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# Importance of *Jala* in Ayurveda

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## ABSTRACT

*Jala* is one among the *Pancha Mahabhuta* originated from *Tejo Mahabhuta* it plays very important role in our day today activities and formation of the body, maintenance of health and treating the diseases. Total 60% of the body is composed of water. So, to maintain body as per *Samanya Visheshha Siddhanta* *Jala* have more importance. It is source of health if taken at right time and in appropriate quantity. Ayurvedic literature gives very experienced knowledge about usage of water related to health as well as improper water ingestion relating to disorders.

**Key words:** *Jala, Jalasevan, Water, Ayurveda*

## INTRODUCTION

*Jala* is most essential for all vivid and also for maintenance of health and is available everywhere. After knowing its property, there is a list of indications enumerated in our Ayurvedic literatures for normal water, cold water, hot water and cooled hot water. Contemporary science as considers water as an essential and vital nutrient for life. The rules and regulations for consumption of water are completely different and few are wrong according to Ayurveda. In this present competitive era, due to fast and mechanical life people are following irregular life styles and improper dietary habits, that leading to many diseases. The many individuals consume water inappropriately with respect to time, quantity either due to ignorance or misconceptions. Ayurvedic

literature explains the *Guna Karma* of *Jala*, importance of *Jala, Jalapaana* according to *Kaala, Ruthu* and *Rogaghnata* of *Jala*.

## REVIEW ON JALA

**Synonyms of *Jala*:** *Aapa, Salila, Vaar, Vari, Kamalm, Payas, Kilala.*

***Shareera Avayava* made of *Jala*:** *Rasa, Rakata, Vasaa, Kapha, Pitta, Mutra, Sweda, Shareera Rasa, Rasnedriya, Shukara.*

## *Guna - Karma* of *Jala*

Ch.Sa. <sup>[1]</sup>	Su.Sa. <sup>[2]</sup>	As.Hr. <sup>[3]</sup>	YR <sup>[4]</sup>	VD
Sheetam	Avyakta Rasa / Ishad Vyakta	Avyakta Rasa	Sheeta	Sparsha
Shuchi	Jeevanam	Mrushta	Pittahara	Sankya
Shivam	Tarpanam	Sheeta		Pariman
Mrishmam	Dharanam	Laghu		Pruthakava
Vimalam	Ashwasajana kam	Amritopamam		Sanyoga
Laghu	Ekanta Pathyam	Pittahara		Vibhaga
Pittahara <sup>[19]</sup>		Tarpanam		Partava
		Hridyam		Aparthav

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		Hrilaadi		Vega
		Buddhi Praboda nam		Guruthava
				Dravatva
				Rupa
				Rasa
				Sneha
Ch.Sa. - Charaka Samhita, Su.Sa. - Sushruta Samhita, As.Hr. - Astanga Hrudaya, YR - Yogaratnakara, VD - Vaisheshika Darshana.				

### Guna - Karma of Jala based on the direction of flow

S N	Direction of flow	Charaka	Sushruta	Vagbhata
1.	Purvabhimukha (flowing eastwards)	Heavy	Not recommendable because of heaviness	Opposite nature of Pashchima Bhimukha rivers
2.	Paschimabhimukha (flowing westwards)	Pathya, (Wholesome) & Nirmala (clear)	Pathya (wholesome) because of lightness	Pathya (wholesome), amala (pure) and useful.
3.	Dakshinabhimukha (flowing southwards)		Do not cause much Doshas because of their moderate qualities	

### Trishna Nighraha

Kantasya Shosha, Bhadirya, Shrama, Angasada and Hridaya.<sup>[4]</sup>

### Treatment

All kinds of cold measures are ideal.

### Atiyoga

Drinking water in excess, even in condition of excessive thirst, increases *Kapha* and *Pitta Dosh*, particularly in persons who are suffering from fever. It also increase *Ama*, *Trishna*, *Nidra*, *Tandra*, *Adhmana*, *Gauvrav*, *Kasa*, *Agnisada*, *Hrillas*, *Prasek*, *Shwasa* and *Pinas*.<sup>[6]</sup>

### Jalapana

#### Sevana Yogya Jala

Niragandha, Avyakatarasa, Trishnaganm Shuchi Sheetala Achya Lagu Hrudya

### Dushita Jala

Water which is covered over with slush, algae, weed, grass, leaves of lotus etc. which is not exposed to rays of sun and moon and air, which is having odour, color, and taste very prominently, should be understood as polluted. Its blemishes will be of six kinds such as of touch, sight, taste, odour, potency, and taste after digestion, roughness, sliminess, warmth, producing tingling of the teeth are blemishes of touch, presence of slush, sand, algae and many colors are blemishes of sight; prominence of taste is the blemish of taste, unpleasant odour is the blemish of smell, producing thirst, feeling of heaviness, abdominal pain, more elimination of *Kapha* from the mouth etc. are blemishes of potency; getting digested after a long time or causing constipation are the blemishes of taste after digestion. These blemishes are not present in atmospheric water (pure water).

