



Review Article

RIGHTEOUS WAY OF JALAPANA VIDHI- AN AYURVEDIC REVIEW

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ABSTRACT

Water is origin of life, from where whole unicellular to multi cellular organism, whole animal and plant kingdoms came. *Sarvadravyum panchamahabouthikatwam*, Water is composed of all *Mahabhutha*. Water is considered as life for human being, so it can't be contraindicated completely in any bodily condition. In this present era, due to fast and mechanical life people are following irregular life styles and improper dietary habits because of which there is a impairment in the physiological function of the body. Water is source of health if taken at right time and in appropriate quantity. It is believed that the water possesses ability to treat various diseases. Ayurvedic literature gives very experienced knowledge about time, quantity and appropriate water intake concerning health as well as improper water ingestion relating to disorders. Hence an attempt is made to review the *Jalapana vidhi* in all Ayurvedic literatures.

INTRODUCTION

Water is essential for all living system. Water is an essential item for health and is available everywhere. After knowing its remedial 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. In this present competitive era, people are following 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 *Rogagnatha* of *Jala*.

Review on Jala

Importance of Jala

The Ayurveda Acharyas has given lot of importance to water. It has been considered as the basis of life for all living beings.

It has also been mentioned that entire world is full of it. There is no survival without water for the healthy or even for the diseased. *Anthariksha jala* is mentioned in *Nityasevaniya dravya*. If the water is used judiciously, in an appropriate quantity acts like nectar, otherwise acts like poison^[1].

Thrishna nighraha

Kantasya shosha, Bhadihya, Shrama, Angasada and *Hridayatha*.^[6]

Athiyoga

Drinking water in excess, even in condition of excessive thirst, increases *Kapha* and *Pitta Dosha*, particularly in persons who are suffering from fever. It also increases *Ama, Trishna, Nidra, Tandra, Adhmana, Gauvrav, Kasa, Agnisada, Hrillas, Prasek, Shwasa* and *Pinas* ^[7].

Jalapana

Jalapana 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*.^[8]

Effect of Jalapana 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

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water before meals leads to indigestion and thereby emaciation of body [9].

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., 1/8th of a day -1 ½ hrs in being digested and tepid boiled water takes even half of that i.e., 45 min in being digested [10].

Jalapana varija

Water should be used in minimal quantity for cases who have a *Agnimāndya, Gulma, Pāndu, Udara, Atisāra, Arśas, Grahani dosa, Sosa, Sopha, Arochaka,*

Prathishyaya, Praseka, Shwayath, Mandagni, Udara, Kusta, Jwara, Netraamaya, Vrana, Madhumeha [11].

Jalapana in Relation to Time

Ushapana

One who drinks 8 *Prasrutha* of water just before the *Suryodayakaala*, he is free from diseases and lead a healthy long life. *Ushapana* should be done with *Paryushitha jala* kept overnight. After awakening before the *Malavisarjana* one should drink the water.[12]

It relieves *Arsha, Shotha, Grahani, Jwara, Udara, Kusta, Mutraghata, Rakthapitta, Karna gala Shira roga, Kshataja roga* and *Vata Pitta Kapha Rogas*. [13]

Guna - Karma of Jala

| Ca [2] | Su [3] | Ah [4] | YR [5] |
|------------------|-----------------------------------|--------------------------|------------------|
| <i>Sheetam</i> | <i>Avyakta rasa/ Ishad vyakta</i> | <i>Avyakta rasa</i> | <i>Sheeta</i> |
| <i>Shuchi</i> | <i>Jeevanam</i> | <i>M rishta</i> | <i>Pittahara</i> |
| <i>Shivam</i> | <i>Tarpanam</i> | <i>Sheeta</i> | |
| <i>Mrishtam</i> | <i>Dharanam</i> | <i>Laghu</i> | |
| <i>Vimalam</i> | <i>Ashwasajanakam</i> | <i>Amritopamam</i> | |
| <i>Laghu</i> | <i>Ekanta pathyam</i> | <i>Pittahara</i> | |
| <i>Pittahara</i> | | <i>Tarpanam</i> | |
| | | <i>Hridyam</i> | |
| | | <i>Hrilaadi</i> | |
| | | <i>Buddhi Prabodanam</i> | |

Jalapana based on Ruthu

Source of water used in different seasons [14]

| | |
|-----------------|----------------------------|
| <i>Sharad</i> | <i>Sarva jala</i> |
| <i>Hemantha</i> | <i>Tadaga, Saras</i> |
| <i>Vasantha</i> | <i>Kaupa, Prastravana</i> |
| <i>Greeshma</i> | <i>Kaupa, Prastravana</i> |
| <i>Varsha</i> | <i>Antariksha, Audbhid</i> |
| <i>Praavrit</i> | <i>Choundya</i> |

Nature of water used in different seasons

Hemantha Ruthucharya- Use only warm water for drinking. [15]

Greeshma- Cooled water flavored with *Patala* flower and mixed with *Karpura* is also good for drinking during summer.[16]

Varsha - Rainwater, well water and boiled water. [17]

Indication of Sheethala jala

Murcha, Daha, Urdwaga rakthapitta, Brama, Klama, Madatyaya, Vamathu. [18]

