



PRINCIPLES OF WATER CONSUMPTION IN AYURVEDA - REVIEW ARTICLE

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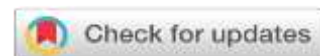
<https://doi.org/10.46607/iamj1910112022>

(Published Online: November 2022)

Open Access

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Article Received: 20/09/2022 - Peer Reviewed: 08/10/2022 - Accepted for Publication: 28/10/2022

**ABSTRACT**

Water is the most essential element of human life next to air. Water is considered the elixir of life in *Ayurveda*. Modern-day lifestyle undermines the importance of water with various inappropriate practices prevailing among individuals. *Jala* is a substance with existence and is an essence of an elemental source. *Ayurveda* has elucidated in detail the principles of water consumption for the maintenance of Health, Prevention of illness, and alleviation of disease. Water makes up more than 2/3 rd of human body weight. At the moment resurfacing of such *Ayurvedic* principles is very important. In this study, *Ayurveda* Classics were reviewed in terms of various aspects of water viz. importance of water, the relation of water intake to food, water consumption according to season, therapeutic uses of water, and indications-contraindications of water. *Ayurveda* advocates the optimal & judicious use of water for the maintenance of health. Due to the *Ritu* (season) specific state of *Dosha*, specific water is indicated in different seasons. Medicated water, administered as per the disease condition, helps in balancing the vitiated *Doshas*. Here is an attempt to collect data related to the significance of water in the maintenance of health and alleviation of disease of an individual.

Keywords: Water, *Jala*, *Dosha*, Health, Disease

INTRODUCTION

"Jeevanam Jeeveenaam Jeevau Jagat Sarvantu
Tanmayam Naato Atyanta Nishedhena

Kadaachit Vaari Vaaryate"¹ Jivana (water) is the essence of life, the entire world is made of it, and consequently avoiding water is not possible at all.

Jala (Water)

Ayurvedic literature explains the principle of *Panchamahabhutas*, which can be the basics of our frame and nature. *Jala mahabhuta* is considered one of them. *Jala* is the substance with existence. It is a substance of primordial origin. Water is taken into consideration to be *Jeeva`* (life) in Ayurvedic concepts. It is *Madhura* (sweet), *Sheetala* (bloodless) and *Ruchikaraka* (tasty). Water is healthful because it has all of the six tastes (*Rasas*) which can be *Madhura* (sweet), *Amla* (sour), and *Lavana* (salty). *Katu* (pungent), *Tikta* (bitter) and *Kashaya* (astringent). It has *Rupa, Rasa, Sparsha, Drava & Snigdha Gunas*. It relieves *Daha* (thirst), *Moha* (lack of intellectual block), *Bhrama* (giddiness), *Nidra* (sleepy feeling), *Alasya* (lazyness), *Visha* (toxins); it acts as *Jeer-nakari* (successfully digests meals), *Truptikara* (presents vast pleasure to thirsty man or woman), presents *Buddhi* (intelligence), *Bala* (strength), *Veerya* (potency: capacity to feature). *Tushti* (pleasure), *Pushiti* (energy) to *Nashta anga* (debilitated components of the frame). In *Jala mahabhuta Satwa* and *Tama guna* are in predominance. Further, particular regulating mechanisms also are defined to keep proper hydration degree for the finest physiological features like digestion, assimilation, elimination, breathing, and retaining temperature which can be vital for the renovation of the fitness of an individual. Further, cutting-edge day way of life undermines the significance of water main to practices in which many people eat water inappropriately with recognize to (w.r.t.) time, amount, and best both because of lack of expertise and misconceptions. In this context, Ayurveda has a cardinal position to fill the prevailing information hole because it has elucidated in element approximately the standards of water intake for the renovation of fitness, prevention of infection, and relief of disease.²

Objective

1. To collect the scattered information about the principles & practices of Water consumption in Ayurveda.

Material and Methods

In this current literature, all the data was collected from *Laghutrayi* and *Bruhatrayi*, Modern literatures, and Google Scholar.

