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CLINICAL EVALUATION OF PITTA DOSHA AGGRAVATION DURING SHARAD RITU IN RELATION TO ROUTINE DIET - AN OBSERVATIONAL STUDY

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ABSTRACT

Sharad Ritu is considered the period of *pitta prakopa* in Ayurveda due to environmental changes occurring after *Varsha ritu*. The present observational clinical study was conducted to assess *pitta dosha vriddhi* during *sharad ritu* in healthy volunteers following their routine diet. A total of 200 volunteers were assessed for classical *pitta vriddhi lakshanas* including *daha, trishna, amlata, krodha,* and *twak vikara* using a structured clinical assessment proforma. Statistical analysis was performed using the Chi-square test. The study observed the presence of *pitta*-predominant *lakshanas* among volunteers consuming *pitta*-aggravating *ahara* during *sharad ritu*, indicating the influence of dietary practices on *dosha* equilibrium. The findings support the Ayurvedic principles of *ritucharya* and highlight the importance of seasonal dietary regulation in preventive healthcare.

Keywords: *Sharad Ritu, Pitta Dosha Vriddhi, Ritucharya, Pitta Prakopa, Ahara, Tridosha,* Observational Clinical Study.

INTRODUCTION

Ayurveda, the ancient science of life, emphasizes maintenance of equilibrium among *Dosha*, *Dhatu*, and *Mala* for preservation of health.[1,2] Among the *Tridosha*, *Pitta Dosha* is responsible for metabolism, digestion, body temperature regulation, complexion, and various transformative processes occurring within the body.[3] Any disturbance in the state of *Pitta* leads to physiological as well as pathological manifestations.

The concept of *Ritucharya* is one of the unique preventive principles of *Ayurveda*, which advises adaptation of *Ahara* and *Vihara* according to seasonal variations.[4] Seasonal changes significantly influence the equilibrium of *Doshas*. According to classical Ayurvedic texts, *Doshas* undergo cyclical changes in the form of *Chaya* (accumulation), *Prakopa* (aggravation), and *Prashamana* (pacification) during different seasons.[5,6]

Pitta Dosha accumulates during *Varsha Ritu* and undergoes *Prakopa* during *Sharad Ritu*.[7,8] *Sharad Ritu*, included under *Visarga Kaala*, is characterized by exposure to intense sunlight after the rainy season. This environmental transition aggravates previously accumulated *Pitta Dosha*, resulting in manifestation of various *Pitta Vriddhi Lakshanas*[9] such as *Daha*, *Trishna*, *Amlata*, *Swedadhikya*, irritability, and *Pittaja Twak Vikara*.

Ahara plays a vital role in maintenance of *Dosha* equilibrium. Consumption of food possessing *Ushna*, *Tikshna*, *Amla*, and *Lavana* properties may further aggravate *Pitta Dosha* during *Sharad Ritu*.[10] However, in contemporary lifestyle practices, individuals commonly continue their routine dietary habits without adhering to seasonal regimens mentioned under *Ritucharya*.

Though healthy individuals may not exhibit overt disease manifestations, subtle *Dosha* imbalance can be identified through characteristic *Lakshanas*. Early assessment of such imbalance is important from preventive and promotive healthcare perspectives. Therefore, the present observational clinical study was undertaken to assess *Pitta Dosha Vriddhi* during *Sharad Ritu* in volunteers following their routine diet.

AIM AND OBJECTIVES

Aim

To assess *Pitta Dosha Vriddhi* during *Sharad Ritu* in volunteers following routine diet.

Objectives

1. To evaluate the presence of *Pitta Vriddhi Lakshanas* during *Sharad Ritu*.
2. To assess the influence of routine dietary practices on *Pitta Dosha*.
3. To evaluate the clinical relevance of *Ritucharya* in maintenance of *Dosha* equilibrium.
4. To promote awareness regarding seasonal dietary regulation in preventive healthcare.

MATERIALS AND METHODS

Study Design- Observational clinical study.