### Jala Shodhanopaya

Methods to purify contaminated water:

- *Surya Atapa Pratapanam* (Boiling in sun's heat)
- *Taptaya Pinda, Sikta, Loshtranam* (Dipping hot iron etc. in water)
- *Agnikathanam* (Boiling in fire)
- *Naga, Champaka, Uthpala, Patala Pushpas* kept in the water it removes bad smell and gives good smell.

**Jalpana Varjya**

Charaka	Sushruta	Vagbhata	Yogaratanakara
Pandu	Parshva Shoola	Pratishyaya	Parshva Shoola
Udara	Pratishyaya	Vata Roga	Pratishyaya
Peenasa	Vata Roga	Gala Graham	Vata Roga
Meha	Gala Graham	Aadhmana	Gala Graham
Gulma	Aadhmana	Nava Jwara	Aadhmana
Mandanala	Sadyo Shuddhe	Hikka	Nava Jwara
Atisara	Nava Jwara	Sneha Peetam	Hikka
Pleeha Roga	Hikka		Sneha Peetam
	Sneha Peetam		Sthabdata

**Digestion of water**

Normal unboiled water is digested in 1 *Prahara* i.e., quarter of the day i.e., 3hrs, cooled boiled water takes its half time i.e., 1/8<sup>th</sup> of a day. 1½ hrs in being digested and tepid boiled water takes even half of that i.e., 45 min in being digested.<sup>[7]</sup>

**Jalpana and Kukshi Vibhaga**

Stomach is divided into 4 parts and filled the stomach with 2 parts of the solid foods, one part with the liquid and the remaining part should be kept vacant for the movement of *Vata*.<sup>[8]</sup>

**Effect of Jalpana in relation to meals**

Water taken in the middle of meals, maintains the normalcy of tissues and easy digestion. Water consumed immediately after meals leads to obesity and accumulation of fat in abdominal region. Drinking water before meals leads to indigestion and thereby emaciation of body.<sup>[9]</sup>

**Jalpana based on Ritu**

*Hemantha Ruthucharya* - Use only warm water for drinking.<sup>[10]</sup>

*Greeshma* - Cooled water flavoured with *Patala* flower and mixed with *Karpura* is also good for drinking during summer.<sup>[11]</sup>

*Varsha* - Rainwater, well water and boiled water.<sup>[12]</sup>

**Source of water used in different seasons<sup>[13]</sup>**

Sharad	Sarva Jala
Hemantha	Tadaga, Saras
Vasantha	Kaupa, Prastravana
Greeshma	Kaupa, Prastravana
Varsha	Antariksha, Audbhid
Praavrit	Choundya.

**Indication of Sheetal Jala**

*Murcha, Daha, Urdwaga Rakthapitta, Brama, Klama, Madatyaya, Vamathu*.<sup>[14]</sup>

**Contraindication of Sheetal Jala**

*Parshwashoola, Prathishyaya, Vataroga, Galagraha, Admana, Navajwara*, after the *Shodana, Hikka* and *Snehapana* person.<sup>[15]</sup>

**Ushnodaka**

*Ushnodaka* is that the water which is boiled and reduced to half its quantity by boiling. This water is free from froth, not spitout and clean.<sup>[16]</sup>

Lakshana	Ch.Sa. <sup>[17]</sup>	Su.Sa. <sup>[18]</sup>	As.Hr. <sup>[19]</sup>	BP <sup>[20]</sup>	YR <sup>[21]</sup>
Vatahara	+	+	+	+	+
Kaphahara	+	+	+	-	+
Medhohara	-	+	-	+	+
Agnivardhaka	+	-	-	-	-

Aamahara	-	+	+	+	-
Deepana	-	+	+	-	+
Kanthya	-	-	+	-	-
Pachana	-	-	-	+	-
Basti Shodana	-	+	+	-	+

### Guna - Karma of Ushnodaka

#### Indication of Ushnodaka

Indicated in *Trishna, Shula, Vibandha, Shwasa, Kasa, Hikka, Jwara, Peenasa, Parsvaroga, Gala Roga, Gulma.*

#### Contraindication of Ushnodaka

One should not drink hot water at night which is boiled during daytime and not drink the hot water at morning which is boiled in night.<sup>[22]</sup>

