



# AN AYURVEDIC APPROACH ON DIET AS PER RITU (SEASONS AND THE CLIMATIC CONDITIONS) W.S.R TO PRAMEHA (DIABESITY)

Mohapatra Lipsa<sup>1</sup>, Jena Sonalika<sup>2</sup>, Samal Jitendra<sup>3</sup>

\*<sup>1</sup>MD Scholar, <sup>2</sup>Reader, P.G Department of Kayachikitsa, <sup>3</sup>Reader & HOD, Department of Panchakarma, Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India.

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## ABSTRACT

### Background



“Ahara-sambhabavam-vastu-rogascha-ahara-sambhabah” (Ca.Su.28:45). “Let food be your medicine and medicine be your food.” – Hippocrates. By incorporating dietary-adaptations, an individual can optimize the nutritional-value to improve the health-status by enhancing the overall well-being since आरोग्यं भोजनाधीनं (Ka. Khi. 5/9). Owing to our desk-bound sedentarily materialistic-lifestyle & faulty-dietary-regimens, almost for decades, the globe has been alarmed; especially India, the “Diabetic-Capital” by a twin-modern-non-communicable-epidemic, nomenclated as Diabesity, the simultaneous coexistence of two metabolic-disarrays namely Diabetes-mellitus type-2 and Obesity; with high prevalences and systemic complications including deadly microvascular and macrovascular co-morbidities, compromised Quality-of-life with less curative options, high mortality rate and heights of economic burden. Despite of countless treatment modalities, this has broken out not only as a threat to the public-health, but also as a Silent-killer to the entire human race. Starting from the aetio-pathophysiology to the clinical manifestation Diabesity could be a simile to that of a Sthula-Pramehi, predominantly due to apathyasevan. Prameha is a Santarpanajanya Kaphapradhān-Tridoshaj vyādhi, afflicting Medovahasrotas, as elucidated in vrihat-trayi, the greater-trio-compendium of Ayurveda. It has been described under the umbrella of astamahagada (the eight-dreadful-maladies). Therapeutically it’s classified as, Sthula-Pramehi and Krisha-Pramehi by acharya-Carak & by acharya-Susrut it’s Sahaja and Apathya-nimittaja. Objective: To study the concept of Prameha w.s.r to Diabesity & to explore the significance of Ritu based Dietary intervention in Prameha (Diabesity). Material & Methods: A review on Ayurvedic classics as well as on the conventional scientific literature, to analyze the role of Ahara as the seasonal dietary intervention with special reference to Prameha (Diabesity). Result: कालः पुनः परिणामः (Ca. Vi.8:76), that’s why Ritu-based dietary recommendations could be a great help in aiding Prameha (Diabesity), by improving insulin-sensitivity, enhancing metabolism and weight-management. Conclusion: Ritu-based dietary interventions offer a promising approach to Prameha (Diabesity). Since दिनचर्या निशाचर्यामृतचर्या यथोदिताम्, आचरन्पुरुषः स्वस्थः सदा तिष्ठति (B.P.Pra.5:13). **KEYWORDS:** Prameha, Diabesity, Ahara, Ritu, Seasonal Dietary interventions



## INTRODUCTION

Ayurveda depicts the cosmology in terms of Ritu, as the season by categorizing it in two broad classes according to the northern (Uttarayan: Aadan kaal) & southern (Dakshinayan: Visarga kaal) solstice; i.e



संवत्सरं षडङ्गम ऋतु विभागेन... | तत्रादित्यस्योदगयनमादानं च त्रीनृतूच्छिशिरादीन् ग्रीष्मान्तान् व्यवसेत्, वर्षादीन् पुनर्हमन्तान्तान् दक्षिणायनं विसर्गं<sup>1</sup>

