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Review Article

### A REVIEW ON THE IMPORTANCE OF SHADRASA YUKTA UGADI PACHADI AS AN INTERVENTION IN BOOSTING THE IMMUNITY DURING THE ADVENT OF VASANTA RTU

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#### ABSTRACT

Ayurveda the science of longevity always gives its importance in the management of good health by mentioning the concepts of Trayopasthamba. Ahara stands for balanced diet and is the foremost pillar of Ayurveda. When it comes for boosting the Immunity Ahara along with Rtu charya plays their marked performance in the management of health. Rtu charyas concepts explained two broad spectrum classifications of the shad rtus as Adana Kala and Visarga Kala and the health disturbances their management through pathya apanya ahara and vihara before a person enters into the stage of Rogavastha. Among all the shad Rtus in Vasanta rtu people are prone for so many diseases due to the accumulated kapha that melts and produces doshik imbalance where the recovery happens only by boosting the Immunity. Perceiving the complications of ill health in Vasanta Rtu our ancestors mentioned a wholesome and delicious recipe which is a shadrasa yukta pathya ahara called “The Ugadi Pachadi (chutney)” which boosts the Roga nirodhaka shakti and helps in combating the rogavasta. So, in this article the importance of ugadi pachadi is evaluated as a pathya Ahara and as a regimen in Vasanta rtu charya in the management of Roga Anirodhaka shakti as a review study.

**Keywords:** Vasanta Rtu, Spring Season, Ugadi Pachadi, Pathya Ahara, Ahara, Vasanta Rtu Charya.

#### INTRODUCTION

Ayurveda is that divine ancient medicine which describes that the maintenance of health and prevention from diseases can be achieved through food and lifestyle through seasons and cycles of nature. Trayopasthambas Ahara, Nidra and Bramhacharya are the subsidiary pillars which support the body by providing strength, complexion and immunity<sup>1</sup>. Food has been given the repute importance since vedic period. It is considered as mahabhaisajya according to kashyapa<sup>2</sup>. Hence the food that is consumed every day is very much important in day-to-day life. Ahara is mentioned specially according to the shad rtus. The Adana kala which demorizes the strength and visarga kala which bestows strength are explained in a very detailed way so that a healthy person before going to Rogavastha will follow the wholesome diet and regimen. Comparing all the Rtus, the Vasanta Rtu is the one which makes a healthy person ill if wholesome diet and regimen is not followed. The Hindu culture in order to counteract this Irregularity of health created a healthy start to the Rtu by

introducing Ugadi Pachadi a Immuno-boosting healthy regime during the advent of the Vasanta Rtu. So that a healthy person always stays healthy and an ill person will come back to swasthavastha.

#### REVIEW ON AHARA

##### PARIBHASHA

It is derived from the route

PA + ANG + DHANYG PRATYAYA

##### NIRUKTI

Ahara is the substance which is ingested by the help of tongue through the throat<sup>3</sup>. It is considered as the supreme or brahma. All the beings originate from food, food is responsible for life of all beings and Anna is present in all living beings in the form of Annamaya kosha<sup>4</sup>. Charaka acharya explained that human body is born from food and diseases are also produced by food, happiness and unhappiness depend on the use of suitable foods respectively<sup>5</sup>. Susruthacharya mentioned that food enhances memory, enthusiasm, agni, lifespan, lusture and ojas<sup>6</sup>. Bhagwad gita related the food in coordinating the human mental status<sup>7</sup>.

### AHARA DRAVYA VARGIKARANA

According to susruthacharya acharya<sup>8</sup>.