#### Ushnodaka based on different seasons

1. *Sharad* - 1/8<sup>th</sup> Part to be left out after boiling.
2. *Hemant* - 1/4<sup>th</sup> Part to be left out after boiling.
3. *Shishira, Vasanta* and *Greeshma* - 1/2<sup>th</sup> Part to be left out after boiling.
4. *Viparita Ritu* and *Pravritta* - 1/8<sup>th</sup> Part to be left out after boiling.<sup>[23]</sup>

#### Ushnodaka based on Dosha

1. *Vatahara* - 1/4<sup>th</sup> Part of the water is left out after boiling.
2. *Vata-Pittahara* - 1/2 parts is left out after boiling.
3. *Tridosahara* - 3/4<sup>th</sup> Part to be left out after boiling.<sup>[24]</sup>

#### Jalapana during Panchakarma

Water is the best *Anupāna*. Generally hot water is to be given immediately after administering the sneha,<sup>[30]</sup> During the course of *Snehana*, and also the same number of days even after the completion of the course use only warm water for drinking. During the

*Panchakarma* procedures and after the *Panchakarma* procedure and drinking of warm water is advised.

Except *Tuvarka* and *Bhalathak Snehapana*

#### Jalapana in Vividha Roga

#### Jala Prayoga in Jwara

In *Jwara* if the person feels thirsty, then administration of *Ushna Jala* to drink, if the *Jwara* caused by aggravation of *Vata* and *Kapha*. If the *Jwara* is *Pitta* dominant or if it occurs as a result of intake of *Madhya*, than water boiled with *Tikta Dravya* and then cooled and administration.<sup>[25]</sup>

#### Jala Prayoga in Vibandha

*Ushajalapana* in the morning<sup>[26]</sup> and *Ushnodakapana* in night is advised in *Vibandha*.<sup>[27]</sup>

#### Jala Prayoga in Mutrakruhra

Water mixed with sugar aggravates *Kapha* and alleviates *Vata*, being mixed with white sugar or candied sugar it increases *Sukra* and alleviates *Dosas* and it mixed with jaggery allays dysuria and aggravates *Pitta* and *Kapha*.<sup>[28]</sup>

#### Sheeta Jala Nasya

In *Manya Stambha* *Sheetajala Nasya* followed by *Guggulu Prayoga* is advised in *Bhava Prakasha Vatavyadi Adhikaran*.

## DISCUSSION

*Jala* is mentioned in *Nitya Sevaneeya Dravya* because it gives essential minerals and fluid to the body. Excessive intake of water causes *Agnimandya* it increase of *Ama*, it is route cause for many *Rogas* as per Ayurveda. *Jala* as best *Anupana* because it is chief source of all tastes, it is *Satmya* to all and possesses properties of sustaining of life.

Water taken with relation to *Dosha Ahara Kala* act based on *Guna* and *Avastha* source of water react to with body.

*Ushna Jala* is having properties like *Vatanulomaka, Deepana* and *Amahara*. Due to *Vatanulomana* property the *Apana Vata* comes to normal functioning then the obstruction is relieved and proper expulsion

of faeces takes place. Due to Deepana property the food will be digested properly

The warm water and boiled and cooled water takes less time for the digestion as compared to normal water because by the boiling process the water become *Laghu* and take less time for digestion. One should not drink hot water at night which is boiled during daytime because it becomes *Guru* at night time and not drink the hot water at morning which is boiled in night because it becomes *Guru* at daytime. So, this type of water is contraindicated.

In vomiting and *Urdwaga Rakthapitta* condition *Sheetala Jala* is advised because of its *Sthambaka Guna*. In *Daha*, *Pitta* get aggravated so by drinking *Sheethala Jala* it subsides *Pitta*.

During *Greeshma Ritu*, bodies try to cool down through the natural process of sweating, which in turn cause dehydration this makes it essential to drink more water. During *Hemantha Ritu* drinking warm water helps in the movement of mucous, and possesses the potential of fighting against bacteria.

## CONCLUSION

The water consumptions depend on *Trishna*, *Desha*, *Kala*, *Rithu*, *Vaya*, *Avastha*, *Prakruthi* etc. in present day many wrong rules and regulations are followed by the public without knowing its side effects like drinking more water without thirst etc. and advanced techniques water purification remove some good quality of water. So, it become more important know more about water so in this article we tried to explain *Guna*, *Karma*, *Vidhi* and *Upayoga* of *Jala* in Ayurveda. Man can survive for few weeks without food but not more than five days without water. By the proper management of drinking water one can prevent the diseases.

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