This core principle could be interpreted to understand & adapt the variations in the rhythms of the nature, harmoniously to nurture the health & well-being of an individual, by following ritucharya; that is the tailored dietary & lifestyle practices to get rid of illness & imbalances, as well as to maintain the health of the Healthy individual. By exercising a veto against these therapeutical guidelines could be a suggestive of the disruption of the body’s natural equilibrium, potentially



contributing in manifestation of several lifestyle disorders, especially Obesity, Diabetes mellitus type II, collectively in other words, it's the Diabetes<sup>2</sup>. The latest IDF Diabetes Atlas (2025) reports that 11.1% of the adult population (20-79 years) is living with diabetes, where 90% have type II diabetes. By 2050, it might be projected as around 853 million, i.e 1 in every 8 adults<sup>3</sup>, an increase of 46%. Over 4 in 5 adults (81%) live in low- and middle- income countries. One among the key benefactors of this global concern is increasing overweight & obesity prevalence; where simple lifestyle modifications in terms of diet & daily-habits could play the pivotal role by breaking the curb. In Ayurveda, "Ahara" or Diet, is preached as *Mahabhaisajya*<sup>4</sup> (the supreme elixir or the Bliss), and as the Cornerstone (*Traya-upastambha*) of the Life.<sup>5</sup> In fact *Ahara* is the foundation of Life as well as the source of maladies. In this contemporary era, Diabesity has transpired as a global burden on account of lack of exercises, faulty metabolism, overweight, obesity, insulin resistance, prolong hyper glycemia resultant to the unhealthy lifestyle.

### AIMS AND OBJECTIVES

To study the concept of Prameha with special reference to Diabesity

To explore the significance of Ritu-based dietary interventions in Prameha (Diabesity).

### MATERIAL AND METHODS

In the classics *Prameha* is stated as a disease, which was started by the time of historical disruption of *Yajnas*, organized by *Daksha Prajapati*; and its manifestation is related in the intaking of '*Havisha*'<sup>6</sup>, may be not an appropriately edible article, which was probably made up of sugar, milk & rice; which was used as offerings in the *Yajnas*.<sup>7</sup>

It is well said by Vaidya Lolimbaraj as

पथ्ये सति गदार्तस्य किमौषधनिषेवणैः । पथ्येऽसति गदार्तस्य किमौषधनिषेवणैः<sup>8</sup>

When someone is suffering from a disease & follows a proper diet, then what is the use of taking medicine? In that way when someone suffering from a disease does not follow a proper diet, then what is the use of taking medicine? This concludes *Ahara* as the dual hatted entity, both as *upashaya* (*Chikitsa*) & *anupashaya* (*Nidana*).<sup>9</sup>

#### Pathya Aharas as the Upashaya of Prameha with special reference to Diabesity<sup>10</sup>

| Shuka dhanya varga (class of cereals/mono-cotyledons) |  |     |     |     |     |     |     |
|---|--|-----|-----|-----|-----|-----|-----|
| S.No  | Cereals                                | Ca. | Su. | A.S | B.R | Y.R | B.P |
| 1   | Purana shali (oriza sativa Linn)       | +   | +   | +   | +   | +   | +   |
| 2   | Sastika (60 days rice)                 | +   | +   | +   |     |     | +   |
| 3   | Yava (barley)                          | +   | +   | +   | +   | +   | +   |
| 4   | Godhuma (wheat)                        | +   | +   | +   |     | +   | +   |
| 5   | Venuyava                               | +   |     |     | +   |     |     |
| 6   | Kodrava                                |     | +   |     |     | +   | +   |
| 7   | Audalaka                               |     | +   |     |     | +   | +   |
| 8   | Nivara                                 |     |     |     | +   |     |     |
| 9   | Kanguka                                |     |     |     | +   |     |     |
| 10  | Koradusa                               |     |     |     | +   |     |     |
| 11  | Shyamaka                               |     |     |     | +   | +   | +   |
| 12  | Mukunda                                |     |     |     | +   |     |     |
| 13  | Kuruvinda                              |     |     |     | +   |     |     |
| 14  | Kalam                                  |     |     |     | +   |     |     |
| Shamidhanya varga (class of di-cotyledons)            |  |     |     |     |     |     |     |
| 1   | Mudga (green gram)                     | +   | +   | +   | +   | +   | +   |
| 2   | Chanaka (chickpea)                     |     | +   | +   | +   | +   | +   |
| 3   | Adhaki                                 |     | +   |     | +   | +   | +   |
| 4   | Kulattha                               |     | +   |     | +   | +   | +   |
| Mamsa varga (class of meat)                           |  |     |     |     |     |     |     |
| 1   | Viskira (lava, titira, vartaka, varhi) | +   |     |     | +   |     |     |
| 2   | Pratuda (kapota)                       | +   |     |     | +   |     |     |



