

Aspects of water intake in Ayurvedic and Modern literature- A review



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Purpose

➤ Water(H₂O, Jala mahabhuta) is life of living kingdom. It is source of health if taken in unadulterated form, at right time and appropriate quantity.

panly. p/ai`na. p/a`a
ivXvmev c tNmym\
Atae™TyNtin8e2eee™ip n
Kvict vair vJyRyet||
AaSyaxae8a¥sada´a
m<TyuvaR tdlawt:|
n ih taeyaiµnav<it:
SvS4Sy Vyai2tSy va|| A s. sU-Î



Purpose...

➤ It is also source of disease if taken in adulterated form , unacceptable time and inappropriate quantity.



Purpose...

- Hence it is essential to discuss about the present issue regarding water intake and related health problems.



Method

- Ayurvedic and Modern literature is reviewed regarding water intake and discussed for final conclusion.



Review of Ayurvedic Literature

- Ayurvedic literature review gives very experienced knowledge about appropriate water intake concerning health as well as improper water ingestion relating to disorders.



Review of Ayurvedic Literature....

- Water variety
kevalam, saushadha,
Pakwam, amam and
ushna, if used
judiciously, in an
appropriate quantity
acts like **nectar** ,
otherwise act like
poison.

keval saE82. pKvmammu*`.

ih. c tt\|

sml(y ma5ya yu⁻ mm<t.

iv8mNy4a|| (A. S. Su. 6/32)

Ayoga , Atiyoga and Mithya yoga

- Ayoga – always doing Trishna nigraha.
- Atiyoga – always drinking water in excess quantity.
- Mithyayoga - always drinking chilled water , cold drinks, drinking water even if no thirst etc. all these leads to ill health.

- Ch.su.1/54

Samyak yoga is always good for health.

Ayoga (Trishna Nigraha)

➤ Ayoga causes

- ✓ k~#xo8
- ✓ AaSyxo8
- ✓ bai2y.R
- ✓ &m:
- ✓ sad
- ✓ 'id Vy4a
- ✓ sMmoh
- ✓ w/m



- c . s U . ĩãÉÉ , A¹ s U ì/ãÉÈ , A s . s U íãÉÉ

Atiyoga

- 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 increase ama, trishna, nidra, tandra, adhmana, gauvrav, kasa, agnisada, hrillas, prasek, shwasa and pinas.

Aityaegen sill.

t<*ytae™ip p/yaeijtm\|

p/yait Xle*mip%Tv.

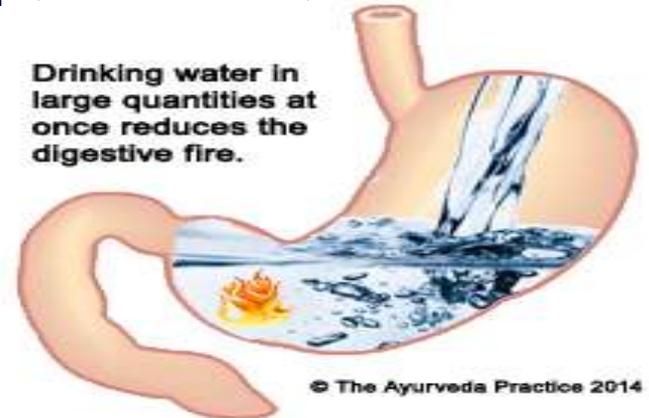
JvirtSy ivxe8t:||

v2RyTyamt<i*ntNd/a@mana

¥gaErvm\|

kasaiGnsad¹Llasp/se क

Xvasplnsan\|| (A.S.Su.6/33-34)

