



## Review Article

### A LITERARY REVIEW ON USHAPAAAN AND JALA SANGRAHANA PATRA

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#### ABSTRACT

Prevention of the disease is the need of the present era. *Dincharya*, *Ritucharya*, *Nishacharya*, *Achara Rasayana*, *Sadvritta* are some of the concepts comes under the heading of the *Swasthavritta* which primarily emphasis on the prevention of the diseases and preservation of health. *Usha paan* is one of the important components of the daily regimen (*Dinacharya*). This concept suggests to consume neutral water in amount of 8 *Prasriti* (640ml) in *Bramha muhurta kala* that is just before the sunrise. An attempt will be made to review the concept of *Ushapana* in detail after refereeing the various Ayurveda literature, published articles and possible justification of use of *Tamra Patra Sthita jala* for *Ushapana* will be made according to the prevailing contemporary science. For achieving this aim all online and offline material related to topic, modern text book has been reviewed. According to the classical reference *Usha Paan* is endowed with the advantages like improves the digestion, promote the bowel movement, detoxify body, and prevents from premature ageing by improving metabolism. *Bhavaprakasha* enumerates that different *Patra* to store the drinking water like *Tamra Patra*, *Mrittika Patra*, *Kacha Patra* etc. According to the *Bhavamishra* it water stored in different vessels will have different attributes like water stored in *Tamra Patra* has the quality of *Pittakapha Shamaka* and *Lekhana* when it is consumed in the season like *Hemant*, *Shishira Vasant* and *Sharad Ritu*. In present time people are very much fond of consuming water in the *Tamra patra* (Copper vessel) may be because of culture or costumes adopted by the ancestor or because of health benefit. Here the reviewed literature says that water stored in the *tamara patra* prevent the non-communicable metabolic disorders by enhance the metabolic activity and check the communicability of the water borne diseases by antimicrobial effect. Hence the concept of *Ushapana in Tamra patra* elaborated in the *Bhavaprakasha* is relevant in present ear.

#### INTRODUCTION

To maintain health of healthy individual (prevention) is the first basic aim of Ayurveda. Now days also prevention of diseases is demand of modern era because chronic non communicable diseases are assuming increasing importance among the adult population in both developed and developing

countries. A total of 56 million deaths occurred worldwide during 2012 of these, 38 million were due to NCDs, cardiovascular disease and cancer are at present the leading causes of death<sup>[1]</sup>. All non-communicable disease can be considered under metabolic disease (lifestyle disease). Lifestyle modification is only tool to treat life style disorders. Lifestyle refers to someone's way of living or we can say the dietary (*Ahara*) and behavioral (*Vihara*) choices of individual. There are so many preventive measures had been mentioned in Ayurveda literature like *Dincharya*, *Ritucharya*, *Nishacharya*, *Achara Rasayana*, *Sadvritta*. *Usha Paan* is also a preventive process which is one of the important steps of *Dincharya* which is mentioned in *Bhav Prakash Poorva*

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*Khand*<sup>[2]</sup>. *Usha* is a Sanskrit word which means dawn, early morning and *Paan* means to drink/intake, therefore, *Ushapaan* means consuming water or drinking water at *Brahma Muhurta*. Where 8 *Prasriti* (640ml) of water is indicated to drink before sunrise. The purpose is to collect in depth review of *Usha Paan* and to explain the copper and earthen pot stored water drinking.

## MATERIALS AND METHODS

All the classical texts as *Brhatrayi*, *Laghutrayi*, thesis on copper stored water, online different databases, modern text books were reviewed.

### Usha Paan

According to *Baav Prakash* whoever drinks 8 *Prasriti* (640ml) of water at the time of sunrise, lives more than 100 of years without any disease and agedness<sup>[3]</sup>. *Nasa Jalapaan* is also mentioned in which three *Prasriti* (240ml) of water should be taken through nostrils.