|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 3   | Jangala (meat of dry land-dwelling animals)(sasa, harina) | + | + | + | + | + | + |
| 4   | Shulya  |   |   | + |   |   |   |
| <b>Shaka varga (class of vegetables)</b>  |   |   |   |   |   |   |   |
| 1   | Tikta shaaka  | + | + | + |   | + | + |
| 2   | Katu shaaka   |   | + |   |   |   |   |
| 3   | Patola  |   |   |   | + | + |   |
| 4   | Musikaparni<br>( )  |   |   |   |   | + |   |
| 5   | Kathillaka<br>( <i>Artocarpus heterophyllus</i> )         |   |   |   | + |   |   |
| 6   | Utpala<br>( <i>Nelumbo nucifera</i> )<br>Beeja, kanda     |   |   |   | + |   |   |
| <b>Phala varga (class of fruits)</b>  |   |   |   |   |   |   |   |
| 1   | Amalaki<br>( <i>Emblica officinalis</i> )                 | + | + | + | + | + | + |
| 2   | Bibhitaki<br>( <i>Terminalia bellirica</i> )              | + | + | + | + | + | + |
| 3   | Jambu<br>( <i>Syzygium cumini</i> )                       |   |   |   | + |   |   |
| 4   | Kharjura<br>( <i>Phoenix sylvestris</i> )                 |   |   |   | + |   |   |
| 5   | Kapittha<br>( <i>Feronia limonia</i> )                    |   |   |   | + |   |   |
| 6   | Tinduka<br>( <i>Diospyros tomentosa</i> )                 |   |   |   | + |   |   |
| <b>Harita varga (class of greens)</b>   |   |   |   |   |   |   |   |
| 1   | Shobhanjana<br>( <i>Moringa oleifera</i> )                |   |   |   | + |   |   |
| 2   | Adraka<br>( <i>Zingiber officinale</i> )                  | + | + | + | + | + | + |
| 3   | Karkotaka<br>( <i>Momordica dioica</i> )                  |   |   |   | + |   |   |
| 4   | Lasuna<br>( <i>Allium sativum</i> )                       |   |   |   | + |   |   |
| <b>Madya varga (class of Fermented/alcoholic beverages)</b>   |   |   |   |   |   |   |   |
| <p>Madya is a distinct dietary group in Ayurveda, with 5 main source-based types (Phala, Beeja, Mūla, Kṣira, Madhu). Mentioned in Caraka Su. 25, Suśruta Su. 45, Aṣṭāṅga Hṛdaya Su. 5. Used judiciously, it is therapeutic; in excess, harmful.</p> <ul style="list-style-type: none"> <li>▪ By Source (Caraka Sū. 25, Suśruta Sū. 45)<br/>Phala (fruit), Beeja (grain) – Sura (Beer), Mula (Root), ksira (sugarcane) – Sidhu (rum like), Madhu (honey) – Madhvika (mead)</li> <li>▪ By clinical use<br/>Pathya (medicinal use): Asava, arista; Apathya: habitual: madatyaya- intoxication</li> </ul> |   |   |   |   |   |   |   |