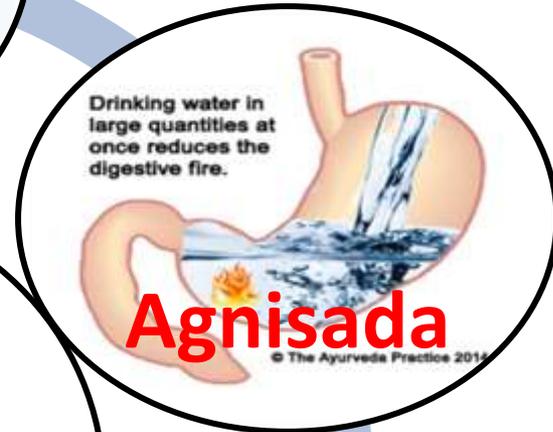




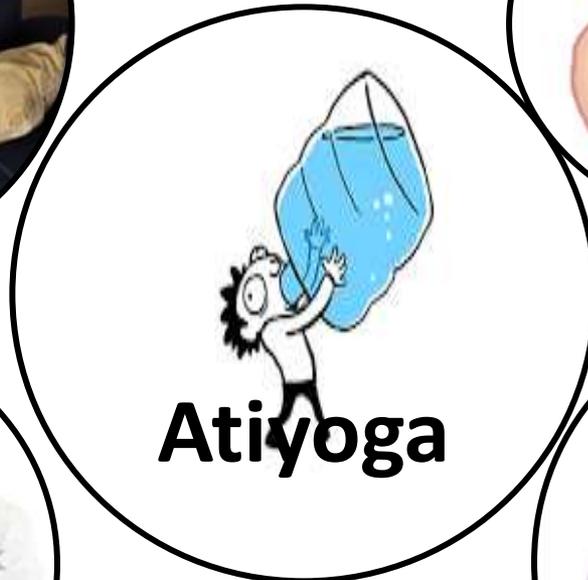
Pinas



Angagaurav



Agnisada



Atiyoga



Tandra



Adhman



Trishna





j|ai2KyaNmnu*ya`amamv<i?: p/jayte|

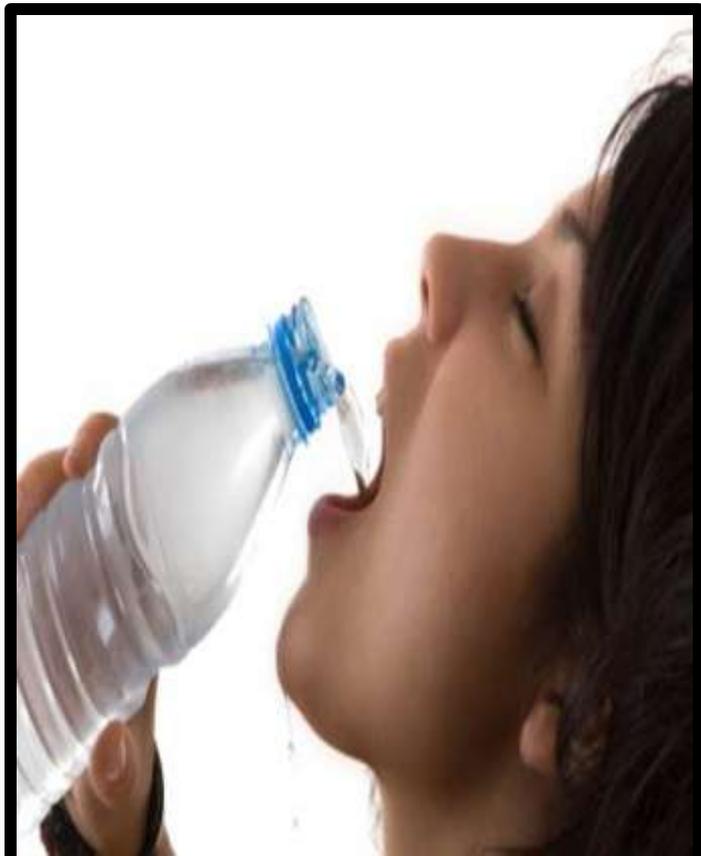
Aamv<2ya tu mNdaiGnaE caPyjl`Rta||

Ajl`eRn JvraeTpi%JvRrapE 2atunaxaTsvRraega jayNte

cae%rae%rm\||yae r xltae*`vaigru`a: Ê pe n. Ńí

Mithya yoga

- Taking chilled water , ice water , cold drinks, or excess hot water etc.



smS4Ulk<xa wu m@yaNtp/4maMbupa:||

A. 1 sU í ãÉí,A. s su îàË-ËÊ, wa p/ í/// ãÈÑ



Sama

EFFECTS OF DRINKING WATER WITH RESPECT TO MEALS



Sthaulya



Karshya

A silhouette of a person standing on a hill, holding a camera up to their eye to take a photograph. To the left of the person is a large, dark evergreen tree. The background is a gradient of colors from dark purple at the top to a bright orange-red at the bottom, suggesting a sunset or sunrise. The overall scene is dark and atmospheric.

CONCEPT OF USHAH JALAPAN

Ushah Jalapan

A person, who drink water of 8 prasruti (A cup formed by joining two palms is known as prasruti) before the time of sunrise can live for a period of hundred years, without any disease and fear of old age.

sivtu: smudykale

p/s<tl: sillSy

ipbed*3aE|

raegjrapirmu[̄] aE

jlvetTsrxt. sag/m\||

ASyjlpanSyaep¢mkalae

ra5eXctu4Rp/hre p/vex:|

wa. p/. idncyaRp/kr`m\ íãÕÓî

Usha: Jalapan

The person will not suffer from following diseases who is habituates to drink water in last prahar of Nisha. They are Arsha, shotha, grahani, jwara, Jathara, jara, kustha, medovikar, mutraghat, raktapitta, shravan, gala, shiroroga, shronishoola, akshiroga, and other diseases caused by vata, pitta, kshata and kapha.

AxR:xae4g/h~yae
Jvrj#rjraku*#medaeivkara
mU5a6ata55ip%&v`glixr:
&aei`xUlai9raega:|
ye caNye
vatip%9tjkk<ta
Vya2y: siNt jNtae
Sta.StanWyasyaegadphrit
py: pltmNte inxaya:||
wa. p/. idncyaRp/kr`m\ íãÉÉÐ

EFFECTS OF ATI JALAPAN AND AJALAPAN DURING MEAL

ATyMbupana¶ ivpCyte™¶nMbupanaCc s 0v dae8:

tSma¶rae vi»ivv2Rnay muhumRuhuvaRir ipbedwUir||ÉÍ||

wa p/ pU Í ,yaeer inTyp/v<iTtp/kar: ÉË

- If water is taken in large quantities or if not consumed at all, the food is not processed or digested .
- Hence drinking water in appropriate quantity at frequent intervals is necessary to promote digestive fire during food consumption.