Review of Literature

Importance of water

water has been considered the basis of life (*Jeeva/prana*) for all living beings. It has also been mentioned that the entire world is full of it, there is no survival without water for the healthy or even for the diseased.³ Water, as a vital nutrient, performs numerous critical roles in the human body. It acts as a building material; as a solvent, reaction medium, reactant, and reaction product; as a carrier for nutrients and waste products; in thermoregulation, and as a lubricant and shock absorber. The regulation of water balance is very precise and is essential for the maintenance of health and life. Water's importance in the prevention of nutrition-related non-communicable diseases has received more attention recently because of a shift towards the consumption of a large proportion of fluids as caloric beverages. Drinking patterns and quantities vary and are influenced by a variety of factors including age, gender, diet, and physical activity level. All the aspects of physiological function are impaired by Hyper-hydration and hypo hydration.

Principles of intake of water (*Jalapana niyama*)

Space for *Jalapana*: Two components of the belly ought to be full of solid food, one element via way of means of liquids, and one element ought to be saved vacant for air.

Jalapana phala: (effects of drinking water with food): Persons who drink water in the middle, in the end, and at the commencement of the meal, will remain normal, become stout, and emaciated respectively. *Jala* as a Good *Anupana*: Cold water is good after a food containing organized from *yava & godhuma, dadhi, Madhya, Visha & Madhu*. Warm water is good for ingredients which can be starchy *masthu*

(whey), *takra* (butter milk) and *Amla kanjika* (fermented gruel) is proper.

Jala Paripaka kaala: (Duration for digestion)- Normal or cold water consumed is going to digest in 6 hrs (2 *Yama*), Boiled and cooled water in three hrs (1 *Yama*) and boiled and heat water in 1.30 hrs (half *Yama*).

Methodology of water consumption

Quantity of water intake: Water in much less or extra quantity is harmful to health and hence should be consumed in optimum quantity for maintaining the body's physiological activities, Water ought to be fed judiciously in suitable amounts then it acts like nectar or in any other case acts as poison'.⁴ Water in much less amount is recommended. for the person suffering from *Alpagni* (diminution of *agni*/ decreased digestive power), *pandu* (anaemia), *Udar rog* (ascites), *Atisar* (diarrhoea), *Arsha* (haemorrhoids), *Grahani* problems of decreased G.I.T., *Gulma* (lump) and in *Shotha* (oedema/inflammation). Except for *Sharad* (autumn) and *Nidagha* (summer) even all healthy persons should drink only the needful amount of water in all different seasons.⁵

Digestion of water⁶

As other food articles or medicines taken, take time in proper digestion same as water, that's why one should take water cautiously, Type of water Duration of metabolism

Aama Jala (unprocessed) - 1 *Yaam* aprox 3 hours

Shrita Sheet - ½ *Yaam* aprox 1½ hour

Boiled Hot - 4 *Yaam* aprox 45 minutes

Usha Paana in Ayurveda

Usha Jalapan's therapeutic properties were originally defined in *Rasayan Adhyaay* of *Ashtang Hruday*, it has been said that someone who beverages *Sheetodak* i.e cold water early morning will keep staying young. Many humans begin following this process blindly without understanding the actual concept. First of all, this has been defined as a *Rasayan* and hence a person who wants to detoxify through *Panchkarma* should follow it properly. Even if detoxing isn't always feasible for anyone in today's generation atleast the concerned person should be devoid of any illness.

Secondly, according to *Ayurveda*, someone ought to arise at *Brahma Muhurta* i.e round 5.30 am. So even supposing without detoxing someone has to practise *usha Paan* as a daily routine then he should consume it at round 5.30 am in the morning after passing stool due to the fact that's the primary issue that has been cautioned after you wake up.

Half the folks that exercise *Usha Paan Chikitsa*, drink water to assist them to get relieving constipation, which is truly awful for their fitness. It is as though they are attempting to push the stool out from their frame via way of means of consuming extra water. Intake of *Paryushita Jala* (unprocessed water saved in a single day) earlier than dawn can pacify *Tridosha* due to the heaviness of water and coolness it could pacify *Pitta* and *Vata Dosha*, useful in right excretion, in conjunction with it can prevent disorders related to digestive system *Mandagni*, *Arsha*, *Shostha*, *Jwara*, *Kustha*, *Medo Vikara*, *Mutraghata*, etc. quantity cited in classics is *Astha Prasarat* (aprox 640ml), earlier than dawn.⁷

Relation of water intake and meals: '*Sam Sthula Krusha Bhukta Madhya Antah Prathama Ambu Pah*'

1. It has clearly stated that a person who drinks water while consuming food continues to remain in **the same state of health** i.e **swastha (Healthy)**.
2. If a person wants to gain weight, then he should drink water just after consuming his meal. (Max 160ml)
3. If a person wants to lose weight, then he should drink water just before consuming his meal.

