

RITU PREVALENCE IN VARIOUS STATES OF INDIA

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ABSTRACT

India is home to an extraordinary variety of climatic regions, ranging from tropical in the south to temperate and alpine in the Himalayan north, where elevated regions receive sustained winter snowfall. The nation's climate is strongly influenced by the Himalayas and the Thar Desert. To study this diversity throughout the India one should know the factors which are responsible for Ritu prevalence in various states of India according to Ayurveda and Modern Science. Ancient Ayurveda describes Ritus according to geography of India, same like Modern Science. Every individual have to adopt change in Aahara-Vihara, vegetation and weather according to various Ritus.

KEY WORDS : (1) Kaal (2) Vayu (3) Prithvi Parikram (4) Pravat Ritu (5) Vindhya Region (6) Weather.

INTRODUCTION

Ritu (Nirukti)

इ + 'अर्तेश्च तुः' - पुं - इतु

मासाब्दयात्मकः काल इतु प्रोक्तो विचक्षणैः।³

Ritu (Definition)

1- "इतुः कालविभागः।"²

2- "इतुः काल पर्याय।"³

METHODOLOGY

Causes of Seasons – Three

- I) Kala
- II) Vayu
- III) Movement of Earth

(I) काल लक्षण

तावेतावसर्कवायु सोमश्च कालस्वभावमार्गपरिगृहीताः
कालर्तुरसदोषदेहबलनिर्वृत्तिप्रत्ययभूताः समुपदिश्यन्ते ।

The Sun, the Wind & the Moon being governed by the time, and nature and the path they follow, constitutes the causes of time, season, taste (in drugs and diets) (vitiation of) doshas and bodily strength.

कालविभाग

वा.सू. 4/5 ^१	सु.सू. 6/6 ^१
अक्षिनिमेष – 1 मात्रा	लघु अक्षर उच्चारण समय – 1 अक्षिनिमेष
15 मात्रा – 1 काष्ठा	15 निमेष – 1 काष्ठा
30 काष्ठा – 1 कला	30 काष्ठा – 1 कला
20 $\frac{1}{10}$ कला – 1 नाडिका	20 $\frac{1}{10}$ कला – 1 मुहूर्त
2 नाडिका – 1 मुहूर्त	30 मुहूर्त – 1 दिन-रात
3= मुहूर्त – 1 याम ; प्रहरद्व	15 दिन-रात – 1 पक्ष
4 याम – 1 दिन	2 पक्ष – 1 मास
4 याम – 1 रात	12 मास – 1 संवत्सर
15 दिन-रात – 1 पक्ष	2 मास – 1 द्रुतु
2 पक्ष – 1 मास	3 द्रुतु – 1 अयन
2 मास – 1 द्रुतु	2 अयन – 1 वर्ष
3 द्रुतु – 1 अयन	5 वर्ष – 1 युग
2 अयन – 1 वर्ष	

Climatic Homologation

च.सू. 6/4 ^१ च.पा.टीका	सु.सू. 6/6 ^१
Sisira – Magha & Phalguna	Sisira – Tapa & Tapasya
Vasanta – Caitra & Vaisakha	Vasanta – Madhu & Madhav
Grisma – Jyaistha & Asadha	Grisma – Shuchi & Shukra
Varsa – Sravana & Bhadrava	Varsa – Nabha & Nabhasya
Sarat – Asvina & Karttika	Sarat – Ish & Urj
Hemanta – Margasirsa & Pausa	Hemanta – Saha & Sahasya

इह खलु संवत्सरं षडर्धमृतुविभागेन विद्यात्। तत्रादित्यस्योदगयनमादानं च त्रीनृतुच्छियिशरादीन् ग्रीष्मान्तान् व्यवस्येत्, वर्षादीन् पुनर्हेमन्तान्तान् दक्षिणायनं विसर्गं च ।

The year is divided into six parts according to seasons. The north ward movement of the sun and its act of dehydration bring about three seasons beginning from late winter to summer. The southward movement of sun and its act of hydration give rise to the other three seasons beginning with the rainy to early winter.

