



# A SYSTEMIC REVIEW ON BALA IN KAPHA PRADHANA PRAKURTI PURUSH IN GRISHAM AND HEMANT RITU

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## ABSTRACT

Dashavidha Pariksha was described by Acharya Charak for bala assessment. According to Ayurveda, a person's Vyayama Shakti may be used to determine their Bala. Acharya Charak stated six Ritu, and in each of the six Ritu, a person's Bala differs. For example, in the Hemant and Shishira Ritu, people have Uttam bala. Ritu has Madhyam Bala in Sharad and Vasant. Alpa Bala is in Grishma and Varsha Ritu. Bala is seen more frequently in Hemant Ritu than in Grishma Ritu. Using the Harvard Step-Test, it is possible to distinguish between the Bala of Kapha Pradhana Prakruti Purusha in Grishma and Hemant Ritu.

**Keywords** – Bala, Grishma Ritu, Hemant Ritu, Prakruti.

## INTRODUCTION

Ayurveda, the Indian medical system, uses a special set of drugs to accomplish its dual goals of prevention and treatment.<sup>1</sup> For establishing and sustaining health as well as for sickness treatment, the Acharyas provided a detailed technique. Under the headings of Dinacharya and Ritucharya, the full schedule for the duration of the day, night, as well as throughout each season, is specified in terms of prevention. In contrast, Acharya Charaka stated that "Dashavidha Pareeksha"—the ten-fold examination of the patient—should be performed by a doctor before therapy for the curative element. This test can be useful in determining a person's "Balaones avishesha" or Bala level. There are three degrees of Bala, which can refer to a person's physical strength: Pravara (Excellent), Madhyama (Moderate/ Average), and Avara (Poor/Least).<sup>2</sup> Acharya Charaka incorporated both Prakriti and Vyayama-Shakti in his ten-fold analysis, which is documented in Vimana Sthana of the Charaka Samhita. Prakriti

is created as a result of the Doshas triggered by the union of Shukra and Shonita.<sup>3</sup> Sharira/Dehaprakriti and Manasa prakriti are the two basic divisions of prakriti. Deha-Prakriti is so termed because one Dosha consistently predominates in the body.<sup>4</sup> At the moment of conception, some people have a balance of Vata, Pitta, and Kapha; other people are dominated by Kapha; yet other people have the dual dominance of Vata-Pitta, Vata-Kapha, and Pitta-Kapha. Even though they may appear to be healthy, those who fall into other categories always have one or more physical flaws.<sup>5</sup> The Deha-Prakriti assumption of Bala level may be immediately made with the aid of the Prakriti qualities outlined by the Acharyas in their writings. These traits indicate that people with Pitta Prakriti have Madhyama (Moderate/Average) Bala, people with Vata Prakriti have Avara (Poor/Least) Bala, and those with Kapha Prakriti have Pravara (Excellent) Bala.<sup>6, 7, 8</sup>

Therefore, even when Blardha/Ardha-shakti symptoms manifested, it should not be suggested that one continue with Vyayama (exercise). Therefore, while examining a person's Vyayama-shakti, the Ardha-Vyayama-shakti (half exercise capability) should also be taken into account. There isn't a conventional test for evaluating Vyayama-Shakti given in Ayurvedic literature, but several physical exercises that can lead to the weariness mentioned in Vyayama can be employed in place of it. There are various contemporary exercise/fitness tests that may be utilized for this. The Harvard step test and the push-up test can be used to assess Vyayama-shakti.<sup>9</sup>

## METHODOLOGY

All available literature on Bala, Ritu and Kapha Prakriti Purusha related was reviewed from classical and modern literature including journals, and Samhita's of Ayurveda and other ancient & modern texts of Ayurveda. Texts of allied medical sciences, Physiology, Kriya-Sharira Vigyana etc.

## PRAKRITI:

### Definition:

Prakriti is created as a result of the Doshas triggered by the union of Shukra and Shonita. A Prakriti's name is determined by the Doshas that consistently predominate in the body. When Shukra and Shonita united, a collection of characteristics were inherited prior to birth, but they were considered non-applicable, much as a bug born in a hazardous environment would not experience the effects of the poison or perish from it..

