

A CRITICL REVIEW OF RUTU VIBHAGA OF AYURVEDA WSR TO ASTHANG HRUDAYA AND THEIR CLINICAL APPLICATIONS.

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ABSTRACT: Ayurveda is evidence-based science as it mentioned in Siddhanta of classical text.¹. The Rutu is Kala vibhaga as mentioned in Ayurved². The Rutu Charya is major contribution for Shamana and Shodhana of Doshas³. The rutu is main factor in the manifestation of the vyadhi as mentioned by the Samhitas. The Methodology used for this study is the literary. The objectives of the research were to review the rutu vibhaga and its applications. Discussion made on the rutu vibhaga and on their application. Conclusion drawn on reviewed research work.

Key Words: Rutu, Maasa, Ayana and Raashi

INTRODUCTION: The *ayurveda* is science of *Trisutra*³, where *hetu* and *linga* are prime factor for understanding of the *vyadhi*¹. The *vyadhi utpatti* will be depends on the rutu kala. The main classification of the sanchayadi avastha.

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 analyzed and critically correlated with contemporary classical text for better understand and authentication.

LITERARY REVIEW:

By the naming the Maasa here its kalopavarnana as specially the Rutu are mentioned for the gurutva darshana to rutu kala vibhagata as traditional²

1. Chaaturmaasika rutu

2. Sheeta & Ushna Vrushti

These are included into Hemanta, Grishma and Varsha.

This is Para Vibhaaga and in the Aparavibhaga of Rutu is based on the Dvimaasikaan those are,

1. Shishira
2. Vasanta
3. Grishma
4. Varsha

Acc. Hemadri

5. Sharada

6. Hemanta

Lakshanas of 6 rutu when they mentioned the Trirutu these are Aparavibhaaga

1. Uttaraayan – Aadaayan
2. Dakshinayana- Visarga

SI.No.	Maasa	Rutu
1.	Maagha-Phaalguna	Shishira
2.	Chaitra-Vaishaakha	Vasanta
3.	Jyeshtha- Aashaadha	Grishma
4.	Shraavana- Bhaadrapada	Varsha
5.	Aashvina-Kaartika	Sharada
6.	Maargasheersha-Pausha	Hemanta

Acc. To Raashi of Jyotishaastra

SI. No.	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 vibhaaga the common is the 6 rutu but the way of classification of these 6 rutu are

made into two way, those are³ 1. Shishirashatka 2. Pravrutashatka

Both are depends on the Ganga river. Where the Sheeta is more in Uttara of the Ganga river hence the Shishirashataka. Where the

Pravrut/Varsha is more in Daskshina of the River Ganga so the Pravrutshataka.

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.⁴

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 accoding to rutu Vibhaga will be helpful for the Dosha Samyeekarana⁵
 - Shishira -Tikta
 - Vasanta -Kashaya
 - Greeshma -Katu
 - Varsha -Amla
 - Sharada -Lavana
 - Hemanata -Madhura
3. The assessment of Bala of the Atura and rogi in the rutu⁶
 - Agrya Bala -Sheeta rutu -Hemanta and Shishira
 - Alpa Bala-Ushna rutu -Grishma and Varsha
 - Madhya Bala -Sadharana -Vasanta and Sharada
4. The Patya consumption is depends on the rutu vibhaga⁷
 - Hemanta, Shishira and Vasanta - Madhura, Amla and Lavan
 - Vasanta - Katu, Tikta and Kashaya
 - Grishma-Madhura
 - Sharada-Madhura, Tikata and Kashaya
 - Sharada and Vasanta
 - Ruksha ananapaana
 - Hemanata, Shishira, Grishma and Varsha -Snigdha ananapaana
 - Garma and Ghana
 - Sheeta annapaana.

DISCUSSION:

The rutu Vibhaga of Astanga Hrudaya mainly depends on the Aditya (Sun). Here the rutu vibhaga start from Shishiradi shataka. The main perpose

of the rutu vibhaga concentrated on the Bala, Dosha, Agni, Rasapradhanata and Dosha Chayadi. All the Vyadhi avastha should be considered with rutu chikitsa specially the rutu Shodhana. The Swastha person should follow the rutu charya for the Swasthya palanartha.

COCLUSION: The Rutu Vibhaga of Ashtanga Hrudaya is special and unique concept. As it is used for the Svasthya palana and Roga nivarana, hence he mentioned the Dinacharya adhyaya and Rutucharya adhyaya. The rutu charya is most applicable for the all dosha dushya sammurchana avasta and also for dosha saamyakarana karma.

The rutu vibhaga in vagbhata used is Shadarutu vibhaga and these 6 rutu are divided in 3-sub division as Sheeta rutu, Sadharana rutu and Ushna rutu. These all are based on the dosha of shareera and situation of the environment.

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