

Medicinal Values of Warm Water According to Ayurveda View

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Abstract : Water is the sustainer of life of all living beings, the entire world is depend on it; so absolute avoidance of water is impossible. If it is not available it might result dryness of the mouth, weakness of the body or even death. There is no activity in both healthy and unhealthy persons without water. This study was carried out to identify the medicinal properties of warm water according the Ayurveda view. Caraka Saṃhita, Suśruta Saṃhita, Aṣṭāṅga Saṃgraha, Bhāvaprakāśa, Śārangadhara Saṃhita, Bhaiṣajya Ratnāvali and Cakkradatta were used to find out the details in this study. Calculated the percentages of medicinal values of warm water separately by statistically analyzing of collected data. Hundred percent of texts had mentioned that warm water has antipyretic action, 86% had mentioned that each; bladder and vital channel cleansing, carminative and digestive properties. Warm water has the action of reducing cough (71%), dyspnea (71%) and obesity (57%) according to the findings of present study. Reducing hiccup, bleeding disorders, rhinitis, flatulence, abdominal pain, alcohol poisoning etc. were other properties of warm water according to the results. Warm water has medicinal properties other than as a normal drink.

Key words: antipyretic, carminative, cough

Introduction

Water has two main types called; rain water and terrestrial water. Terrestrial water again divided to eight kinds which are deep well, natural lake, artificial pond, water collected in pits of rocks, following downs from mountains, water from natural springs, well with flights of steps all around and water from river. In the drinking purpose rain water is the best. All kinds of terrestrial water can use for drink after the purification procedure.

Authentic Ayurveda classics were described various types of water purifications methods and boiling or heating is one of them. Water boiled and reduced or simply boiled and removed is known as Uṣṇodaka (warm water). In Ayurveda have been described preparation methods of warm water, properties of warm water and medicinal uses of

warm water. This study was aimed to find out overall description of warm water was explained in Ayurveda classics and to identify the main medicinal values of warm water.

Methodology

Caraka Saṃhita, Suśruta Saṃhita, Aṣṭāṅga Saṃgraha, Bhāvaprakāśa, Śārangadhara Saṃhita, Bhaiṣajya Ratnāvali and Cakkradatta were used to find out the details in this study. Calculated the percentages of medicinal values of warm water separately by statistically analyzing of collected data.

Findings

Definition of Uṣṇodaka (Warm water):

Water boiled and reduced to one-eighth, one-fourth or half of the original quantity or simply boiled and removed all are called Uṣṇodaka. It has *svādu vipāka* (sweetness at the end of digestion) and cold in potency even though used hot. So injudicious use of hot water (either less or more than required) does not cause much change in digestion.

Types of Uṣṇodaka:

1. Ārogyāmbu (health promoting water):

Water boiled and reduced to a quarter is called as Ārogyāmbu it is best suited always mitigates cough, dyspnea, *kapha*, cures fever of recent onset, easily digestible, cures flatulence, anemia, colic, piles, abdominal tumors, dropsy and enlargement of the abdomen.

2. Amśūdaka:

Water which is kept exposed to the rays of the sun during day and rays of the moon during night is called Amśūdaka; it is unctuous, mitigates all the three *doṣās*, does not increase moistness inside, not aggravates the *doṣās*, resembles rain water in properties, bestows strength, rejuvenation, improves intelligence, easily digestible and equal to nectar in effect.

3. Śṛtaśīta jala (boiled and cooled water):

Śṛtaśīta jala is ideally suited to persons suffering from burning sensation, diarrhea, bleeding disease, fainting, alcoholism, poisoning, dysuria, anemia, thirst, vomiting, fatigue, diseases due to excess of drinking wine, of pitta aggravation and aggravation of all three doṣās together.

4. Kvathīta jala:

Water boiled and reduced to one-fourth, one-third and half of the original quantity depending upon the region, season and hard or easy for digestion; which is not having any foam, which does not cause any unpleasantness and which is clear is the ideal one for drinking.

5. Paryuṣīta jala:

Stale water which has been kept for more than one day is called Paryuṣīta jala and it should never be given to a thirsty person; so also that which has become sour and which increases kapha.

