

**BALA ACCORDING TO PRAKRITI IN HEMANT RITU – A REVIEW STUDY****Dr. Sharda K. Rajput\*, Dr. S.G. Topre, Dr. Akshay P. Tambe\* and Dr. Vijay Dive**<sup>1</sup>P.G. Scholar Department of Kriya Sharir, Government Ayurved College, Nagpur.<sup>2</sup>P. G. Scholar Department of Ayurved Samhita and Siddhanta PMT's Ayurved College Shevgaon.**\*Corresponding Author: Dr. Sharda K. Rajput**

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**ABSTRACT**

Ayurveda is the science of life or the knowledge of living addressing all the things that makes it worth living in its purest form. The unique principle of Ayurveda based on human-Nature relationship. Every minute detail about life, disease, health. its prevention and treatment are mentioned in treasures of Ayurveda. Main motive of Ayurveda is to maintain healthiness of human being and treatment of disease one.<sup>[1]</sup> The tree of Ayurveda holds its root in the form of basic principles. Since the Vedic era the concept of Bala have conquered at all the way of life. The medical science has also given much more importance to the Bala especially Atmabala (self-confidence of power) in relation to health and disease conditions and as such Ayurveda has got its original and basic concept of Bala. Seasons (Ritus) are the internal global earth clock and the rhythm of the world. As per Ayurveda year is divided into six seasons, in which three season Shishira, Vasanta and Grishama are known as Adan akala. Other three seasons Varsha, Sharad and Hemanta are said to be Visarga Kala. In Visarga Kaala, as the sun is located in southward position. Out of all Ritus, Hemant Ritu is unique Ritu in terms having Uttama Bala. This article focuses to close through review of literature of Hemant Ritucharya. According to Charaka, Bala as a seat of Arogya that is a health.<sup>[2]</sup> Dinacharya, Ritucharya, Prakriti are some of basic concept of Ayurveda. Beside Prakriti, Ahara and Kaala is one of the prime factors to govern the Bala of the individuals. Bala varies physiological characteristics like Prakriti, Ritu etc. According to Bala, Prakriti and Ritu etc entities is definitely pivotal for the diagnosis and treatment in Aurvedic point of view. Bala stands for the strength of the body in terms of physical, mental, resistance to the body and immunological.

**KEYWORDS:** Bala, Prakriti, Kaala, Visarga Kaala, Hemant Ritu.**INTRODUCTION**

Dinacharya, Ritucharya, Prakriti are some of basic concept of Ayurveda. With the help of Prakriti we will know about the strength of an individual, to conflict with lifestyle disorder. The individual having equilibrium of Prakriti is said to be having best immunity and strength.

Some concept of Prakriti in Ayurveda holds decent, for the factors that it takes individual constitution, susceptibility to disease, mental status, lifestyle and other factors into consideration for treatment.

Three types of constitution are

- 1) Vata constitution
- 2) Pitta constitution
- 3) Kapha constitution and their combination.

The response to injury may vary according to Prakriti. Once the constitution of an individual known, the treatment is carried out in the way.

Ritus means (season) and Charya means (guidelines). It is the seasonal guideline for living healthy life, according to Acharyas movement of sun is responsible for the different types of Ritus, this divided years into Ayans and each Ayan comprises of Three Ritus, which gives a total of 6 season in year. Each season lasts for two months.

Bala is a fundamental concept of Ayurveda. It is a changeable entity which is not fixed even for a moment and keeps on changing right from the beginning of life to the end. Bala of every individual varies in relation to Kaala. Our Acharyas have emphasized the need to knowing Deha, Agani and Satvabala of patient. In Ayurveda Kaal is one of the most important factors which affect every organism through its life. Kaala has effect on almost every disease in Ayurveda. Kaal is rest Kaal is awake Hence Kaal cannot be ignored.<sup>[3]</sup>

**CONCEPT OF BALA AS PER AYURVEDA**

The Charaka is classifies Bala as three types namely Sahaj (natural), Kalaja (seasonal) and Yuktikruta (act of

intelligence).<sup>[4]</sup> Prakrut Kaph is called as Bala if it is vitiated or Vikrut is called as Mala or paap. The Kapha in its natural state is promotes strength in the form of Ojas.<sup>[5]</sup>

When Bala is appropriate, the state of Dosha, Dhatu and Mala is maintained. thus, preventing the incidence of Disease. The Bala represents potential source of power and strength to oppose illness.<sup>[6]</sup>

Vaayu is the strength and sustainer of the body of the living being. Vaayu is called as controller of the everything in the universe. Considering these, Sharirdharakatva and Baladharakatva are two views of Balavaan Hetus of Vaayu.<sup>[7]</sup>

Bala is the 'Kriya -Samarthya'. Its assessment can be done by Anyman Praman which is through the capacity of an people for the exercise.<sup>[8]</sup>

### Types of BALA

In Ayurveda the term *Bala* has been applied for many aspects.