**Benefits of Usha Paan:** *Usha Paan* is beneficial in following diseases:

*Arsha* (hemorrhoids), *Shoth* (edema), *Grahani* (sprue), *Jwar* (fever), *Jara* (ageing), *Kushtha* (skin disorders) *Medovikara* (lipid disorders), *Mutraghata* (urinary problems), *Raktapitta* (bleeding disorders), *Shravan Rog* (ear diseases), *Gala Rog* (throat disease), *Shir Rog*, *Shroni Rog* (pelvic disorders) *Shool* (pain), *Akshi Rog* (eye diseases), and diseases due to *Vata*, *Pitta*, *Kapha*, and *Kshat*<sup>[4]</sup>.

**Benefits of Nasa Paan:** *Nasa Paan* is beneficial in following diseases:

*Vali* (wrinkles), *Palita* (gray hair), *Peenasa* (rhinitis), *Swarabhanga* (hoarseness of voice), *Kasa* (cough), *Shotha* (edema) and *Rasayana* and improves eyesight. *Neti kriya* which is one of the *Shodhana* procedure explained under *Shatkarma* mentioned in

*Hathiyogapradipika* and *Gheranda Samhita* is similar to this process.<sup>[5]</sup>

**Contraindications for Nasa Jalapaan:** Person who has consumed *Sneha*, who is injured, undergone *Panchakarma*, *Adhmana* (abdominal distension), *Mandagni* (low digestive fire), *Hikka* (hiccoughs) and who have *Kapha* and *Vata* related diseases.

**Time for Usha Paan:** *Bhoj* mentioned “*Ratrichaturthprahre Pravesha*”. There is 24 hours in one day and night and 8 *Prahar* in one day and night (4 *Prahar* for day and 4 *Prahar* for night). And one *Prahar* is equal to 3 hours. That mean if sun rises at 6 a.m. then time of *Usha Paan* will be 3 am. To 6 am.

In some other reference “*Sooryodayaatismahitprak*” is mentioned for the time of *Usha Paan* which means time of *Ushapaan* will be just before the sunrise.

**Water mentioned for Usha Paan:** *Paryushit Jala* (staled water or water stored for overnight).

**Vessel indicated for storage of water:** In *Bhaav Prakash Tamra* (copper), *Mrida* (earthen pot), *Sfatic* (rock kristle), *Kaach*, *Vaidurya* (cat’s eye) vessels had been indicated for storage of water<sup>[6]</sup>. Here only copper and earthen pot will be justified because of their availability.

**Copper pot:** copper is one of the first metals used by humans and its usage dates back to 5000 BC. Copper was used by ancient Egyptians both as a cosmetic as well as a medicine. Copper was used to sterilize chest wounds and drinking water<sup>[7]</sup>. In Ayurveda it is advised that water stored in copper containers overnight will impart health benefits.

### Properties of Tamra<sup>[8]</sup>

1. *Rasa-Tikta, Kashaya* (little bit *Amla*)
2. *Vipaka- Madhur*
3. *Veerya- Ushna*
4. *Doshakarma- Pitta-Kaphashamak*
5. *Dhatukarma- Param Lekhanam*

## Indication

<b>Prakritianusar</b>	<i>Pittaj Prakriti, Kaphaj Prakriti, Pitta-Kaphaj Prakriti</i>
<b>Rituanusar</b>	<i>Hemant, Shishir, Vasant, Sharad</i>
<b>Vyadhianusar<sup>[9]</sup></b>	<i>Jathar Rog, Kushta Rog, Aam Rog, Krimi Rog, Urdhv Adho Shodhan, Visha, Yakrit, Stholaya, Shudhavardhak, Arsha, Kshay, Paandu, Netrya</i>
<b>Ahoratrianusar<sup>[10]</sup></b>	<i>Ardha Ratri, PratyushaKaal</i>

**Earthen pot:** It is being used for many house hold purpose like storage of water, food, milk, curd etc. since long ago. In Ayurveda, *Mritika* is used in many diseases like *Chardi*, *Trishna*, *Raktapitta*, *Raktapradar*, *Atisar*. In *Charak Samhita* *Mritika* is the content of *Chhardi Nigrahan*, *Purishvirajniya*, and *Shonit Sthapan Mahakashay*<sup>[11]</sup>.