Table 1: Study Details

Parameters	**Description**
Study Type	Observational Clinical Study
Study Population	Healthy volunteers
Sample Size	200 volunteers
Study Period	During *Sharad Ritu*
Follow-up Duration	One month
Sampling Method	Convenient sampling
Assessment Tool	Structured proforma based on *Pitta Vriddhi Lakshanas*
Statistical Test Used	Chi-square test

Inclusion Criteria

- Apparently healthy volunteers.
- Individuals willing to participate in the study.
- Volunteers consuming routine diet during *Sharad Ritu*.

Exclusion Criteria

- Individuals suffering from severe systemic illness.
- Subjects on therapeutic dietary restrictions.
- Volunteers receiving long-term medication affecting digestion or metabolism.

Assessment Criteria

Assessment was carried out on the basis of classical *Pitta Vriddhi Lakshanas* including:

1. *Daha*
2. *Trishna*
3. *Amlata*
4. *Swedadhikya*
5. *Ushnata Anubhuti*
6. *Pittaja Twak Vikara*
7. *Mukhapaka*
8. *Anshadaha*
9. *Krodha*

OBSERVATION AND RESULTS

Demographic Observations

Maximum volunteers belonged to young and middle-age groups, indicating greater exposure to altered lifestyle practices, irregular food habits, occupational stress, and increased intake of processed food items. Most volunteers were from urban and educated backgrounds.

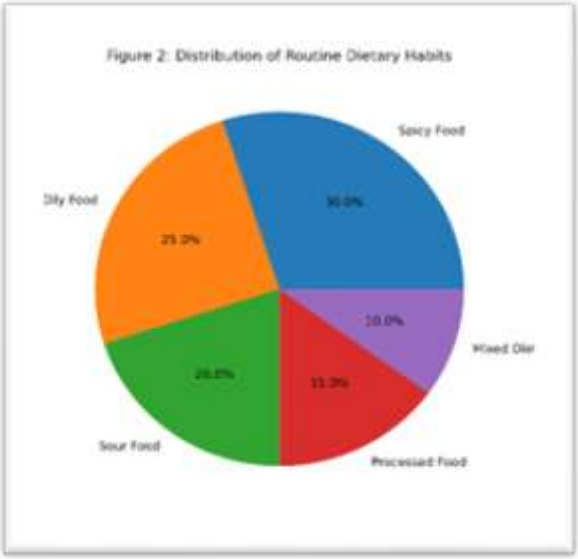
A considerable number of volunteers were observed consuming dietary substances possessing *Ushna*, *Tikshna*, *Amla*, and *Lavana* properties including spicy food, oily food, fried items, pickles, fermented preparations, tea, coffee, and processed food items.

Table 2- Demographic Distribution of Volunteers

Parameter	**Observation**
Study Population	Healthy volunteers
Total Sample Size	200
Predominant Age Group	Young and middle-age adults
Gender	Both males and females included
Educational Status	Majority educated participants

Residential Status	Predominantly urban population
Dietary Pattern	Routine diet with frequent intake of spicy, oily, sour, and salty food
Lifestyle Factors	Irregular meal timings and altered lifestyle habits commonly observed

Figure 1: Distribution of Routine Dietary Habits Among Volunteers



Clinical Observations

The present study assessed classical *Pitta Vriddhi Lakshanas* observed during *Sharad Ritu* among volunteers following routine dietary practices.

Symptoms such as *Daha* (burning sensation), *Trishna* (excessive thirst), *Amlata* (hyperacidity), *Swedadhikya* (excessive sweating), *Ushnata Anubhuti* (heat intolerance), irritability, and localized burning sensation were commonly observed among volunteers consuming *Pitta*-aggravating dietary substances.

Several volunteers additionally demonstrated manifestations suggestive of *Pittaja Twak Vikara* including facial redness, increased skin sensitivity, acneiform eruptions, and inflammatory skin complaints. In selected participants, *Mukhapaka* and heat-related discomfort were also observed.

The observations indicate that continuation of routine dietary practices without adherence to *Sharad Ritucharya* may contribute to subtle *Pitta* imbalance[11,12] even in apparently healthy individuals.

