



CHAKRAPANI AYURVEDA ISO 9001 & ISO 22000

Water Intake and its effects on Health by Dr. Swati Ambulkar

In our busy lives we give a little thought to the water we consume during the whole day. Ayurveda, the science of life, highlights the little things involved in our day to day life. Acharya Vagbhata has described in the text Ashtang Sangraha the indication of water to be drunk the whole day. In Ayurvedic texts there is an ample description of when, how and what amount of water should be drunk. In which diseases water is contraindicated, and which diseases it is advised to drink ample amount of water. Lets' take a review on important details related to drinking water described in Ayurveda.

Ajirnebsheshajamwaari jirnewaaribalapradam Bhojanamchaamrutamwaari bhojanantevishapradam Vai. Su.

In Ajirna i.e. indigestion water acts like medicine. Water taken after digestion of food gives strength to the body. Water taken with/during meals is like nectar and if the water is taken after meals it acts like poison.

After indigestion ayurvedists advise lukewarm water. Lukewarmwater has aamapachana properties. Lukewarm water removes obstruction of aama which then allows smooth flow of digestive juices in the ingested food. Warm water is good medicine of vitiated vata, it helps in vata-anulomana, which relieves gastric pain in indigestion.

When water is taken after food is digested i.e. after 2-3 hour of meals, it helps in body fluid balance. It helps in cleansing of digestive system and prevents accumulation of toxins. As the fluid balance is maintained it facilitates smooth functioning of body cells. This maintains balance of all types of agnis (Agni literally means fire, Here it is symbolic of the digestive power, Agni is of 13 types which can be compared with different types of metabolisms) balance of tridoshas resulting in uniform production of 7 dhatus (7 dhatus

constitute the body namely, Rasa Rakta Mansa Meda Asthi Majja, and Shukra, i.e. Plasma, whole blood, Muscles, Fatty tissues, Bones, Bone marrow and seminal secretions respectively). These together provide a good constitution and strength to the body.

During meals balanced water intake plays key role in digestion of food. In between water intake helps saliva to mix with the food we chew. It helps in uniform mixing of digestive juices with the food. It creates space for the doshas during digestion during 3 Awasthapakas (Madhur-Amla-katu-Awasthapaka are three stages of digestion according to 3 doshas kapha-pitta and vata respectively). Regular practice of this maintains balance of dosha, dhatu and agni. When this balance is attained it improves immunity of body. The basal metabolic rate is well maintained. This prevents and protects body from infections and seasonal variations. Hence it leads to healthy and long life.

When a large amount of water is drunken immediately after meals it leads to dilution of digestive juices causing indigestion, acidity and other chronic complaints related to Digestive system. When this habit becomes chronic it leads to agnimandya (decreased digestive power), Grahani (chronic diarrhea), arsha (piles), udar (ascites), skin disorders and chronic systematic disorders which is like a silent killer. Hence drinking water immediately after meals is compared with poison.

The above verse describes relation of water and food precisely. Lets' see some more info on water intake and its effects according to type of water, health and weather perspectives.

1. Indication of warm water

a) Seasonal - In rainy season, physiologically according to Ayurveda Agni and Bala (strength) of body become weak. Hence, feel many times that our diet has become less. It is season of aggravation of vata, hence problems of flatulation, dyspepsia, constipation aggravation of joint pain is seen commonly in this season. The intake of warm water averts vata and gives relief in vata problems.

Ordinary cold water should be drunk in all other seasons.

b) Physiological- for kapha and vata prakriti in the morning, after ingestion of unctuous and heavy meals, adults aging above 60 yr.

c) Clinical- In Ajirna i.e. indigestion, aama (improperly digested food juice) conditions like fever, Atisar (diarrhea), aamavata, joint pains, obesity, piles(exception-bleeding piles) Kapha and vata diseases.

2. Indication of cold water

- a) Seasonal-Grishma ritu i.e in summer season cold water should be drunk along with salts and sugar in form of Sherbats, aam ka pannha, jaljeera, etc. Plain water should be kept with whole herbs like Ushira, Khus, Chandana (Shweta), and Musta in earthen pot this water should be drunken in summer season. In sharad ritu (season between rainy season and winter i.e. September-October-November). Ordinary cold water should be drunk to avoid Pitta disorders mainly urinary and allergic disorders. Persons having pitta prakriti and above mentioned disorders should drink liberal amount of water in this season.
- b) Physiological-Pitta prakriti (constitution) persons should drink cold water stored in new earthen pot .
- c) Clinical-Abhyantar Daha (burning sensation), Bhrama (vertigo), Murccha (unconsciousness), sunstrokes, heat strokes.