|   |  |   |   |   |   |   |   |
|---|--|---|---|---|---|---|---|
| 1   | Sidhu  | + |   |   |   |   |   |
| 2   | Arista   | + |   |   |   |   |   |
| 3   | Surasava   | + |   | + |   |   |   |
| 4   | Purana sura  |   |   |   | + |   |   |
| <b>Jala varga (class of water)</b>                        |  |   |   |   |   |   |   |
| 1   | Ksharodaka   | + |   |   |   |   |   |
| <b>Dugdha varga (class of milk &amp; its derivatives)</b> |  |   |   |   |   |   |   |
| 1   | Takra (Buttermilk)   |   |   |   | + |   |   |
| <b>Ahara upayogi varga (Class of Adjuvants of Foods)</b>  |  |   |   |   |   |   |   |
| 1   | Sarsapa taila<br>(Mustard oil)<br>( <i>Brassica juncea</i> ) | + | + |   |   |   | + |
| 2   | Haridra<br>( <i>Curcuma longa</i> )                          | + | + | + | + | + | + |
| 3   | Saindhava<br>(Rock Salt)                                     | + | + | + | + | + |   |
| <b>Others</b>   |  |   |   |   |   |   |   |
| 1   | Yavaudana  | + |   |   |   |   |   |
| 2   | Mudgayusa (Green<br>gram gruel)                              | + |   |   |   |   |   |
| 3   | Laja<br>(Parched rice)                                       |   |   |   | + |   |   |
| 4   | Kshaudra (Honey),<br>Ghrita (Ghee),<br>Vyosha                | + |   | + | + | + |   |
| 5   | Tila<br>( <i>Sesamum indicum</i> )                           |   |   |   | + |   |   |
| 6   | Nikumbha, Danti,<br>Ingudi tail, Atasi<br>taila              | + | + | + |   |   | + |
| 7   | Saktu  | + |   | + |   |   |   |
| 8   | Apupa  | + |   | + |   |   |   |
| 9   | Mantha, Kashaya<br>(Triphala)                                |   |   | + |   |   |   |
| 10  | Batya  | + |   | + | + |   |   |
| 11  | Mutra (mahisa,<br>khara)                                     |   |   |   | + |   |   |

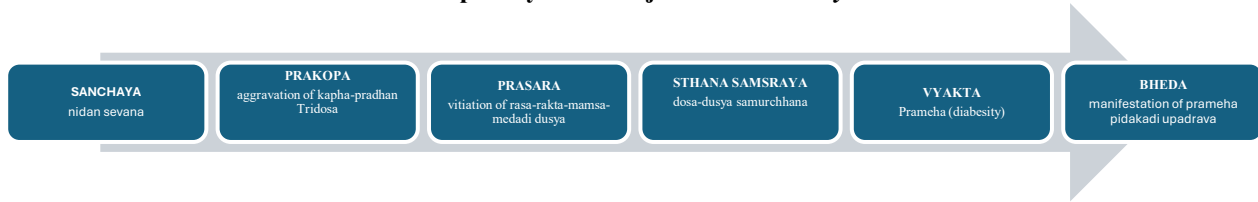
Ca. = Carak Samhita, Su. = Susrut Samhita, A.H = Astang Hridaya, Ma.Ni = Madhava Nidana, B.P = Bhavaprakash, Y.R = Yogaratnakara

**Pathya ahara as per Ritu, season & the climatic conditions w.s.r to Prameha (Diabetesity)**

| Ritu<br>(season)   | Masa (month)                                   | predominant<br>Rasa | Ahara (diet)   |
|--------------------|--|---------------------|--|
| Grisma<br>(summer) | Suchi (Jyestha) –<br>asadha(shukra)            | Katu                | Shali-sastika anna, yava, mudga, kodrava, jangala mamsa,<br>lavadi viskira mamsarasa, patola-nimba tiktak, vartaka,<br>sidhu, ghrita, Mantha, yusa, patalabasita sakarpura ambha,<br>bahudaka madya<br>Emphasizing on the Hydrating edibles.                         |
| Varsa<br>(monsoon) | Nabha (Shravana)<br>– nabhasya<br>(Bhadrapada) | Amla                | Shali sastika-yava-godhuma, mudga, amalaka, patola,<br>jangala mamsa, Kshaudra sanskarita pana-bhojana, yusa,<br>mastu + sauvarchala lavana + panchakola churna<br>Emphasizing on the lighter options like Soups & Stews,<br>since pakta bhavati durbala(Ca.Su.6:33) |