*Bhav Prakash* indicated *Krishna Mritika* in *Kshat*, *Daha*, *Rakta Pradar*, *RaktaVikar*. It is *Kapha Pitta Shamak* in property<sup>[12]</sup>.

### Indication

<b>Prakritianusar</b>	<i>Kaphaj Prakriti, Pittaj Prakriti, Kapha-Pittaj Prakriti</i>
<b>Rituanusar</b>	<i>Sharad, Vasant, Greeshma</i>
<b>Vyadhianusar</b>	<i>Shat, Daha, Rakta Pradar, Rakta Vikar, Trishna, Chhardi, Pittaj Shoth, all PittajVikar</i>
<b>Ahoratrianusar</b>	<i>Poorvanha, Madhyanha, Ardha Ratri</i>

### DISCUSSION

*Usha Paan* (*Sukhoshana* water intake in the morning or *Paryushit Jala* which is stored overnight) improves the digestion, promote the bowel movement, detoxify body, and prevent from pre mature ageing by improving metabolism. It helps to reduce the weight also. Drinking a glass of water had statistically significant effect on morning bad breath.<sup>[13]</sup>

WHO (1996) estimated that average copper requirements are 12.5µg/kg of body weight per day for adults and about 50µg/kg body weight per day for infants. Copper is major component of catalytic centers of different redox enzymes such as metalloenzymes cytochrome c oxidase, tyrosinase etc.

According to WHO standard guideline for permissible limits of copper in drinking water is 2mg/L. when water stored in copper pot for 16 hours copper leached in water is only 1/20<sup>th</sup> of permissible limit. Storing water in copper pot can be considered as traditional method of water purification because it has antibacterial property. In a study, where water contaminated with 500 CFU/ml of *Vibrio cholerae*, *Shigella*, *Flexneri*, *Enterotoxigenic Escherichia coli* etc. had been stored in copper pot for 16 hours at room temperature no bacteria could be recovered on the culture medium after 16 hours. Copper maintains the pH of distilled water.<sup>[14]</sup>

In a study, it was found that qualities of water were markedly changed due to storage in copper pot. It had been concluded that, copper leaching occur in water stored in copper pot in significant levels, odour and colour of water improved after storage in copper pots, pH changes occur in water after storage in copper pots, quality of water improves, microbial contamination reduced as effect of copper on water.<sup>[15]</sup>

In Ayurveda, *Mrida* is mentioned for the treatment of all *Pittaj Vikara*, it is *Daha Shamak*, *Pittakapha Shamak* and *Trishna Shamak* so it can be used in *Greeshma Ritu*, *Sharad Ritu* and *Vasant Ritu*. *Acharya Sushruta* mentioned *Ritu Lakshana* in *Ahoratri* too. So earthen pot stored water should be taken in *Poorvanha* which is having the similar *Dosha* effect of *Vasant Ritu*, *Madhyanha* which is having similar *Dosha* effect of *Greeshma Ritu* and *Ardhratri* which is having the similar *Dosha* effect of *Sharad Ritu*.

In a study, it had been concluded that clay pot can be an easy, flexible and cost-effective method for removal of fluoride from water.<sup>[16]</sup>

### CONCLUSION

From the above review it can be concluded that *Usha Paan* can be the answer of so many non-communicable disorders and the pot for the storage of water which had been mentioned by *Acharya Bhav Prakash* is relevant in modern era too. Now a days many people use water purifier and use the stored water of plastic container for drinking purpose which is harmful for health because the water stored in plastic container will disturb the physical and chemical property of drinking water thus purified water should be stored in copper and earthen pot according to season for healthy person or according to disease which is mentioned in this paper.

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