3. Normal Intake of water

- * After having sound sleep, get up early in the morning and drink 1-2 glass of lukewarm water.
- * If you feel thirsty, take care that water should not be drunken 1 hr before and 2 hrs after meals or eating anything.
- * Do not drink water immediately before and after urge of micturition or defecation. Also one should not drink cold water immediately after bathing also.
- * Drink little sips of water while eating; avoid drinking water after juices and beverages e.g cold water before or after tea, coffee and milk. In dental problems, gargling with lukewarm water can be done.
- * Don't drink water immediately after heavy exercises, running etc. Avoid drinking chilled water after outings in sun especially in summer.
- * Drink water throughout the day upto 2 to 2.5 litre at regular intervals. Avoid drinking water when you are too much hungry.
- * Amount of water to be drunk should be decided keeping in mind your body constitution, health status and season. If suffering from certain disease consult your Ayurvedic physician regarding amount and type of water to be drunk. Avoid drinking water stored for a long time in a vessel or container. Also water stored in plastic container over three months.
- * Don't drink ice-cold water in any season or any condition. This type of water decreases internal body temp abruptly which causes aggravation of vata and Mandagni.

4. Factors affecting water intake

Fast food increases too much thirst leading to over drinking of water. Over drinking of water causes Mandagni. It is root cause of maximum number of disorders like acidity, indigestion, dyspepsia, eating disorders like anorexia.

Normally, water intake in winter season decreases due to cold weather and in rainy season it decreases due to extra moisture in environment. If it decreases below normal it is advisable to drink lukewarm water.

There also references in Ayurvedic text which describe the properties of different types of water in different types of soils and resources. Also a person living in a particular region becomes habitual of the water in that region so traveling into completely different region may lead to constipation, indigestion and minor health problems due to intake of that water. At that time before taking any medicine wait for 2 or 3 days to habituate, if the condition aggravates then only try medical consultation.

At the end of this note I would say, try to listen to and understand your body natural demands,

Ayurveda is science of life, it heals human mind, body and soul, diseases are automatically healed!!!

Product of the month : Kapha (Balancing Kapha) herbal tea

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Testimonial

Name: Jeffrey M. Cooke, USA

URL Location : <http://anantmool.com/contact.html>

Query : This is not a query, but an appreciation of the information your so wonderfully present on your website. It has helped me be a better doctor by providing information that so benefits my, and so many other, patients. It has also been of great benefit to my own health and my family's.

Thank you

Thanks Jeffrey for your wonderful words.

Recipe of the Month : STUFFED EGGPLANT VEGETABLE

Ingredients :

Egg plant- 1 pounds
Roasted peanut powder- 2 tsf
Onion-1medium chopped
Ginger -1 inch piece grated piece
Turmeric-1/4 tsf
Garlic-6-7 pieces
Coriander powder-2 tsf
Red/green chilli-1/2 tsf

Ayurvedic Properties :

Taste: Tikta, Katu, kashaya
Quality: Snigdha, laghu
Potency: Ushna (warm)
Post-digestive Effect : katu

Dosha Analysis: Excess intake increase Vata, Pitta and Kapha.

Medicinal Properties : It is Tridosha balancing.

Preparation - Wash the Egg Plant well. Make small cuts into the body of Egg Plant. Take a small bowl to prepare stuffing. Take chopped onion, ginger, garlic, green small chilli optional, turmeric and coriander. Mix all ingredients together with hand or by spoon.

Take the washed and cut egg plant stuff them with the stuffing combination. Heat up a pan. Add ghee (Clarified Butter) pinch of cumin seeds powder and hingu. Once its make a popping sound add these stuffed egg plant one by one and then add ½ glass of water. Cover the pan with a lid and let it get cooked. Cook it on low fire. Do not add any more liquid to this mixture as Egg Plant will ooze water itself. Try to cook it for 20-25 minutes or till we see it is turning brown and is cooked .

Serving- 4 persons.

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