|                             |  |                |  |
|-----------------------------|--|----------------|--|
| <i>Sarat</i><br>(autumn)    | <i>Isha (ashwija) –<br/>urja (Kartika)</i>           | <i>Lavana</i>  | <i>Shali-yava-godhuma, mudga, patola, kamala-utpala,<br/>amalaka, jangala mamsa, Tikta annapaan-sarpi, Shasa,<br/>lava, ena, hamsodaka</i>   |
| <i>Hemanta</i><br>(dew)     | <i>Saha (Margashira)<br/>– sahasya (Pusya)</i>       | <i>Madhura</i> | <i>Shali-Godhuma, Shidhu, madhu, ushna jala pana</i>   |
| <i>Shishira</i><br>(winter) | <i>Tapa (Magha) –<br/>Tapasya<br/>(Phalguna)</i>     | <i>Tikta</i>   | <i>Godhuma, shidhu, usna jala pana<br/>Warm &amp; hearty dishes with seasonal vegetables</i>   |
| <i>Vasanta</i><br>(spring)  | <i>Madhu (Chaitra) –<br/>Madhava<br/>(vaishakha)</i> | <i>Kashaya</i> | <i>Swastika, Purana yava-godhuma, kodrava, mudga,<br/>kshaudra, jangala mamsa rasa-shulya, lavadi viskira<br/>mamsa rasa, nimba-patola-vartaka adi tikta Dravya<br/>sevana., sidhu, sringaverambu, madhuambu</i> |

**Anupashaya : Aharaj Nidana as Dravya****रसनमित्तमेव श्यौल्यं कार्श्यं च (Su.Su.15:32)**


|               |  |
|---------------|--|
| <i>Rasa</i>   | <i>Atisevana of Madhura, amla, lavana, kshara, katu, Kashaya, tikta rasa Pradhan ahara (excessive use of foods which are sweet-sour-salty etc. by taste)</i>                             |
| <i>Guna</i>   | <i>K: शीत-पिच्छिल-स्निग्ध-गुरु-सान्द्र-प्रसाद-मन्दैः (excessive intaking of foods having cold-unctous-heavy etc. properties)<br/>P: उष्ण<br/>V: रूक्ष-लघु gunayukta Dravya atisevana</i> |
| <i>Karma</i>  | <i>Vrimhana Dravya atisevana</i>   |
| <i>Virya</i>  | <i>Sheeta virya dravya atisevana</i>   |
| <i>Vipaka</i> | <i>Madhura vipaka Dravya atisevana</i>   |
| <i>Dosha</i>  | <i>Kapha Pradhan Tridosha<br/>▪ Kapha dosha amshamsha Kalpana: bahu dravata</i>  |
| <i>Dusya</i>  | <i>Rasa, rakta, mamsa, medo, majja, shukra<br/>Shariraja kleda, Vasa, Lasika, Oja<br/>▪ Medo dhatu amshamsha Kalpana: bahu avadhata</i>  |
| <i>Mala</i>   | <i>Mutra<br/>▪ Amshamsha Kalpana: prabhuta (quantitatively frequent), avilata (qualitatively turbid)</i>   |

**RESULT**

The dietary articles which is preferably favored by the mind & possesses nil adverse effect is termed as wholesome diet, i.e पथ्यं पथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम्<sup>11</sup>. Though there is no one size-fits-all solution still by the help of diverse culinary traditions one could be fit as a flee.



**Diet chart based on Balanced Diet**

| Breakfast  | Lunch   | Snacks   | Dinner  |
|--|---|--|---|
| 1 serving of Mixed millet drumstick leaves dosa <sup>12</sup> / multigrain upma with added vegetables / ragi idli / godhuma-Sali modaka - marichyadi modaka / oats porridge Etc. | 1 serving of <b>Carbohydrate:</b> quinoa pulao<br><b>Proteins:</b> Mudga-kulattha yusa (soup)-supa / jangala mamsa<br><b>Fats:</b> ghrita / sarsapa taila<br><b>Vegetables:</b> patola / garlic seasoned vegetables / boiled greens / kapittha khada / amalaka stir fry / cucumber-beetroot-onion salad /<br><b>Salt:</b> saindhava lvan Etc. | Roasted Makhanna / multigrain crackers / Mudga adrakadi manda / vatyamanda / pippalyadi mantha <sup>13</sup> / godhuma mantha (infusion) / mudga modaka Etc. | Godhuma-yava-methi Roti / shulya jangala mamsa / stir fried seasoned greens Etc.<br> |
| Beverages : <i>amalaka panaka</i> (Indian gooseberry drink), <i>Takra</i> (buttermilk), <i>mamsa rasa</i> (medicated meat soup) etc.   |   |  |   |