Ritu and Bala Relation¹⁰

Rasa	Mahabhut	Ritu	Bala
Madhur	Prithvi+Jala	Hemant	Uttam
Amla	Prithvi+Aapa	Varsha	Hina
Lavana	Jala+Aapa	Sharad	Madhyam
Katu	Aapa+Vayu	Grishm	Hina
Tikta	Akash+Vayu	Shishir	Uttam
Kashaya	Prithvi+Vayu	Vasant	Madhyam

Ritu - Dosh Avastha

	Vata	Pitta	Kapha
Chaya	Grishma	Varsha	Shishir
Prakop	Varsha	Sharad	Vasant
Prashm	Sharad	Hemant	Grishma

Reason for Pravat Ritu

“गंगायां दक्षिणे वूफले वर्षा बहु भवति तेन तत्रा प्रवृद्धादि क्रमः।

गंगोत्तर वूफले शीतं बहु भवति तेन तत्रा हेमन्त शिशिरो भवति।”¹¹

South Portion of Vindhya¹² –

- More Varsha (Rainfall), so Varsha Ritu divided in two Ritus i.e. Pravat & Varsha Ritu separately.
- Less sheet (cold), so there will no Shishir Ritu, only Hemant Ritu will be there.

North Portion of Vindhya¹³ –

- More Sheet (cold), so two Ritus are there as Shishir and Hemant Ritu separately.
- Less Varsha (Rainfall), so there will be only one Ritu i.e. Varsha, no Pravat Ritu will be there.

(II) Vayu

सृष्टिश्च मेघानां अपां विसर्ग औद्भेदनं चाभिदानां पुष्प फलानां च अभिनिर्वर्तनं... बीजाभिसंस्कारः शस्याभिवर्धन अविकलेदोपशोषणं, द्रुतुनां प्रविभागः।¹⁴

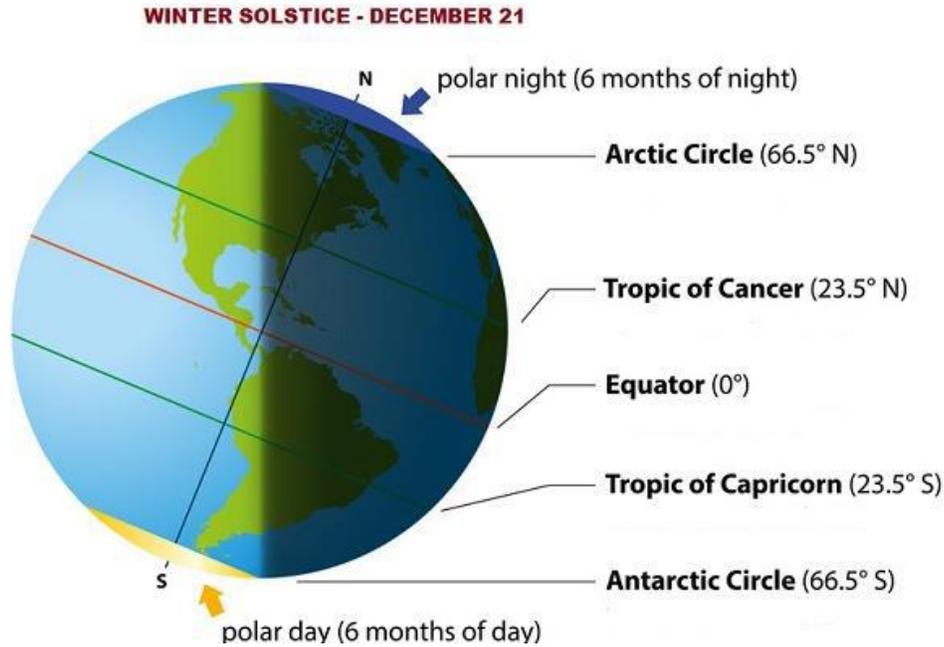
The actions of the natural vayu, moving in the world, outside the body – showering of rains, flowing of rivers, bringing about maturity of flowers and fruits, shooting forth the plants, classification of seasons as well as five mahabhutas; manifesting the shape and the size of the products of the five mahabhutas, bringing about the power of germination in the seeds and the growth of plants, bringing about hardness and dryness in the grains and bringing about transformation everywhere.

