



Research Article

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A SURVEY ON PITTA PRAKOPA IN SHARAD RITU

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ABSTRACT

Ayurveda, the holistic healing science propagates health for mankind with the motto of prevention is better than cure. The severity of heat and cold vary according to the movement of earth dividing the year in to various seasons. This cause changes not only in the external environment but also it affects the level of Dosha in the human body. The seasonal variation of dosha is considered natural. Though these variations are natural, they will show their effect on body if they are not handled properly. The pitta dosha undergoes chaya, prakopa and prashama stages in varsha, sharad and hemanta ritus respectively. A total of 2207 volunteers were surveyed for the features dosha prakopa between mid-September to mid-November of the years 2010-12. The data was collected by a questionnaire framed on the basis of features of dosha prakopa. Majority of the volunteers appreciated features of both pitta kapha and kapha prakopa. Usually the rain fall is not seen in sharad ritu. But in the three years of the study, there was heavy rainfall in the months September and October. The cooling effect caused by rainfall has the effect on pacifying effect on pitta and aggravating effect on kapha dosha. Ritu vaipareetya is cause in the altered level of dosha.

Keywords: Ayurveda, Ritu, Dosha, Pitta prakopa, Sharad.

INTRODUCTION

Ayurveda, the holistic healing science propagates health for mankind with the motto of prevention is better than cure. Ayurveda guides society with the concept of daily-seasonal-social regimens as an integral part of maintenance of life. The time and its division are described mathematically in a systematic manner here. Every year (samvatsara) is divided six seasons (ritu) and each season consists of two months (masa). The seasons are in turn grouped into two viz., adana kala and visarga Kala, based on the movement of earth. Adana kala consists of shishira, vasanta and greeshma ritus where earth moves nearer to sun and thus the heat is more felt by the living beings. Visarga kala consists of varsha, sharad and hemanta ritu where the direction is away from the Sun making the living being feels better and cooler. The severity of heat and cold vary according to the movement of earth. This cause changes not only in the external environment but also in the level of dosha in the human body. The seasonal variation of dosha is considered natural and occurs in three stages (avastha) called chaya, prakopa and prashama. In chaya avastha, the doshas increase in quantity in their own sites and hence considered to be mildly vitiated. In prakopa avastha, they increase in amount so much so that they move from their sites. In prashama avastha the increased dosha come back to normal status.¹ Though these variations are natural, they will show their effect on body if they are not handled properly. Health is a continuous process of adjustment between the external and internal environment. Changes are caused in the level of doshas due to the variation of season. They have to be checked with continuous process

of correction of level of doshas through lifestyle changes. The variations of doshas as chaya, prakopa, prashama occur season by season. Vata dosha undergoes these changes in greeshma, varsha and sharad ritu; pitta in varsha, sharad and hemanta; kapha dosha in shishira, vasanta and greeshma.² The highly increased doshas produce certain symptoms which are classically listed. If these are neglected, they may end up in production of diseases related to dosha that has undergone vitiation. In sharad ritu, it is pitta dosha that reach 'chayapoorvaka prakopa' but there may also be vitiation of kapha.³ The sharad ritu may also cause aggravation of diseases related to pitta / kapha dosha if exists in a person. In this regard, a survey was conducted on presence of pitta prakopa in sharad ritu.

MATERIALS AND METHODS

The study included 2207 subjects of age group 15 years to 75 years hailing from Tiptur, Tumkur and Hassan of Karnataka state, India. The survey was conducted to assess pitta prakopa between mid September and mid November when sharad ritu is expected. The survey was done for three consecutive years i.e., 2010, 2011 and 2012. The subjects included in the study were either healthy or approached with the complaints related to pitta. Subjects suffering with acute systemic illness were excluded from study. The method of survey was using questionnaire comprising of pitta prakopa lakshanas as per classical texts of Ayurveda and common symptoms related to vitiation of kapha. The symptoms and diseases produced due to pitta prakopa^{4,6} are sour belching (amleeka/amlodgara), thirst (pipasa), burning sensation or