### Factors responsible for making the Prakriti:

According to Acharya Charaka, four components are crucial for plant growth in much the same way that they are crucial for the fertilization and growth of Garbha. As follows:

1. Bija: Sudhdha Shukra & Sonita
2. Kshetra: Garbhashaya
3. Ambu: Garbhashaya
4. Ritu: Ritukala<sup>14</sup>

**So on the basis of above; there are 4 types of Prakriti or 4 factors which are responsible for making Prakriti. They are:**

1. Shukrashonita Prakriti:
2. Kala garbhashaya Prakriti:

3. Maturaharvihara Prakriti:

4. Mahabhutavikara Prakriti:

### **INTRODUCTION OF RITU (SEASON)**

Food and lifestyle are two important aspects that affect health in every season. Food has an internal impact on the body, while lifestyle has an external impact. If the right diet and lifestyle are adopted, a person will never become sick and will continuously add healthy years to their lifespan. People who live in cold locations have a higher chance of staying healthy and living longer because their internal homeostasis changes less from the optimal healthy condition (assuming they have access to enough heat and food).

Dosha, which can be seen as the vacillation of a ball from its rope, has two elements for each season. From one end to the other, the ball moves. At the same moment, two events take place. The ball moves to one end and gains momentum in doing so, moving to the other end. Similar to that, we might say that 3 Dosha is active here. One dosha is active and having its effects during one season, while another dosha is filling up and getting ready to be released during the following season, with the third dosha being balanced. This may also be viewed as a result of the body's inertia as it adjusts to changes in the external environment.

#### **Uttarayana and its effect:**

The term "Uttarayana" refers to the sun rising or moving toward the north. The wind and sun are really strong during this time. The earth's ability to cool off and people's strength are both diminished by the sun. It increases the Tikta (bitter), Kashaya (astringent), and Katu (pungent) Rasas (tastes), in that order. This causes the body to become dry and weakens the Bala. Another name for it is Adana Kala. Modern science compares this to the steady rotation of the globe around the sun that leads to the annual summer solstice on June 21st, when the sun's rays fall perpendicularly at the 30-degree meridian of the North Pole.

#### **Dakshinayana and its effect:**

The term "Dakshinayana" denotes the sun's fall or travel in a southerly direction. The moon is more strong than the sun at this time, and the breeze is not very dry. Because of the clouds, rain, and chilly breezes, the earth becomes cooler. The environment becomes unctuous, and the prominent Rasas are Amla (sour), Lavana (salty), and Madhura (sweet), which increases a person's strength at this time. Additionally known as Visarga Kala. Modern science compares this to the steady rotation of the earth around the sun, which leads to the point known as the winter solstice on December 21st of each year when the sun's rays cross the 30 degree meridian of the South Pole perpendicularly.

### **AYURVEDIC DIET AND LIFESTYLE GUIDELINES FOR HEMANT RITU:**

Since the digestive system is at its best at this time, one begins to crave food that appeals to the senses of taste and smell. Meals that are hearty, substantial, and properly prepared are best for Hemant Ritu since they keep you warm and active. Warming spices like pepper, cardamom, cinnamon, clove, and turmeric are beneficial for

maintaining the body's vitality and warmth. Increase your consumption of seeds and dried fruits. During this season, you have the choice of sunflower seeds, flaxseeds, pumpkin seeds, almonds, pine nuts, peanuts, and walnuts. Include some cow's Ghee in your diet to balance the Vata Dosha and provide the skin with the necessary nutrients. Eat less food that is too bitter, astringent, and pungent.