Here drinking water just before meals will make the person get a feeling of fullness and hence automatically, his food intake will decrease. of course, he has to stop eating as soon as his hunger is satiated. He should not eat food just because he eats that much quantity every day. To know the quantity of appetite a person should have just considered dividing their hunger/appetite into four parts. Consume food, which will fill two parts. Have one part water and keep the remaining one part of your appetite empty.⁸

• **Table 01:** Seasonal variation and water ⁸

Ritu	Types of Water
Hemant (Winter)	Ushna Jala
Shishir (Winter)	Ushna Jala
Vasant (Spring)	Kwathitam musta shunti sarambham, Sunthi, and sara
Grishma (Summer)	Shit Jala
Varsha (Rainy season)	Tapshit jala with Kshoudra
Sharad (Autumn)	Tapshit Jala and Hansodak

● **Shitodaka therapeutic properties (cold water properties)**

Cold water is taken consideration useful in sure situations due to its properties. As it is said that it pacifies *Pitta Doshas*, Toxicity, and level of delirium, can be used in conditions related to blood, and diarrhoea. In this manner, it can be stated that whenever there is vitiation of *pitta*. Cold water is indicated in *Madatyaya* (alcohol abuse), *chardi* (vomiting/emesis), *klama* (fatigue), *bhrama* (giddiness), and *trishna* (thirst/polidypsia), *Daha* (burning sensation), *Pittaj vikar* (*pittaj* disorder), *visha* (poison), and *pittaj mutrakriccha* (dysuria because of *pitta*). *pitta dosha* and *Rakta* disorders one should be advised to take cold water.¹⁰

● **Ushanodaka therapeutic properties (hot water)**

In *Ayurveda* hot water is said to the water, which is boiled and a half left, without any movement, or bubbles and it should be clean.

Therapeutic uses are in *Kapha Dosha*, *Vatik* disorder, *Medo Dosha*, *Deepan*, *Bastishodhan*, *Kasa*, *Shavasa*, *Jwarahara*, *Pathya*, Various types of *Ushnodaka* (hot water) based on quantity to be reduced after boiling is also explained in the texts along with its indications

viz., *Navajwara* (fever of recent origin), *pinasa*, *vataj pratishavay*, (rhinitis) *hikka* (hiccup), *shwas* (dyspnoea), *kasa* (cough/ tussis), *shaulya* (obesity), after & during *panchkarma*, *Galroga* (disorders of the throat) *Anaha* (flatulence) and *Thrishna* (thirst). The boiled cooled water is *Anabhishandi* (non-obstructing channels of circulation) and *laghu* (light/easily digestible), it is advisable in *Pittadosha*-associated conditions, however, if it is kept overnight, it will vitiate *Tridoshas*.

● **Shritsheet jala (boiled cold water) has therapeutic properties**

Indication in abdominal disorders like *Gulma*, *Arsha*, *Kshaya*, *Mandagni*, *Pandu*, *Vrana*, *Atisara*, etc. with the specific precaution that one must take care that it amounts should take less.

● **Aushadsiddha paniya (Medicated water)**

Various medicated water has been explained in the context of the treatment of different diseases. To prepare *Aushad siddha paniya* one part of the raw drug is taken with sixty-four times of water to be boiled up to half i.e., thirty-two parts of water are then used for various purposes such as to drink as water, to use as an *Anupan* and to make *Peya*, *Vilepi*, etc.