शीतांशु क्लेदयत्यूर्वो विवस्वन् शोषयत्यपि।
तावुभावपि संश्रित्य वायुः पालयति प्रजाः।¹⁵

Moon rays will moistures the earth, while sun rays absorb it. When air is in correlation with moon it will nourish the individual when it wills correlation with sun, it will absorb the nourishment. Like this all the rasas made according to Kala Prabhava, then nurtures whole human beings and other animals on the earth.

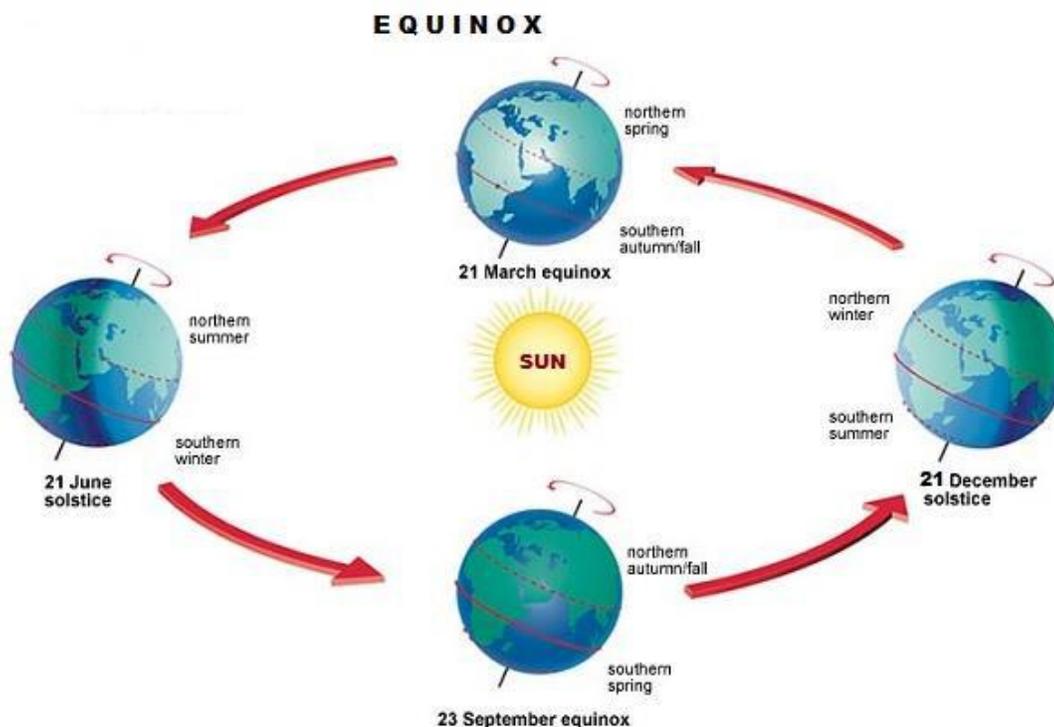
(III) Movement of Earth

1. Rotation
2. Revolution
3. Precision



- Movement around own axis – day and night
- Movement around sun – seasons

- Path – Orbit
- Elliptical Path – Seasons
- 1 Revolution – 365 days 6 hrs. 9 min 9 sec.
- 1 day – 23 hrs. 36 min 4 sec.