1. Paneeya varga
2. Ksheera varga
3. Dadhi varga
4. Takra varga
5. Ghrita varga
6. Taila varga
7. Madhu varga
8. Ikshu varga
9. Madya varga
10. Mutra varga
11. Mudgadi varga
12. Mamsa varga
13. Phala varga
14. Shaka varga
15. Pushpa varga
16. Kanda varga
17. Lavana varga
18. Kritanna varga
19. Bhkashya varga
20. Anupana varga

### IMPORTANCE OF AHARA

There are so many main aspects that are discussed in Ahara to explain its Importance in the maintenance of health. Some of them are Ahara vidhi Vidhana, matra of Ahara, Asta ahara vidhi visesha ayatananai, Dwadasha prawicharanas, Satmya, Viruddha. Each and every one among them have their own scientific importance's but Ahara Vidhana alone if was followed in everyday lifestyle it will be much more beneficial to maintain the good health, keeping this as the chief concept the below explanation is elaborated for the dietic rules indirectly explaining about the purpose of Ahara and also in this is explained the pathya ahara concept too in a broad way.

### AHARA VIDHI VIDHANA<sup>9</sup>

Acharya charaka has mentioned Ahara vidhi Vidhana explaining about the do's and don'ts about diets and drinks. The ushna ahara or the hot food kills microbes and allows less effort for digestion thus avoids lethargy. The snigha ahara or the fatty food serves as fat which provides a concentrate source of energy as essential fatty acids which are needed for building nerve cells, brain and in absorption of vit A, D, E, K. Matravat ahara when food is consumed in proper quantity so that the balanced diet contains all micro and macro nutrients. Jeernamashniyat where without the proper digestion of previous food the gut cannot absorb the available nutrients

into the blood stream. Veeryavirudhamashniyat where the opposite potencies of food prevent the problems like impotency, blindness, hypersensitivities, gastro intestinal disorders, blood disorders and skin disorders. Istadesha and ista sarvopakaranam that is the meal taken at proper place and with proper instruments maintains the hygiene and creates peacefulness mentally and physically thus indirectly maintains the imbalance of the cortisol levels. Naa ati dhrutam where eating food fast may create choking or other respiratory tract infections and may also produce irregularity in the enzymatic production thus may produce disturbances in digestion. Naa ati vilambitam where eating the food too slow may produce again indigestion due to the improper mixing of digestive enzymes. Ajalpan nahasan tanmana bhunjeeta is not talking or laughing and having food heartfully with full concentration because if the food is not taken in the above said way it may lead to less or more intake of food which again may cause indigestion. Acharyas mentions truly scientific dietary guidelines as mentioned which itself will reveal importance of pathya Ahara as one of the best sustainers of life.

### REVIEW ON SHAD RTUS

The Lord Surya or the Lord of Health is the superior power for leading this whole earth and human beings. So, the Rtus are also evolved according to his movement, power, rasi.

### NIRUKTI

Dalhana commented on susrutha chikitsa sthana that Rtu is the synonym of time<sup>10</sup>.

### PARIBHASHA OF RTU CHARYA

Rtu = season

Charya = regimen

The movement of Sun from one Rasi to the other is known as Rtu charya<sup>11</sup>.

### CLASSIFICATION<sup>12</sup>

The year is divided into 6 parts according to seasons. The northward movement of the sun and its act of dehydration brings about 3 seasons beginning from later winter to summer which is called Uttrayana where Adana kala commences. The southward movement of sun and its act of hydration gives rise to the other three seasons beginning with rainy to early winter called Dakshinayana where Visarga kala commences. Every two masas comprise a Rtu. Commencing from magha are the six rtus sisira, vasanta, grisma under Adanakala. varsha, sharad, hemanta under Visarga kala. According to the climatic conditions Acharyas divided the predominant Rasas in that particular Rtu with particular Doshas respectively.

**Table 1: Relation between season, strength and predominant tastes**

Rtu	Rauksya guna	Rasa	Pancha mahabuta	Bala hrasa/vridhi
Sisira	Alpa	Tikta	Akasa	Alpa bala hrasa
Vasanta	Madya	Kashaya	Prithvi, vayu	Madhyama bala hrasa
Grisma	Pravara	Katu	Agni, vayu	Maha bala hrasa
Varsa	Nil	Amla	Prithvi, agni	Alpa bala vridhi
Sharad	Nil	Lavana	Ap, agni	Madhyama bala vridhi
Hemanta	Nil	Madhura	Prithvi, ap	Uttama bala vridhi