feeling of heat all over the body (paridaha), osha, plosha, dava, davathu, vidaha, amsadaha (burning at scapular region), twagdaha (burning sensation of skin), antardaha, dhoomaka, amlaka (hyperacidity/gastritis), ushmadhikya, atisweda (excessive sweating), angagandha (bad smell from body), angaavayavasadana (aches in body parts), shonitakleda, mamsakleda, twak-mamsadarana, charmadarana, rakta kota-visphota mandala (allergic skin manifestations), raktapitta (bleeding disorders), haritatwa (greenish discoloration), haridratwa (yellowish discoloration), neelika (bluish patches on skin), kakshya, kamala (jaundice/hepatitis), tiktasyata (bitterness in mouth), lohitagandhasyata (smell of blood from mouth), puthimukha (foul breath), trishadhikya (excessive thirst), atripti (dissatisfaction), asyapaka (stomatitis), galapaka (ulceration in throat), akshipaaka (redness of eyes), payupaaka (anal ulcerations), medhrapaka (penile ulceration), jeevaadaana (blood vomiting/vomiting with blood tinge), tamapravesha (giddiness), harita-haridra netra-mutra-shakrutwa (either strong yellow or greenish coloured eyes, urine and faeces). The questionnaire was made based on these features in both simple English and local language. These subjects were also screened for the common diseases to which they are prone in this season. The subjects were randomly assessed in the initial, middle and last part of sharad ritu. The data was analysed with the help of SPSS 16 and the results were extracted.

OBSERVATIONS AND RESULTS

A total of 2207 subjects were included for the survey where 1383 (62.7 %) were females and 824 (37.2 %) were males. Of the 2207 subjects, 804 (36.4 %) subjects were assessed in the beginning, 758 (34.3 %) in middle and 645 (29.3 %) in end of sharad ritu (Table 1). A total of 2129 (96.5 %) subjects belonged to 15 to 30 years; 65 (2.9 %) belonged to 31-60 age group and 13 (0.6 %) belonged to above 60 years (Table 2). A total of 99 (4.5 %) belonged to vatapittaja prakriti; 296 (13.4 %) to vatakaphaja prakriti; 16 (0.7 %) to pittavataja prakriti; 758 (34.4 %) to pittakaphaja prakriti; 577 (26.1 %) kaphavataja prakriti; 461 (20.9 %) belonged to kaphapittaja prakriti (Table 3). A total of 1364 (61.8 %) had increased sleep; 1257 (57 %) had drowsiness; 1136 (51.5 %) had headache; 1055 (47.8 %) had pimples; 965 (43.7 %) had increased anger, 926 (42 %) felt general weakness, 675 (30.6 %) had running nose, 663 (30 %) had increased consumption of water, 646 (29.3) had altered digestion, 571 (25.9 %) had new skin lesions, 553 (25.1 %) had increased sweat, 509 (23.1 %) had increased body temperature, 455 (20.6 %) had giddiness; 407 (18.4 %) had feeling of heaviness in body, 404 (18.3 %) had episodes of abscess, 385 (17.4 %) had burning sensation all over body, 367 (16.6 %) had redness of eyes, 353 (16 %) subjects had mouth ulcers, 328 (14.9 %) had body itching, 313 (14.2 %) had altered taste, 312 (14.1 %) had

sour belching, 257 (11.6 %) had urticaria, 178 (11.4 %) had tastelessness, 239 (10.8 %) had bad smell in mouth and 218 (9.9 %) had bad body odour (Table 4).

DISCUSSION

According to hindu calendar, sharad ritu is seen during ahwina (isha) and kartika (urja) masa⁷ which can be equated with mid September to mid November months of English calendar. Sharad ritu is seen after varsha ritu (rainy season). In varsha ritu, along with vata prakopa, pitta chaya also is seen. This is because of the amla vipaka of food and medicines that occur naturally in this season. Pitta does not reach the level of prakopa because of the external cold due to rain.⁸ Pitta chaya occurs when internal and external qualities like teeksha (sharp) act together with Sheeta (cold) and when they act together with Ushna (hot) lead to prakopa of pitta.⁹ With the absence of clouds, the sunrays reach earth with a greater intensity during Sharad. So the environment that is cold in varsha starts getting hotter in sharad. Thus in sharad ritu pitta reaches the level of prakopa. In the state of prakopa, there is all chance for the production of diseases related to that particular dosha.¹⁰ In this survey, more than 50 % of subjects appreciated increased sleep, drowsiness and headache. This can be attributed to vitiation of kapha dosha in sharad ritu in these three years due to heavy rain fall. According to the statistics available in the meteorological departments of these places, it rained more than 100 mm every month from September to November in all the three years. This might be the cause for increased subjects with running nose too. Dehydration due to running nose might have caused increased thirst or consumption of increased amount of water as they share almost same percentage of subjects with these complaints. The subjects appreciated altered digestion which can be attributed to rise in liquidity of Pitta dosha in sunny days and vitiation of kapha dosha due to the sheeta and kleda (damp) guna of rain when it rained. Altered digestion lead to improper metabolism and thus general weakness was seen. This might be cause for heaviness of body also. Though pitta, if increased causes increase in agni, the rise in its liquid quality dilutes the necessary digestive enzymes again leading to impaired digestion. If the improperly digested food gets mixed with freshly consumed food, various acids are secreted in stomach causing sour belching. The altered metabolism may be the reason for the change in taste, bad breath and body odour. Appreciable number of subjects complained of pimples and abscesses which may be attributed to vitiation of both pitta and kapha. There were fewer subjects with complaints related only to Pitta dosha like increased sweat, burning sensation of body, giddiness, mouth ulcers, and redness of eye etc. This may be again attributed to fall in temperature due to increased rain fall during study.

