

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

DR. G. N. KANNOLLI¹

Asst. Professor, Department of Ayurveda Samhita & Siddhanta SVM Ayurveda
Medical College, Ilkal, Bagalkot, Karnataka

ABSTRACT: Ayurveda is evidence-based science as it mentioned in Siddhanta of classical text.¹. The Ritu is Kala vibhaga as mentioned in Ayurved². The Ritu Charya is major contribution for Shamana and Shodhana of Doshas³. The ritu 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 ritu vibhaga and its applications. Discussion made on the ritu vibhaga and on their application. Conclusion drawn on reviewed research work.

Key Words: Ritu, 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 *ritu 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 *Ritu* are mentioned for the *gurutva darshana* to *ritu kala vibhagata* as traditional²

1. Chaaturmaasika ritu