW

By the naming the Maasa (month) here its kala varnana (time mentioning) as specially the Rutu are mentioned for the gurutva (importance) darshana to rutu kala vibhagata as traditional<sup>2</sup>

1. Sheeta & Ushna Vrushti (Cold, Summer, Rain)
2. Chaturmaasika rutu (4 months)

These are included into Hemanta (winter), Grishma (summer) and Varsha (rain).

The rutu are classified as Para Vibhaga and in the Aparavibhaga.

1. **Para vibhaga:** There are 6 rutus in a year based on the Dvimaasikaan those are; Shishira, Vasanta, Grishma, Varsha, Sharada & Hemanta.

2. **Apara Vibhaga:** Based on lakshana, these rutu are grouped as tri rutu, namely 1. Uttaraayan (Aadana Kala & Dakshinayana (Visarga Kala)

Hemadri Classifies Rutu based on maasa as follows;

**Table 1: Classification of rutu as per Hemadri**

Sl.	Masa	Rutu
1.	Maagha-Phaalguna	Shishira (cold)
2.	Chaitra-Vaishaakha	Vasanta (spring)
3.	Jeshtha- Aashaadha	Grishma (summer)
4.	Shraavana- Bhaadrapada	Varsha (rain)
5.	Aashvina-Kaartika	Sharad (pre winter)
6.	Maargashirsha-Pausha	Hemanta (cold)

Rutus are classified as follows based on Raashi of Jyotishaastra

**Table 2: Classification of rutu as per Jyotishaastra**

Sl.	Raashi	Maasa
1.	Meena –Sankramana	Vasanta
2.	Vrush-Mithuna	Grishma
3.	Karkata-Simha	Varsha
4.	Kanya-Tula	Sharada
5.	Vrushchika-Dhanusha	Hemanta
6.	Makara-Kumbha	Shishira

Among all types, the Rutu vibhaga the common is the 6 rutu but the way of classification of these 6 rutu are made into two ways, those are<sup>3</sup> 1. Shishirashatka 2. Pravrutashatka; relating to the Ganga River. Where the Sheeta is more in Uttara of the Ganga River hence the Shishirashatka. Where the Pravrut/Varsha is more in Dakshina of the River Ganga so the Pravrutshatka.

### Applied Aspect of Rutu vibhaga:

1. The Dosha Chaya, Prakopa and Prashamana are depends on the Rutu vibhaga. Hence, we need the Rutu vibhaga for better understanding the dosha chayadi roopa.<sup>4</sup>

**Table 3: Dosha Gati during various rutu**

Gati/Dosha	Vata	Pitta	Kapha
Chaya	Greeshma	Varsha	Shishira
Prakopa	Varsha	Sharada	Vasanta
Prashamana	Sharada	Hemanta	Greeshma

2. The Rasa pradhanata avastha in the rutu according to rutu Vibhaga will be helpful for the Dosha Samyeekarana<sup>5</sup>

**Table 4: The Rasa Pradhanata in the rutu**

Rutu	Rasa	Rutu	Rasa
Shishira	Tikta	Varsha	Amla
Vasanta	Kashaya	Sharada	Lavana
Greeshma	Katu	Hemanta	Madhura

**Table 5: The assessment of Bala of the Atura and rogi in the rutu<sup>6</sup>**

Bala	Rutu	Maasa
Agrya	Sheeta	Hemanta & Shishira
Alpa	Ushna	Grishma & Varsha
Madhya	Sadharana	Vasanta & Sharada

**Table 6: The Pathya consumption depending on the rutu vibhaga<sup>7</sup>**

Rutu	Pathya
Hemanta, Shishira & Vasanta	Madhura, Amla and Lavana
Vasanta	Katu, Tikta and Kashaya
Grishma	Madhura
Sharada	Madhura, Tikata & Kashaya
Sharada & Vasanta	Ruksha anannapaana (not having food)
Hemanta, Shishira, Grishma & Varsha:	Snigdha anannapaana (not having food)
Garma & Ghana:	Sheeta anannapaana. (not having food)

### DISCUSSION

The Hemadri explained Kala vibhaga in term of Swasthya and Roga. The Rutu kala regimen mentioned by Hemadri is helpful for swasthya palana and Vyadhi chikitsa. Nakshatra adhaarita kala vibhaga is useful in vyadhi chikitsa and rutu or lakshana adhaarita kala vibhaga is useful in Dosha samyata.

**Ex:** In winter there will be good appetite and planning for weight gain in this season is apt. During the summer season the liquid diet are better for the maintenance of the health.

### CONCLUSION

The Kala vibhaga of Hemadri is unique. Naskhatra adharita Kala vibhaga is useful for vyadhi & jyotishaya shastra. Lakshana adhaarit Kala vibhaga are useful for swasthya palana and Dosha Janya Vyadi parimokshana or shamana.

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