Table 1: Total no of Volunteers Involved in Study

Time of Study	Number of Volunteers	%
Starting of Shrad	804	35.6
Middle of Shrad	758	33.6
End of Shrad	645	28.6
Total	2207	97.8

Table 2: Age Group

	Frequency	Percent
16-24	2095	94.9
25-40	81	3.7
41-60	18	0.8
above 60	13	0.6
Total	2207	100.0

Table 3: Prakriti

Prakriti	No of subjects	Percent
Vatapittaja	99	4.5
Vatakaphaja	296	13.4
Pitta vataja	16	0.7
Pitta kaphaja	758	34.4
Kapha vataja	577	26.1
Kaphapittaja	461	20.9

Table 4: Pitta Prakopa Lakshanas in Different Stages of Shrad Ritu

Pitta prakopa lakshana		Starting of shrad	Middle of shrad	End of shrad	Total
Mouth ulcer	No of Volunteers	123	123	107	353
	%	15.3 %	16.2 %	16.6 %	16.0 %
Redness of eyes	No of Volunteers	132	121	114	367
	%	16.4 %	16.0 %	17.7 %	16.6 %
Running nose	No of Volunteers	247	225	203	675
	%	30.7 %	29.7 %	31.5 %	30.6 %
Bad smell in mouth	No of Volunteers	76	84	79	239
	%	9.5 %	11.1 %	12.2 %	10.8 %
New skin lesion	No of Volunteers	201	193	177	571
	%	25.0 %	25.5 %	27.4 %	25.9 %
Sleep/drowsiness	No of Volunteers	452	425	380	1257
	%	56.2 %	56.1 %	58.9 %	57.0 %
Episodes of abscess	No of Volunteers	152	139	113	404
	%	18.9 %	18.3 %	17.5 %	18.3 %
Change in digestion	No of Volunteers	226	225	195	646
	%	28.1 %	29.7 %	30.2 %	29.3 %
Amount of water	No of Volunteers	233	223	207	663
	%	29.0 %	29.4 %	32.1 %	30.0 %
Heaviness of body	No of Volunteers	144	137	126	407
	%	17.9 %	18.1 %	19.5 %	18.4 %
Weakness	No of Volunteers	337	320	269	926
	%	41.9 %	42.2 %	41.7 %	42.0 %
Loss of taste	No of Volunteers	25	64	89	178
	%	7.7 %	10.7 %	13.8 %	11.4 %
Headache	No of Volunteers	417	391	328	1136
	%	51.9 %	51.6 %	50.9 %	51.5 %
Increased anger	No of Volunteers	354	329	282	965
	%	44.0 %	43.4 %	43.7 %	43.7 %
Change of taste	No of Volunteers	108	110	95	313
	%	13.4 %	14.5 %	14.7 %	14.2 %
Bad body odour	No of Volunteers	72	71	75	218
	%	9.0 %	9.4 %	11.6 %	9.9 %
Increased sleep	No of Volunteers	487	455	422	1364
	%	60.6 %	60.0 %	65.4 %	61.8 %
Itching	No of Volunteers	111	106	111	328
	%	13.8 %	14.0 %	17.2 %	14.9 %
Urticaria	No of Volunteers	85	83	89	257
	%	10.6 %	10.9 %	13.8 %	11.6 %
Pimples	No of Volunteers	384	357	314	1055
	%	47.8 %	47.1 %	48.7 %	47.8 %
Burning sensation	No of Volunteers	138	131	116	385
	%	17.2 %	17.3 %	18.0 %	17.4 %
Body temperature	No of Volunteers	191	174	144	509
	%	23.8 %	23.0 %	22.3 %	23.1 %
Sweat	No of Volunteers	194	185	174	553
	%	24.1 %	24.4 %	27.0 %	25.1 %
Belching	No of Volunteers	104	110	98	312
	%	12.9 %	14.5 %	15.2 %	14.1 %
Giddiness	No of Volunteers	163	150	142	455
	%	20.3 %	19.8 %	22.0 %	20.6 %

CONCLUSION

As there was mixed season, there was vitiation of both pitta and kapha dosha. Thus the subjects approached had mixed complaints related to these doshas. Ritu viparyaya (abnormality in season) lead to comparatively less percent of symptoms related pitta dosha and there were appreciable subjects with symptoms either related to Kapha dosha or to both Pitta and Kapha.

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