**DISCUSSION**

आहारः प्रीणनः सद्यो बलकृद्देहधारकः ॥ आयुस्तेजःसमुत्साहस्मृत्योजोशिविवर्धनः<sup>14</sup>

The body gets nourishment because of food. It sustains the physique by providing instant strength, by enhancing longevity, luster, enthusiasm, memory, *Ojas* & *Agni*. So the crafted diet for a *Pramehi* with special reference to Diabetes as per *ritu*, season & the climatic conditions like heat, cold, and humidity; while keeping insight over *Astavidha ahara visheshayatana*, *dvadasa Ahar vidhividhan*, *nitya sevaniya ahara*, *ekanta hitakar ahara*, *Ritusandhi*, *Yamadamstra* & avoiding *viruddhahar*; could be a stepping stone when addressing the management of this metabolic issue.

**CONCLUSION**

हिताशी स्यान्मिताशी स्यात्कालभोजी जितेन्द्रियः पश्यन् रोगान् बहून् कष्टान् बुद्धिमान् विषमाशनात्<sup>15</sup>

To live a healthy life, to get rid of illness by *samprapti vighatana*; a *Pramehi* (Diabetes) should consume conducive diet in right time, right quantity, right quality by right culinary methods & at right place; along with these, one must abstain from all the etiological factors, while following proper *Pathyapathya*.

<sup>1</sup> Pt. Kasinatha Sastri, Dr. Gorakha Natha Chaturvedi, *The Carak Samhita of Agivesa*, 2017, Part I, Chaukhamba Bharati Academy, Sootrasthana, Chapter 6/4, pg 134.

<sup>2</sup> Kalra S. (2013). *Diabetesity*. JPMA. *The Journal of the Pakistan Medical Association*, 63(4), 532-534.

<sup>3</sup> <https://idf.org/about-diabetes/diabetes-facts-figures/>

<sup>4</sup> <https://www.slideshare.net/slideshow/concept-of-ahara-diet-in-ayurveda-1pptx/259938579>

<sup>5</sup> Pt. Kasinatha Sastri, Dr. Gorakha Natha Chaturvedi, *The Carak Samhita of Agivesa*, 2017, Part I, Chaukhamba Bharati Academy, Sootrasthana, Chapter 11/35, pg 227.

<sup>6</sup> Acharya RK, Upadhyay BN, Dwivedi LD. *Dietary management in prameha*. *Anc Sci Life*. 1996 Jan;15(3):176-89. PMID: 22556742; PMCID: PMC3331205.

<sup>7</sup> R.K Acharya, B.N Upadhyay, L.D Dwivedi, *Dietary management in Prameha*, *Ancient science of life*, Vol. No XV 3 January 1996, Pages 176-189.



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<sup>8</sup> Pt. Kalikacharana Pandeya, *The Vaidya Jivanam of Sri Lolimbaraja*, 2019, Chapter 1:10, pg 4

<sup>9</sup> Pt. Kasinatha Sastri, Dr. Gorakha Natha Chaturvedi, *The Carak Samhita of Agivesa, ayurveda Dipika vyakhya*, 2017, Part I, Chaukhamba Bharati Academy, Nidansthana, Chapter 1/10

<sup>10</sup> Vrihat trayi, *laghutrayi, yogaratnakara, bhaisajya ratnabali, Prameha rogadhikar*

<sup>11</sup> Pt. Kasinatha Sastri, Dr. Gorakha Natha Chaturvedi, *The Carak Samhita of Agivesa, ayurveda Dipika vyakhya*, 2017, Part I, Chaukhamba Bharati Academy, Sootrasthana, Chapter 25/45

<sup>12</sup> Ayushman bharat traditional food recipes

<sup>13</sup> Astanga samgraha, sootrasthana, 24/62-63

<sup>14</sup> Susrut Samhita, chikitsasthan, 24/68

<sup>15</sup> Carak Samhita, nidansthana, 6/11