Table 3 - Frequency Distribution of Common *Pitta Vriddhi Lakshanas*

S.No.	*Pitta Vriddhi Lakshana*	Approximate Frequency (%)
1	*Daha*	78%
2	*Trishna*	65%
3	*Amlata*	52%
4	*Swedadhikya*	60%
5	*Ushnata Anubhuti*	48%
6	*Krodha/Irritability*	42%
7	*Pittaja Twak Vikara*	30%
8	*Mukhapaka*	18%
9	*Anshadaha*	35%

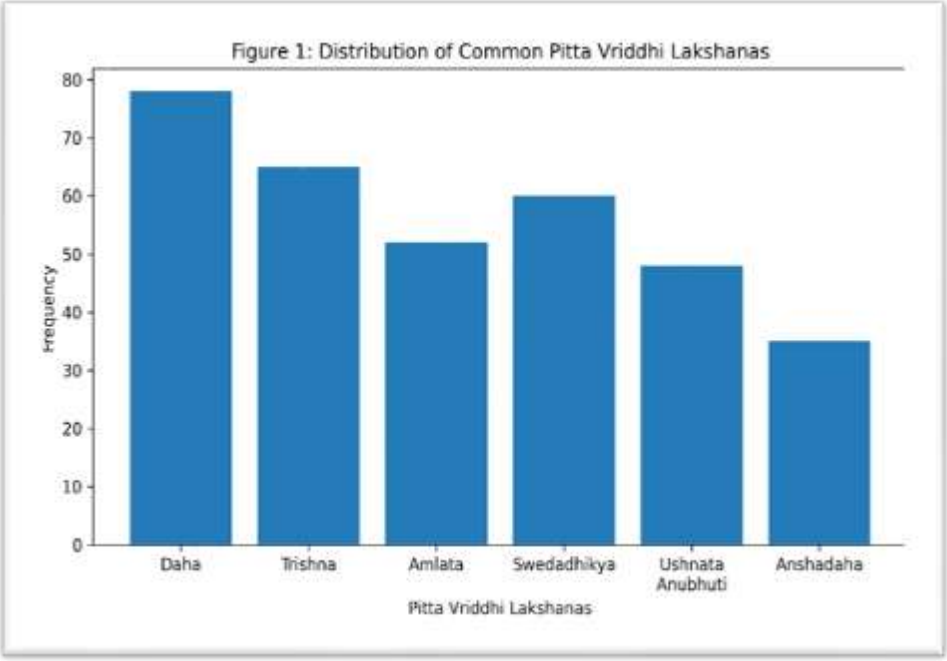


Figure 2: Distribution of Common *Pitta Vriddhi Lakshanas* During *Sharad Ritu*

Statistical Interpretation

Statistical analysis was performed using the Chi-square test to evaluate the association between routine dietary habits and manifestation of *Pitta Vriddhi Lakshanas* during *Sharad Ritu*.

Most parameters demonstrated statistically non-significant association; however, repeated clinical occurrence of classical *Pitta*-predominant manifestations was observed among volunteers consuming *Pitta*-aggravating dietary substances.

Among all assessed parameters, *Anshadaha* demonstrated statistically significant association ($p = 0.005$), indicating a strong relationship between routine dietary habits and localized burning sensation during *Sharad Ritu*.

The findings support the Ayurvedic principle that environmental and dietary factors collectively influence *Pitta Dosha* during seasonal transition.

Table 4 - Statistical Analysis of *Pitta Vriddhi Lakshanas*

S.No.	Clinical Parameter	χ^2 Value	p-value	Interpretation
1	*Daha*	1.82	>0.05	Non-significant
2	*Trishna*	1.47	>0.05	Non-significant
3	*Amlata*	2.11	>0.05	Non-significant
4	*Swedadhikya*	1.64	>0.05	Non-significant
5	*Ushnata Anubhuti*	2.36	>0.05	Non-significant
6	*Pittaja Twak Vikara*	1.28	>0.05	Non-significant
7	*Anshadaha*	7.89	0.005	Statistically Significant

DISCUSSION

The present observational clinical study was conducted to assess *Pitta Dosha Vriddhi* during *Sharad Ritu* among volunteers following routine dietary practices. *Ayurveda* describes *Sharad Ritu* as the period of *Pitta Prakopa* due to exposure to increased environmental heat following *Varsha Ritu*.[13,14]

The findings of the present study support the classical Ayurvedic view that environmental and dietary factors collectively influence *Dosha* equilibrium. Volunteers consuming *Ahara*

predominant in *Ushna*, *Tikshna*, *Amla*, and *Lavana* properties demonstrated comparatively greater manifestation of *Pitta Vriddhi Lakshanas*.