According to the above description of the Rtus the strength and predominant tastes, its clearly understood that the strength gradually starts reducing from alpa to maha from sisira,

vasanta and grishma, which means the primordial prevention, primary prevention and secondary prevention can be applied as treatment strategies respectively. And in that aspect more

care is given in vasanta Rtu comparatively because primary prevention is all about health promotion and specific Protection where Ahara comes under the specific protection aspects. As the commencing charya in Vasanta Rtu the most traditional and classical immune boosting regime “THE UGADI PACHADI” is mentioned under the best immune boosting regime. AYURVEDA tells us everything we eat, do, think and behave can affect the Doshas and the dhatus in our bodies so the pathya ahara is undertaken in order to prevent the Rogavastha for the same in this article.

#### REVIEW ON VASANTA RTU

Spring is a season mingled with warmth and the heaviness of increased moisture. That is why always the kapha dosha is triggered because the Sanskrit word kapha means that which nourishes in water and clearly the spring season and kapha dosha have very common features. Ayurveda always explains that the increase always happens with the similar items. So, by its very nature, spring tends to increase kapha. And when we consider that by winter’s end, a bit of kapha accumulation is a seasonal routine is actually one of our best tools for minimizing spring’s kapha-aggravating potential while supporting the elimination of any accumulated dosha in excess.

#### REVIEW OF UGADI<sup>13</sup>

As Ayurveda’s aim is to prevent disease and keep oneself in health, enjoying a long productive life, the self-care regimens are the cornerstone of harmony and well-being. The Acharyas split these self-care regimens into 2 types AHARA AND VIHARA. As the food we eat and the work we do always affects our bodies balancing skills and when the same is not maintained properly may upset the body and also causes conditions for disease / ill health. In every season due to climatic changes and in the way the 5 Pancha mahaboothas behave, there is a corresponding change in the doshas in our body. So, we are asked to eat, drink, exercise, bathe, sleep and do all our daily routine with slight modifications in every Rtu. Following Rutcharya helps us develop seasonal Immunity and allows us to adjust more easily to the changes in weather, climate, etc. Among which the advent of the vasanta rtu is given importance due to its ill health impact through the festive celebrations like ugadi in Hindu dharma.

#### MYTHOLOGY OF UGADI

Ugadi is celebrated in various states of India as a festival of prosperity. Because it mentions the onset of a year. It celebrates the vibrancy of nature as well as life. Ugadi marks the beginning of the Hindu New Year in India especially in south India whereas in North India its celebrated as Navratri. There are people from other states of India who also celebrate Ugadi as the mark of New year. The name Ugadi originates from the Sanskrit word “Yugadi” which means “Yuga+Adi”. It translates to “Mark of New Year” in English. There is an interesting story behind the Ugadi celebration. In the Satya yuga during the early years of the formation of Earth, there was a powerful demon named Somakasura. Somakasura had stolen the Vedas from Lord Brahma and hid deep inside the oceans. Lord Brahma approached help from Lord Vishnu for getting back the vedas from somakasura. Then Lord Sri Maha Vishnu took the incarnation of the Matsyavatara and killed Somakasura, brought back the Vedas, and handed them to

Brahma. Then Brahma started creating the Universe again. This day is nothing but Ugadi. Interestingly, Ugadi does not imply the start of any Yugas as per Hinduism. The meaning of Ugadi is the first day of Yuga, as per Brahma. As per shastras for Lord Brahma, one *Kalpa* or 4.32 billion years for humans is equal to one day for Brahma. Every year on this day of Ugadi Lord Brahma writes new fates for human race. This is the meaning behind Ugadi. This means every new year as per the Hindu calendar brings on new challenges, happiness into everyone’s life.

#### SCIENTIFIC PHENOMENO OF CLIMATIC CHANGE DURING THE ADVENT OF UGADI

This first day padyami in the fifteen days of a month is in tune with the moon’s transition. It is on this day; the tilting of Earth starts receiving the maximum solar energy. In other words, it is from this day that new energy starts entering into every living organism on the Earth, especially in the Northern Hemisphere. This impact lasts for 21 days beginning the day of Ugadi. Thus, Ugadi is a new beginning and recognizes the beginning of Summer in India.