Properties of warm water:

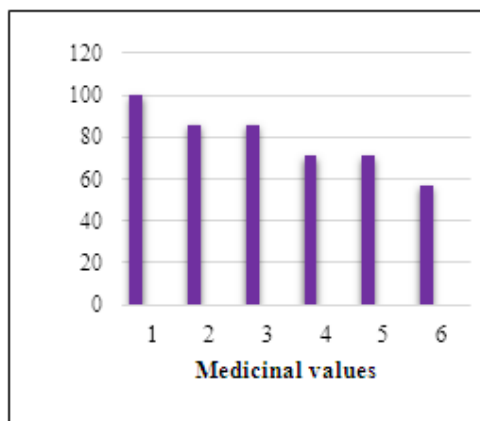
Water boiled and reduced to quarter mitigates pitta, reduced by half it mitigates vāta, reduced by three quarters it mitigates śleṣma, withholds eliminations, enhances digestive fire and is easily digestible. Warm water stimulates hunger and kindles digestive fire, helps digestion, good for the throat, easily digestible, cleanses the urinary bladder, relieves hiccup, flatulence, aggravation of vāta and śleṣma; is ideal on the days of purifactory therapy and for those suffering from nascent fevers, cough, āma, running in the nose, dyspnea, pain in

the flanks and abdomen, distention of the abdomen. Warm water consumed at night mitigates diseases of kapha, āmavāta, obesity, cleanses the urinary bladder, kindles digestive fire, and cures cough, dyspnea and fevers. So warm water is appetizer, digestive, antipyretic, cleanser of channels, tonic, promoters of relish and perspiration and generally wholesome. Drinking of water just before the commencement of meals causes weakness of the digestion and emaciation of the body; taken at the end of the meals it makes for obesity and accumulation of kapha in the parts above the stomach; taken at the middle of the meals it maintains the normalcy of the tissues and helps easy digestion.

Uncooked water gets digested in one yāma (3 hours), boiled and cooled water in half yāma (one and half hours) boiled and slightly warm water in half of that (45 minutes) these are three periods of time for digestion of water.

(Table 2)

Medical Condition / Medicinal Value	No. of Texts	Percentage
1. Antipyretic (Fever)	07	100%
2. Bladder and vital channel cleansing	06	86%
3. Carminative & Digestive	06	86%
4. Cough	05	71%
5. Dyspnea	05	71%
6. Obesity	04	57%



(Figure 1)

Medical Condition	Caraka Saṃh.	Susruta Saṃh.	Aṣṭāṅga saṃh.	Śāraṅgadhara	Bhāvaprakāśa	Bhai. Ratnāvālī	Cakkradatta
1. Alcoholism	-	√	-	-	-	-	-
2. Āmavāta	-	-	√	√	√	-	-
3. Anemia	-	-	-	-	√	-	-
4. Cleansing of channels	-	√	√	√	√	√	√
5. Colic pain	-	-	-	-	√	-	-
6. Cough	√	√	√	√	√	-	-
7. Dyspnea	√	√	√	√	√	-	-
8. Fever (Early stages)	√	√	√	√	√	√	√
9. Flatulence	-	-	√	-	√	-	-
10. Hiccup	√	-	√	-	-	-	-
11. Indigestion	-	√	√	√	√	√	√
12. Pain in Flanks	-	-	√	-	√	-	-
13. Obesity	-	√	√	√	√	-	-
14. Piles	-	-	-	-	√	-	-
15. Rhinitis	-	√	√	-	-	-	-

Conclusion

Hundred percent of texts had mentioned that warm water has antipyretic action, 86% had mentioned that each; bladder and vital channel cleansing, carminative and digestive properties. Warm water has the action of reducing cough (71%), dyspnea (71%) and obesity (57%) according to the findings of present study. Reducing hiccup, bleeding disorders (piles), rhinitis, flatulence, abdominal pain, alcohol poisoning etc. were other properties of warm water according to the results. Warm water has medicinal properties other than as a normal drink.

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