*Bala* is of three types – *Sahaj* (congenital strength)

*Kalaj* (time -effected) and

Yuktikruta (acquired)

#### I. SAHAJ BALA

Sahaj Bala is one which exist in the body and mind and can be correlated with constitutional strength. It is also called as Prakrut and exists right from the birth. the Sharirika and Manasika Bala which is attained by the parental factor like Rasa, Rakta, Virya, Ojas is Sahaj Bala, which can be consider as strength attained from heredity. The meaning of Prakrut is naturally inherent. that's why some people become strong by nature whereas some are weak by nature.<sup>[9]</sup>

This type of Bala is inherent in every individual to lesser or greater degree. According to Ayurveda's theory on genetics, genetic factors are defined at cellular level. The entire cell is referred to as Beeja; Beeja Bhaga is the nucleus, and Avayava are the chromosomes. If these were in healthy condition then offspring will definitely be healthy. this type of Bala depends upon the results of the past deeds of previous birth along with Shadhatu-Samyoga and nutritional status of the mother.

#### II. KALAJ BALA<sup>[9]</sup>

Kalaj Bala is one which is based on the division of the season and age of the person.

##### a) Seasonal traits

According to Charak, The year has got six parts according to division into seasons i.e. Aadana Kaal and Visarga Kaal. In Aadan Kaal temperature is increases and Pranibala is decreased while during Visarga Kaal coolness is increases and Pranibala also increased.

##### b) Age of person

This type of Bala is also differs in person to person because of their age difference. The relation between Bala and age has already been mentioned in Yauvana. The Kaalaj Bala depends upon environment since seasonal changes out of control; example Ritu Sandhi. Here the man is helpless.

### III. YUKTIKRUTA BALA

Acquired one is produced by proper diet and exercise.

It is the *Bala* is achieved by the proper combination of the intake of wholesome food like pulses, rice, ghee, meat etc, rest and exercise but *Rasayan* and *Vajikaran* administration plays an important role in the development of body resistance.<sup>[10]</sup>

Only the *Yuktikruta Bala* is the *Bala*, which could be increased by sincere efforts.

### BALA AND PRAKRITI RELATION

**Kapha Prakriti** - Kapha Prakriti individuals are considered as most Balvana Amongst the Ekala Prakriti. According to Vagbhat it is considered as Uttama Prakriti.<sup>[11]</sup>

**Pitta Prakriti** – Pitta Prakriti individuals have Madhyambala.<sup>[12]</sup>

**Vata Prakriti** - Vata Prakriti individual have a list Bala. They are most prone to falling ill with the change in climate or surrounding.<sup>[13]</sup>

Ayurveda prescribes specific foods, exercise and lifestyle changes suited to the season. This process is called Ritucharya.

### HEMANT RITU

Hemant Ritu is one of the six seasons. It is the healthiest and cold seasons.

#### Etymology

Hemant Ritu is observed from the month of Margashish and Paush also called as Saha Sahasya respectively.<sup>[14]</sup>

#### Avyapanna Ritu Lakshan

During Hemanta Ritu, trees like Priyangu (*Aglaia elaeagnoidea*), Rodhra (*symplocos racemose*) and Punnag (*Calophyllum inophyllum*) tree bring up flower.

The Sunrays are hindered by fog and the cold wind blow from the north.<sup>[15]</sup>

### REGIMEN OF HEMANT RITU

**Aganibala** – In Hemant Ritu, Due to atmospheric cold, the heat of the body is trapped inside the body due to vasoconstriction and gets obstructed from flowing outwards, that leads to increase Jatharagni. If adequate heavy food is not consumed, it will burn away the Rasadi Dhatus, as the food in the form of fuel is not available and it in turn will lead to aggravation of Vata Dosha.<sup>[16]</sup>

**Ahar** -Unctuous, sweet (Madhur). Sour (amla) and salt (Lavana) food item should be consumed. Meat of fatty, aquatic and marshy animal should be taken. Abundance of healthy fruits and vegetables like Amla, carrots, lemon, apple, pumpkin etc. should be consumed.

**Vihar** -Daily Heated chamber (Sweda), massage (Abhyanga), heated room above and underground, sunbath.

### Contraindication

In the winter seasons intake of food and drinks that cause Vata vitiation and inherently light to digest in property, getting exposed to strong wind, sleeping in daytime are contraindicate.<sup>[17]</sup>

### DISCUSSION AND CONCLUSION

Bala is considered as the seat of Arogya. Various aspects like Dosha, Agni, Ahara are important in maintenance of Bala. Prakriti Parikshana is at the heart of the same as it is the phenotype of human being. It is directly related to genetic makeup of the individuals. It is mentioned in Samhitas as Vataladya Sadaatura meaning that humans having Prakriti other than Sama Prakriti are always suffer from some or other kind of ailment and directly compared to the immune status of the individuals.

The rotation of the earth around the Sun and rotation of moon around the Earth result in changes in seasons. The Sun is responsible for temperature variations on Earth and this leads to changes in the physical and mental strength of microcosm. As changes in the environment affect our body. The of a person varies according to change in seasons. Bala i.e., Strength is the ability of the body to do the activities and it also provide resistance to disease and increased immune system. Bala of the body depends on excellence of all dhatus and they all are produced by the action of Agani on food. In the Hemant Ritu, Agani is the strongest and is responsible for proper digestion.

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