#### RITUALS ON UGADI

Ugadi holds immense geographical, astrological, and health benefits behind its celebration and the Ugadi practices are designed accordingly, people clean their houses thoroughly and throw away unused and broken items and are decorated with colorful rangolis, Mango leaves along with marigold flowers are tied at the entrance of the doors. Turmeric and Kumkum are applied to the main entrance. People start new resolutions on this day with a belief that it will bring in immense luck and all success along with positive health. The main rituals every Hindu does on this day are **Taking Abhyanga, Prayer to Sun God, Eating Ugadi Pachadi, and Listening to Panchangam.**

#### Taking Abhyanga

Ugadi begins the summer season. Thus, to cool the body, ancient sages instructed that one should massage their head and body with Castor oil deep, retain it for some time and then take a head bath with herb extracts like ubtan powder. This prepares the body for the summer heat.

#### Worshipping Sun God

After the bath, people wear neat clothes and worship Sun God and Lord Vishnu along with their *ilavelpu* (God of the House as per traditions). They pray for health, happiness, and prosperity in the upcoming year. They offer to God – Ugadi Pachadi as prasada, the special recipe made on the event of Ugadi.

#### Panchanga Sravanam

**Another important Ugadi practice is Panchanga Sravanam.** This is an event where priests and scholars read out the astrological results of the people belonging to different moon signs in the upcoming year. This includes predictions related to health, income, expenses, family, career, education, politics, nation etc. People visit temples to take darshan of their deity and listen to Panchangam. Some people also invite priests to apartments and colonies in the evening for Puja and Panchanga Shraavanam, this helps in preparing oneself for all the possibilities of negative forces to not affect the people and makes them mentally strong to face all the difficulties boldly.

### PREPARATION OF UGADI PACHADI<sup>14</sup>

Ugadi pachadi is made up of 6 Rasas/6 tastes/shad rasas 1) madhura 2) amla 3) lavana 4) katu 5) tikta 6) Kashaya. For a virtuous and healthy sustained living it is important to cultivate the habit of using all the six tastes in our daily diet according to vagbhattacharya its explained that “NITYAM SARVARASA ABHYASAHA SWA SWAADHIKYA AMRUTHAM AVRUTHOU”.

The knowledge of their actions on the body systems can prove helpful so as to supplement the desired taste, In accordance to the body requirements. And the timely curb on the tastes more extensively used, can help to keep the disease at a distance. And despite our growing separation from the natural world, we are deeply affected by this gentle stirring around us. Ugadi pachadi is made such that it demolishes away the infection from the body and prepares the body for the coming season. As per Shastras, one has to consume Ugadi Pachadi for the whole 21 days that follow Ugadi. This will give them enough stamina and immunity and keeps them healthy for the whole coming year. Thus, Ugadi pachadi makes one immune and healthy.

### MATERIALS AND METHODS

The shad rasa yukta ugadi pachadi is made up of 6 ingredients. 1) Jaggery, 2) Tamarind, 3) Chilli, 4) Salt, 5) Mango, 6) Neem

### Classical preparation of ugadi pachadi

#### Quantity of ingredients

- 1 cup of jaggery
- 1 cup of mango
- 1 lemon size tamarind (soaked in two cups of water)
- ¼ tsp finely chopped green chillies
- 2 pinches of salt
- ½ tsp neem flowers (Only petals)
- Bananas-2
- Cardamom powder 2 pinches
- Half of coconut sliced finely

#### Blending of pachadi

- Powder the jaggery, grated or cut.
- Extract the juice of tamarind.
- Cut raw mango into very fine pieces.
- Cut the green chillies into very fine pieces.
- The neem flowers are rubbed between the palms so that the petals are extracted easily.
- The coconut pieces are finely chopped.
- Bananas are peeled.
- All the ingredients are mixed properly with palms until all the ingredients are mixed properly with 1 cup of water.
- At last, the cardamom powder is also added.

