



RUTU HARITAKI IN AYURVEDA

Dr. Sarvesh Kumar Yadav¹ Dr. Prashant Chandrakant Sarade²

Dr. Madhuri Nivrutti Gavade³

¹Associate Professor, ²Associate Professor, MD Kayachikitsa

¹Department of Swasthavritta,

¹R.K.Ayurvedic Medical College & Hospital, Sathion, Azamgarh, Uttar Pradesh.

²Government Ayurvedic College, Osmanabad, Maharashtra

Abstract: Ayurveda is traditional Indian system of medicine plays a key role in rejuvenating overall health and well being. The parts of Haritaki are used for herbal formulation was Fruits, roots, and bark. Taking Haritaki powder along with different seasons is called Ritu Haritaki in Ayurveda. Haritaki (*Terminalia chebula*) is herb that can be used with different adjuvant according to seasons. According to Charak Samhita Ritu Haritaki is Rasayana that can be used in every season, but Anupan dravya should be different. Haritaki has all five rasa except the Lavan Ras. In Charak Samhita chikitsa sthan adhyay 1 Abhayaamalaki rasayan pad Acharya charak explain Haritaki itself and various yogas of Haritaki.

Index Term : Ritu Haritaki, Haritaki, Terminalia chebula, Anupan, Ras

INTRODUCTION :

हरितकी पंचरसामुष्णामलवणां शिवाम ।
दोषानुलोमनी लघ्वी विद्यादीपनपचनीम् ॥
आयुष्यां पौष्टिकीं धन्यां वयसः स्थापनीं पराम ।
सर्वरोगप्रशमनीं बुद्धीन्द्रियबलप्रदाम् ॥

-च.चि.१/२९,३०

Ayurveda is traditional Indian system of medicine plays a key role in rejuvenating overall health and well being. Haritaki is most commonly used herbs by folk, household and traditional medicine. Qualities (Gunas) of Haritaki is mentioned by Acharaya charak in Chikitsa sthan like Shiva means good for general health, eliminates doshas from body, stimulate the power of digestion (Dipana), Carminative (Pachan). It nourishes the body and increase life expectancy. It eradicated all diseases and promotes intellect as well as enhances memory.¹



Review of Haritaki-

Figure no. 1 Haritaki

- 1) Gana- Jwaraghna, Prajasthapana, Kushtaghna, Kasaghna, Arshoghna (Charak), Triphala, Amalakyadi, Parushkadi (Sushruta)
- 2) Latin Name- Terminalia chebula
- 3) Family – Combrataceae
- 4) Kula – Haritaki kula
- 4) Synonyms – Abhaya, Pathya, Shiva, Amruta, Pranada, Medhya, Pachani.
- 5) Ras – Panch ras (except Lavan)
- 6) Virya – Ushna
- 7) Vipak – Madhur

- 8) Prabhav – Tridoshar
9) Guna – Ruksha and Laghu²

Vernacular names:-

- Hindi** – Harad
Marathi – Hirada
Tamil – Kudukkai
Kannada – Alalekayi
English – Chebulic myrobalan.

Review of Rutu -

Rutu means Season which is continuously move in cyclic manner. According to Ayurveda there are 6 seasons and 2 kaals. Each season last for two months.

1) Adaan kaal / Uttaryana (14 January to 14 July)

- Shishir rutu- January to Mid March
Vasant rutu – Mid March to Mid May
Grishma rutu – Mid May to Mid July

2) Visarga Kaal / Dkshinayana (14 July to 14 January)

- Varsha rutu – Mid July to Mid September
Sharad rutu – Mid September to Mid November
Hemant rutu – Mid November to Mid January

Rutu Haritaki-

Acharya Bhavmishra explains that if a person wants to attain all the attributes of Rasayan , consumed with different Anupanas in different Rutus-

ग्रीष्मे तुल्य गुडां सुसैन्धवयुतां मेघावनध्दाम्बरे ।
सार्धं शर्करया शरदद्यमलया शुठ्यया तुषारागमे ॥
पिप्पल्या शिशरे वसन्त समये क्षौर्द्रेण संयोजितां ।

-भा. प्र. नि

1) Shishir Rutu



Figure no.2 Pippali

In Shishir rutu environment remains cold and windy. The strength of the person remains less in the season, deposition of the Kapha dosha happens and Agni remains in a higher state. Rutu Haritaki in this season to eliminate kapha, Haritaki should be taken with Pippali (piper longum). Pippali have katu rasa pacifies kapha and due to snigdha guna pacifies vata.³

2) Vasant Rutu -



Figure no. 3 Madhu (Honey)

In Vasant rutu due to increases temperature kapha dilutes and agni. ⁴In this season Haritaki should be taken with Madhu. Madhu's ruksha guna and katu vipak pacifies kapha.

3) Grishma Rutu-



Figure no. 4 Guda (Jaggery)

Grishma rutu is last rutu of Aadana kaal. In Grishma rutu Haritaki is used with Guda. Guda has snigdha property so it pacifies rukshata of body and sheeta in viryabalancess the warmness of Haritaki. Guda itself increases the kapha, krimi and meda dhatu. ⁵

4) Varsha Rutu –



Figure no. 5 Saidhav Lavan

Varsha rutu is first rutu of Visarga kaal. Acharya Bhavprakash stated that Haritaki should be taken with the anupan of Saidhav lavan in Varsha rutu. Saidhav lavan improves jatharagni and pacifies the vata dosha.

5) Sharad rutu-



Figure no 6. Sharkara (Sugar)

According to Bhav prakash in sharad rutu Haritaki should be taken with Sharkara. In Bhavprakash Samhita explained that Haritaki should be taken in the form of powder with Sharkara in this season.

6) Hemant Rutu –



Figure no 7. Shunthi

In Hemant rutu Haritaki should be taken with Shunthi. Haritaki and Shunthi both having ushna virya ruksha in guna they prevent accumulation of kapha dosha and due to Madhur vipak both pacifies the pitta.

REFERENCES

- 1) Vaidya Y. G. Joshi, Charak Samhita, Chikitsasthan, adhyaya 1, Vaidyamitra Prakashan,, shlok no. 29,30, pg 11.
- 2) Dr. A.P. Deshpande, Dr. R.R. Javalgekar, Textbook of Dravyagunvigyanan, Anmol prakashan, Pune, pg no. 452
- 3) P.V. Sharma, Dravyagunavidyan, Vol II., 2nd reprint, Varanasi Chaukhamba surbhrati academy 2001, pg no. 277
- 4) Dr. Gorakhanath chaturvedi, Charak Samhita of Agnivesh, Varanasi, chukhambha Samskrit samsthana 2003, pg no. 141
- 5) Dr. Gorakhanath chaturvedi, Charak samhita of Agnivesh, Varanasi, chukhambha Samskrit samsthana 2003, pg no. 553