Table 02: Medicated water indicated in various diseases⁹

Sr. No	Aushadsiddha Paniya	Indication
1.	Shadangpaniya – musta, Parpatak, Ushir, Chandan , udichya and Nagar siddha jala	Nava Jwar (Fever)
2.	Hiberadi Paniya – Hiber, Chandan musta, Parpatak, and Ushir siddha jala.	Raktapitta
3.	Dhanyak siddha paniya	Vataj Gulma
4.	Bala, Vidari siddha paniya	Pittaj Gulma
5.	Laghumula siddha Paniya – Brihati, Kantakari, Gokshur, Shalaparni, and Prishnaparni	Kaphaj Gulma

6.	<i>Sarodak, Kushodak</i>	<i>Prameha</i>
7.	<i>Kadiradi Paniya</i>	<i>Kustha/ Shwitra</i>
8.	<i>Dhanyak sunthi siddha jala, Sthiradi panchmool siddha paniya</i>	<i>Rajaykshma</i>
9.	<i>Shrutshit jala, Kantakari jala and Dhanyak and sunthi siddha jala</i>	<i>Arsha</i>
10.	<i>Palashadi Siddha Paniya</i>	<i>Kaphaj Grahani</i>
11.	<i>Laghu panchmul siddha paniya</i>	<i>Kamla</i>
12.	<i>Water medicated wirth vacha</i>	<i>Atisar</i>
13.	<i>Madhudak</i>	<i>Urusthambha, Stholya</i>

DISCUSSION

In *Ayurveda* function of *Agni* (digestive/metabolic factors) is indispensable in understanding the process of health and illness and water is said to have a significant influence in maintaining the process of equi-poise of one's *Agni*. Further, extra water consumption is taken into consideration because of the top causative thing for *Agnimandya*.¹¹ Hence *Ayurveda* advocates the optimal & sensible use of water for the maintenance of health. The daily amount of water isn't always equal for everyone as it is influenced by a variety of factors including *Agni*, Age, gender diet, and physical activity level of an individual.

In *Ayurveda* *Tridoshas* (*Vata*, *Pitta*, and *Kapha*) are defined as the purposeful triad of the body. These *Doshas* are accountable for the origin, development, and maintenance of the human body during its normal state. The seasonal variant impacts the ordinary state of *Tridoshas*. Different seasons have an effect on the accumulation, vitiation, and pacification of *vata*, *pitta*, and *kapha dosha*.¹² *Shitodaka* (bloodless water) is *pitta* pacifying,¹³ *Taptashir* (boiled and cooled) water is *Anabhishyandi*,¹⁴ *laghu* and *pit-tashamak Ushnodak*.¹⁵ (warm water) are *Dipan* (digestion and metabolism-enhancing), *kaphavicchedi* (disintegrator of *Kapha dosha*) and *Vatapita Anuloman* (regularising the ordinary movement) in nature. Taking the *Ritu*-specific state based on properties, specific water is indicated in different seasons. The effect of water consumption on the subject of food, consistent with the *Ayurveda* Principle, gives a new perception of the topic. Medicated water defined in *Ayurveda* classics may be taken into consideration as a revolutionary mode of medication management that's both supplementary to the primary medication

or itself a number one medication that allows for curing/coping with various health problems. On boiling water with medicines, the medicinal homes receive without difficulty combined which in flip allows for balancing the vitiated *Doshas*; while administered as it should be in keeping with the ailment condition. It has been referred to that un-boiled, boiled & cooled, and boiled water get digested in 3 hours, one and 1/2 of an hour, and 45 mins respectively.¹⁶ Osmosis is the first step in the absorption of water in the body which gets increases as the temperature of the water will increase resulting in quicker absorption. As mentioned above, impairment of *Agni* is taken into consideration because the prime factor responsible for disease manifestation and maintaining in view the quantity to which *Agni* has been impaired, various sorts of boiled water (*Ushnodaka*) had been indicated in different diseases. Water is vital to our survival and our tradition, and we are hoping this essential function will sharpen our consciousness of water in human health. This review has tried to compile and analyse the importance of water in the maintenance of health and relief of disease of an individual.

CONCLUSION

Water is considered one of the sustains of life of every living being. The principles & practices of water consumption for health maintenance as well as for alleviation of diseases were vividly explained in *Ayurveda*. These principles when practiced religiously, act as the best tool to find solutions for several health problems.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Rashmi G. Untwal et al: An Ayurvedic View on Guda Shareeram- A Review Article. International Ayurvedic Medical Journal {online} 2022 {cited November 2022} Available from: http://www.iamj.in/posts/images/upload/3115_3120.pdf