Principle Elements of Weather

1. Atmospheric pressure and height
2. Temperature and density
3. Radiation – Sunrays & Space rays
4. Humidity, Cloudiness, Precipitation – Snowfall, Hailfall, Rainfall
5. Wind

Climatic Regions of India

4 – division

7 – sub-division

1. Tropical Rainy Group

- a. Tropical Monsoon rain forest
- b. Tropical wet and dry climate
2. Dry climate group
 - a. Tropical semi-arid steppe
 - b. Tropical & Sub-tropical desert
 - c. Tropical & sub-tropical steppe
3. Humid sub-tropical climate group
 - a. Humid sub-tropical with dry winters
4. Mountain climate

1. Tropical Rainy Group

- High temperature – normally do not go below 18° in coolest month also.

a. Tropical Monsoon Rain Forest

Region –

- Coastal lowlands
- Western Ghats
- Southern part of Assam

Characteristics –

- High temperature throughout the year
- Rainfall is seasonal but heavy

May-November — Rainy

December–March — Dry

b. Tropical Wet & Dry Climate

Region – Peninsular India, except a semi-arid tract to the east of the western ghats

Characteristics -

- Winters & early summer are long dry periods with temperature above 18°C.
- Summer is very hot

- June-Sept — Rainy

Other — Dry

- Only Tamil Nadu state receives rainfall in winter (October-December)

2. Dry Climate Group

More Evaporation – Less Precipitation

a. Tropical Semi-arid Steppe Climate

Region –

- Karnataka
- Interior Tamil Nadu
- Western Andhra Pradesh
- Central Maharashtra

Characteristics –

- Average rainfall – 40 – 75 cm/yr.
- North of Krishna River – Rain due to summer monsoon
- South of Krishna River – Rain in October & November
- Coldest month – December – Temperature 20°C – 24°C

March-May – Hot and Dry

Mean Temperature of month – 35°C

b. Tropical and Sub-tropical desert

Region –

Western Rajasthan

□

Thar Desert

Characteristics –

- Scanty & erratic rainfall
- May-June – Very hot

Mean temperature of month – 35°C – 50°C

- Winter – below freezing point

c. Tropical & Sub-Tropical Steppe

Regions –

- Punjab
- Haryana

Characteristics –

- Transitional climate falling between tropical desert and humid sub-tropical, with temperature less extreme than the desert climate.
- Rain – average, but between very unreliable and mostly during summer monsoon season.

3. Humid sub-tropical climate group

a. Humid sub-tropical with dry winters

Regions –

- Foothills of the Himalayas
- Punjab – Haryana plain adjacent to Himalayas
- Rajasthan East of Aravalli Range
- UP, Bihar
- Northern Part of West Bengal
- Assam

Characteristics –

- Rain in summer – West 65 cm and East & near Himalayas – 250 cm
- Summer – hot – 46°C more in May & June
- Winter – Mostly dry with feeble winds.

4. Mountain Climate

Regions –

- Jammu and Kashmir
- Uttarakhand
- Himachal Pradesh
- Sikkim

Characteristics –

- Temperature falls by 0.6°C for every 100m rise in altitude.

- Northern side of western Himalayas also known as trans-Himalayan belt which is arid, cold and generally wind swept
- Snowfall – late winter and spring
- Snowfall on Himalaya – December & February

DISCUSSION

For the maintenance of health, it is necessary that a perfect equilibrium is established with regard to the various forces acting and counteracting on the body. If there is an excessive deficiency in any respect anywhere, it has got to be neutralized. Supposing a place is excessively cool, the body would constantly need some additional extraneous heat to maintain itself against the excessive cold of the place. Similarly, marshy lands are by nature dominated by the qualities of unctuousness and heaviness. Individuals residing in such places would naturally be required to become used to taking meat of animals of arid climate, honey, etc. which are dominated by qualities like roughness and lightness in contradistinction with those of the unctuousness and heaviness which dominate the climate of these lands. Similarly, one should be required to follow a regular regimen on the above lines in order to counteract the imbalancing forces of these places. The same principle also holds good with regard to the various diseases. For example, if a disease has occurred due to the various of vata, then the diets, drugs and regimen are to be habituated in such a manner that they counteract the effects of the former.

CONCLUSION

It is not possible to have the knowledge of suitable diet and regimen for different season without having the knowledge of season themselves. Even though, seasons are to be taken as separate entities, they, taken together, constitute the year in as much as the same seasons are repeated in rotation every years.

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