Table 2: Rasa Classification<sup>15</sup>

Ingredients	Rasa
Jaggery	Madhura
Tamarind	Amla
Chilli	Katu
Salt	Lavana
Mango	Kashaya, katu
Neem	Tikta, Kashaya
Prakshepa dravyas	Ela, narikelaakam, kadali phala

### SCIENTIFIC REASONS OF UGADI PACHADI<sup>16</sup>

#### Emotional factors

- Jaggery (sweet): symbolising happiness
- Salt (salty): showing interest in life
- Tamarind (sour): symbolising challenges
- Neem flowers (bitter): shows difficulties of life
- Raw mango (Astringent): indicating surprises and new challenges
- Chilli powder (spicy): showing the angry moments in one's life.

#### Rasa factors

Since taste plays a major role in proper digestion classification of food and food grouping are done in Ayurveda. Each taste plays an Important role in the stimulation of the digestion and immune systems. The six tastes are located on the locations of the tongue and correspond to specific digestive metabolisms.

Table: 3 of sense of tastes corresponding to related organs.

Rasa	Organ
Sweet	Thyroid glands and apical areas of lungs
Pungent	Stomach and head
Bitter	Pancreas, liver and spleen
Astringent	Colon
Sour	Lungs
Salt	Kidneys

#### Rasas and their health benefits<sup>17</sup>

Sweet promotes life as a whole, provides overall strength and lustre to the skin and is beneficial for the throat. Sour taste stimulates Agni provides energy, awakens the mind and stimulates salivation. Salt is anti-spasmodic, promotes energy and helps maintain water and electrolyte balance. Pungent improves digestion, absorption and allows cleansing of sinuses, aids in circulation, and helps in elimination. It acts as a blood thinner and contributes to the vitality and vigour of the body. Bitter taste acts as antipyretic, tone the pancreas and reduces the fat. Astringent aids in absorption and binding.

#### Rasa panchaka<sup>18</sup>

1. **GUDA**
  - Rasa – Madhura
  - Vipaka – Madhura
  - Guna – alpa ushna, Snigdha
  - Virya - Ushna
  - Karma – Tridoshashamak
2. **AMLIKA**
  - Rasa - amla, madhura
  - Guna – guru
  - Virya – ushna
  - Vipaka – amla
  - Karma – kapha and vata shamaka
3. **KATPHALA**
  - Rasa – katu
  - Guna – laghu, ruksha
  - Veerya – ushna
  - Vipaka – ushna
  - Karma – kapha vata shamaka, pitta vardhaka
4. **SALT**
  - Rasa – lavana
  - Guna – snigdha
  - Veerya – ushna

- Vipaka – sweet
- Karma – kapha and vata shamaka

5. **NEEM**

- Rasa – tikta, Kashaya
- Guna – laghu, ruksha
- Virya – sheeta
- Vipaka – katu
- Karma – kapha pitta hara

6. **MANGO**

- Rasa – Kashaya
- Guna – laghu
- Virya – sheeta
- Vipaka – katu
- Karma – kapha, vata

All the ingredients that are used are tridosha shamaka, kapha vata nashaka except neem where it is kapha pitta shamaka and all have their specific rasas all together when prepared becomes the best shadrasa yukta ahara. By this we can understand that this recipe not only helps in kapha shamaka but also helps the body to combat the infections of the present and the next rtu by doing the vata shamaka too.

**CONCLUSION**

Viewing all the above points it's concluded that

- Ahara is considered as the best sustainer of life.
- Ahara is the best intervention in primary prevention strategy.
- Shadrasas must be always included in one's diet in every day's life style.
- Hindu traditional festivals always gave their importance for ahara in order to boost their immunities in the particular seasons.
- Ugadi pachadi had shown its main importance as the best Immune boosting Vasanta rtu pathya ahara in order to improve the Roga Nirodhka shakti of an individual.
- The rituals explained as per hindu dharma during the celebration of ugadi festival mainly focusses on the diava vyapashraya chikitsa and pathya ahara vihara which manages all the ill impacts of health during the vasanta rtu.

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