## AYURVEDIC DIET AND LIFESTYLE GUIDELINES FOR GRISHMA RITU

The name Greeshma is derived from the word 'Gris' which meaning fire, fry, boil, burning, summer, hot season, the season which is primarily defined by the intense heat climatic condition. The synonyms for the term Greeshma, which denotes the heated character of the season, include Ushnaka, Tapa, Nidhaga, Ushnopagama, Ushna, and Ushnagama. The strongest season of Adana kaala or Ushna kaala is called Gresshma Ritu, and it is primarily distinguished by extremely hot and dry weather. The sun and air's tikshna-ushna-ruksha (sharp-hot and dry) qualities rise during adana kaala, which eventually decreases the earth's saumya (moist/soft/gentle) qualities. For the Greeshma Ritu, two sets of months have been mentioned: one based on Rasa and bala, which runs from Jyeshtha to Ashada months (mid May to mid July), and the other based on dosha chayaprapkopavasta, which runs from Vaishaka to Jyeshtha months (mid April to mid June).

In Greeshma Ritu, the sun's rays are intensely hot and resemble the light blue atasi (*Linum usitatissimum*) flower. Forest fires break out, homes catch fire, and the ground appears to be on fire, but a wind from the south-west provides relief. The effects of the scorching wind, sun, and ensuing perspiration make all creatures feel as though they are convulsing with fever. Elephants, buffaloes, and other animals immerse themselves in water to cool down, polluting rivers, ponds, lakes, and other bodies of water. The intense heat of the sun also decreases the amount of water in reservoirs. Due to decreased water flow, river banks stand out more, trees lack shelter from fallen leaves, and the bark, leaves, and creepers have all dried out.

## DISCUSSION

The Harvard Step Test is often used to assess cardiovascular and pulmonary fitness levels as well as muscle strength and endurance. Stepping in the Harvard Step Test is regarded as an aerobic or cardio workout. The lower body components included in the Harvard Step Test include the legs, thighs, and their muscles, all of which have various effects on heart rate. A legs set works a larger muscle group with more food and oxygen than an arm set works a smaller muscle group. This explains why leg exercises increase heart rate more than arm exercises. The Harvard Step Test measures fitness, which is dependent on an individual's recovery of their normal heart rate and cardiorespiratory health. One should pick up their entire body weight when walking during the conventional Harvard step test.

### **Discussion on Bala in Kapha Prakruti Purusha Individuals in Hemant and Grishma Ritu By Harvard Step test):**

The majority of the participants in the current study's Kapha Pradhana Prakriti group had strong bala strength. That could be as a result of the qualities of Kapha Prakriti that Acharya Charaka listed as follows:

The current study has demonstrated that, in contrast to literary references to Bala levels mentioned in various

Ritu (Seasons), Bala levels as measured by Kapha Prakruti Purusha Individuals in both Hemant and Grishma Ritu using Harvard Step test are different. The Sahaja, Kalaja, and Yuktikrut Bala stated in scriptures may have had a combined influence on the Bala tested by the Harvard Step test in various Ritu (Seasons).

## CONCLUSION

When evaluating the Bala of Kapha Pradhana Prakruti persons in Grishma and Hemant Ritu connected to the Kapha Dosha constitution indicated in Ayurveda, the Fitness Index determined by the Harvard Step Test is more trustworthy. Although the Harvard Step Test is a widely used test to evaluate cardiovascular fitness, it is insufficient to evaluate the Bala of persons with Kapha Pradhana Prakruti in Grishma and Hemant Ritu connected to the Bala of various individuals. When compared to Grishma Ritu, this research project shown a significant improvement in Kapha Pradhana Prakruti. The current investigation demonstrated that Ritu's (Hemant and Grishma's) and Bala's levels are distinct. In contrast to the Bala levels stated in the Harvard Step Test, the Bala analyzed in the Kapha Pradhana Prakruti persons in Grishma and Hemant Ritu may have a combined impact of the Sahaja, Kalaja, and Yuktikrut Bala referenced in literature. When contrasting the two Ritus, the combined impact of the Kapha Prakruti Pradhana There are more Hemant Ritu boys than Hemant Ritu females. Additionally, boys' Bala in the Grishma Ritu is somewhat higher than girls' Bala in the Grishma Ritu. Therefore, the total impact of boys' Bala was greater than that of girls' Bala in both Ritu.

## CONFLICT OF INTEREST –NONE

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