Contraindication of Sheethala jala

Parshwashoola, Prathishyaya, Vataroga, Galagraha, Admana, Navajwara after the *Shodana, Hikka* and *Snehapana* person. [19]

Ushnodaka

Ushnodaka is that the water which is boiled and reduced to half its quantity by boiling. This water is free from froth, not spit out and clean. [20]

| Lakshana | Ca [21] | Su [22] | Ah [23] | BP [24] | YR [25] |
|----------------------|----------------|----------------|----------------|----------------|----------------|
| <i>Vata hara</i> | + | + | + | + | + |
| <i>Kaphahara</i> | + | + | + | - | + |
| <i>Medho hara</i> | - | + | - | + | + |
| <i>Agni vardhaka</i> | + | - | - | - | - |
| <i>Aamahara</i> | - | + | + | + | - |
| <i>Deepana</i> | - | + | + | - | + |
| <i>Kanthya</i> | - | - | + | - | - |
| <i>Pachana</i> | - | - | - | + | - |
| <i>Basti shodana</i> | - | + | + | - | + |

Guna - Karma of Ushnodaka

Indication of Ushnodaka

Indicated in *Trishna, Shula, Vibandha, Shwasa, Kasa, Hikka, Jwara, Peenasa, Parsva Roga, Gala roga, Gulma*.^[26]

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.^[27]

Ushnodaka based on different seasons

1. *Sharad* - 1/8th part to be left out after boiling.
2. *Hemant* - 1/4th part to be left out after boiling.
3. *Shishira, Vasanta* and *Greeshma* - 1/2th part to be left out after boiling.
4. *Viparita ritu* and *Pravritta* - 1/8th part to be left out after boiling.^[28]

Ushnodaka based on Dosha

1. *Vatahara* - 1/4th Part of the water is left out after boiling.
2. *Vata-Pittahara* - 1/2 parts is left out after boiling.
3. *Tridosahara* - 3/4th Part to be left out after boiling.^[29]

Aushadasiddha Paniya

Various medicated water has been explained in the context of treatment of different diseases. To prepare *Aushadsiddha paniya* one part of raw drug is taken with sixty four times of water to be boiled upto half.

Jalapana during Panchakarma

Water is the best *Anupāna*. Generally hot water is to be given immediately after administering the *Sneha*.^[30] 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.^[31] During the *Panchakarma* procedures and after the *Panchakarma* procedure and drinking of warm water is advised.^[32]

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* is caused by aggravation of *Vata* and *Kapha*. If the *Jwara* is *Pitta* dominant or if it occurs as a result of intake of *Madya* than water boiled with *Tikta Dravya* and then cooled and administration.^[33]

Jala Prayoga in Vibandha

Ushajalapana in the morning^[14] and *Ushnodakapana* in night is advised in *Vibandha*.^[27]

Jala Prayoga in Mutrakruhra

Water mixed with sugar aggravates *Kapha* and alleviates *Vāta*, 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*.^[35]

DISCUSSION

Jala is mentioned in *Nitya sevaneeya dravya* because it gives essential minerals and fluid to the body. Excessive intake of water causes increase of *Ama*, the increased *Ama* subsides the action of digestive fire which as consequence causes indigestion, indigestion causes fever and fever depletes *Dhatus* and depletion of *Dhātus* is the causes of all the diseases. *Vridhha Vagbhata* considers *Jala* as best *Anupana* because it is chief source of all tastes, it is *Sathmya* to all and possesses properties of sustaining of life.

Water taken before the food leads to *Agnisada* so the person become lean, water taken after the food increases *Kapha* in *Amashaya* leads to *Sthoolatha*, water taking in between the food leads to proper digestion and normal maintenance of *Dhathus*. *Ushapana* creates an urge to move the bowel and therefore helps to regulate digestive system and more quantity of water leads to clearing the waste. *Ushapana* is indicated in *Vibandha*, it converts *Ruksha guna* of *Puresha* into *Snigha* means softens the stool and because of *Chala guna* it helps in easy evacuation.

During *Greeshma ruthu*, 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 ruthu* drinking warm water helps in the movement of mucous, and possesses the potential of fighting against bacteria.

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.

During the *Snehapana* hot water is to be given immediately after administering the *Sneha*, for the easy digestion and to remove the coating in the mouth. During *Panchakarma* hot water is indicated for to maintain the normalcy of digestive power and helps in the digestion of ingested medicine. After the *Shodhana* and during *Snehapana* *Sheethala jala* is contraindicated because it subsides function of *Agni*.

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 and the production of *Ama* is stopped, hence there is no further vitiation of *Apana Vata*. In *Jwara*, *Agnimandya* and *Ama* condition is seen so hot water is indicated because of *Dipana*, and *Pachana* properties. Along with reduction of fever it does the *Stroto Shodhana*, acts as *Balya*, *Ruchikara* and *Swedakara*. During 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*. In *Mutra kruchra* drinking of water helps in diluting the urine and allowing bacteria to be flushed from urinary tract before an infection.

CONCLUSION

Man can survive for few weeks without food but not more than five days without water. The amount of water intake depends on *Trishna*, *Desha*, *Kala*, *Rithu*, *Vaya*, *Avastha*, *Prakruthi* etc., to maintain the health. By the proper management of drinking water one can prevent the diseases

Water should be taken in appropriate quantity even if we are very thirsty. It is important to educate the peoples about the water intake.

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