From an Ayurvedic perspective, intake of *Pitta*-aggravating *Ahara* during *Sharad Ritu* further intensifies already aggravated *Pitta Dosha*. *Ushna* and *Tikshna* properties increase the *Drava* and *Sara Guna* of *Pitta*, resulting in manifestations such as *Daha*, *Trishna*, *Swedadhikya*, and irritability. *Amla* and *Lavana Ahara* further contribute to *Pitta Dushti* by increasing internal heat and disturbing *Agni*.

Modern science also supports seasonal influence on metabolism and thermoregulation. Exposure to increased environmental temperature during post-monsoon season may alter fluid balance, digestive patterns, skin sensitivity, and heat regulation mechanisms, which clinically correlate with *Pitta Vriddhi* manifestations described in *Ayurveda*.

The occurrence of symptoms such as *Daha*, *Trishna*, *Swedadhikya*, *Amlata*, and *Ushnata Anubhuti* among volunteers reflects altered physiological responses during *Sharad Ritu*. Though most statistical findings were non-significant, repeated occurrence of classical *Pitta Lakshanas* among volunteers suggests practical applicability of Ayurvedic seasonal principles.

Among all assessed parameters, *Anshadaha* demonstrated statistically significant association, indicating a stronger relationship between routine dietary practices and localized heat manifestations.

The study also emphasizes preventive importance of *Ritucharya*. Individuals not following seasonal dietary regulations exhibited comparatively greater *Pitta*-related manifestations. This highlights the role of seasonal dietary modification in maintenance of *Dosha* equilibrium and prevention of disease progression.

Another important observation during the study period was the occurrence of climatic disturbances including cloudburst-related environmental changes, which may have influenced lifestyle patterns, environmental exposure, and symptom perception among certain volunteers.

The present study primarily focused on early *Dosha* imbalance rather than disease manifestation. Assessment of subtle *Lakshanas* in apparently healthy individuals provides an

important preventive healthcare approach in *Ayurveda*. Early recognition of *Dosha Vriddhi* may help prevent progression toward disease through timely *Ahara* and *Vihara* modification.

CONCLUSION

The present observational clinical study demonstrated the presence of *Pitta Vriddhi Lakshanas* among volunteers during *Sharad Ritu* while following routine dietary practices.

The findings support the Ayurvedic principle that *Pitta Dosha* undergoes *Prakopa* during *Sharad Ritu* due to seasonal environmental changes. Consumption of *Pitta*-aggravating *Ahara* possessing *Ushna*, *Tikshna*, *Amla*, and *Lavana* properties appeared to influence manifestation of symptoms such as *Daha*, *Trishna*, *Amlata*, *Swedadhikya*, and *Ushnata Anubhuti*.

The study highlights practical relevance of *Ritucharya* and emphasizes the importance of seasonal dietary regulation in maintenance of *Dosha* equilibrium and prevention of disease progression.

Although most statistical findings were non-significant, repeated clinical observation of classical *Pitta Vriddhi Lakshanas* and statistically significant association of *Anshadaha* indicate the need for larger multicentric studies with longer follow-up duration for further validation.

Overall, the study supports the Ayurvedic concept that seasonal adaptation through appropriate *Ahara* and *Vihara* is essential for preservation of health during *Sharad Ritu*.

Ethical Approval

The study was conducted after obtaining approval from the Institutional Ethics Committee. The study protocol was reviewed and approved prior to commencement of the research work.

Consent Statement

Written informed consent was obtained from all volunteers before their participation in the study. Participants were informed regarding the nature and purpose of the study prior to enrollment.

Conflict of interest

Nil.

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