THIRSTY PERSON CAN'T EAT & HUNGRY PERSON CAN'T DRINK WATER – REASON?

One should not eat food while thirsty and one should not drink water while hungry otherwise he may suffer from Gulma and Jalodara respectively.

t<i8tStu n caXnlyaT9ui2tae n ipbeJlm\|

t<i8tStu wvedguLml 9ui2tStu jlaedrI||ÉÎÒ||

wa p/ pU í,

yaeer inTyp/v<iTtp/kar: ÉÎ

**CONCEPT OF WATER
INTAKE IN DISEASED
CONDITION**

- Drinking of water should be moderate in diseases such as
- Arochak, Pratishtya, Prasek, Kshaya, Mandagni, Kushtha, Jwara, Netraaamaya, Vrana and Madhumeha.

Arocke p/itXyaye p/seke Xvy4O 9ye ||îî||

mNde™Gnavudre ku*#e Jvre ne5amyet4a ||

v/^e c m2umehe c panly. mNdmacret\ ||îî||

Su. Su. 45/45,46

➤ Water should be consumed in very appropriate quantity, by those suffering from Agnimandya, Gulma , Pandu, Udara, Atisara, Arsha, Grihani, Shosha.

(A.H.Su.5/13)

➤ Except **Sharad** and **Nidagha**, even healthy persons should drink very appropriate quantity of water. (A.H.Su.5/14)

naMbU peymxKTya va SvLpmlpaiGnguiLmiw: ||ÉÉ||

pa~DUdraitsaraxaeRg/h`lxo8xoi4iw:|

1te xriNnda6aWya. ipbeTSvS4o™ip caLpx: ||Éî||

Modern view..

- Though media and all bombarding that drink more and more water and keep one self healthy, the fact is different.
- Researches shows that excess drinking of water is always harmful to your health.



Overhydration caused due to excessive drinking of water



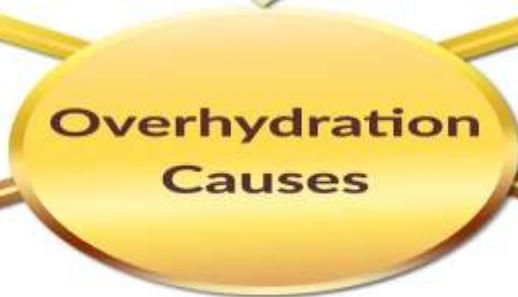
Heart Failure



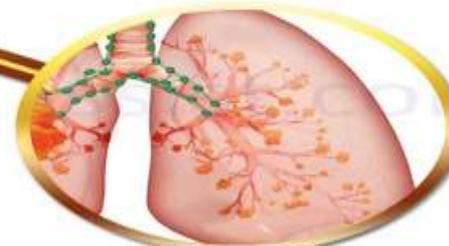
Kidney Problems



Cirrhosis



**Overhydration
Causes**



SIADH

Modern review....

- One sixth of marathon runners develop some degree of *hyponatremia*, or dilution of the blood caused by drinking too much **water**. (*New England Journal of Medicine*, 2005)

<http://www.scientificamerican.com/article/strange-but-true-drinking-too-much-water-can-kill>

Modern review....

- Earlier a 28-year-old woman in California died after competing in a radio station's on-air water-drinking contest.
- A 21 year old man died after he was forced to drink excessive amounts of water between rounds of push-ups in a cold basement.
- ✓ <http://www.scientificamerican.com/article/strange-but-true-drinking-too-much-water-can-kill>.

Modern review...

➤ **Exercise-Associated**

Hyponatraemia (EAH) due to excessive hydration has caused at least a dozen deaths worldwide and there have been more than 1,600 documented cases of it around the globe.

Modern review....

The NHS Choices website's advice that **people should drink six to eight glasses a day is 'not only nonsense, but thoroughly debunked nonsense'**. benefits of the drink are often exaggerated by 'organizations with vested interests' such as bottled water brands.

- Margaret Mc Cartney

Modern review....

- "Rapid and severe hyponatremia causes entry of water into brain cells leading to brain swelling, which manifests as seizures, coma, respiratory arrest, brain stem herniation and death".

M. Amin Arnaout, chief of nephrology at Massachusetts General Hospital and Harvard Medical school

Modern review....

- The International Marathon Medical Directors Association advocates 'drinking to thirst' and no more. That means 0.03 liters per kilogram. So, for a 100 kg person that's a maximum of three liters.
- ✓ The times of India - Drinking too much water can be risky
TNN | Aug 30, 2013, 12.00 AM IST

DEHYDRATION = BAD





Water controls your body temperature

Dehydration can lead to heat shock, fainting, even death

Brain has priority

Takes water from the rest of your body when you're thirsty

Heart has to work harder

Higher blood viscosity
Higher blood pressure
Blood clotting

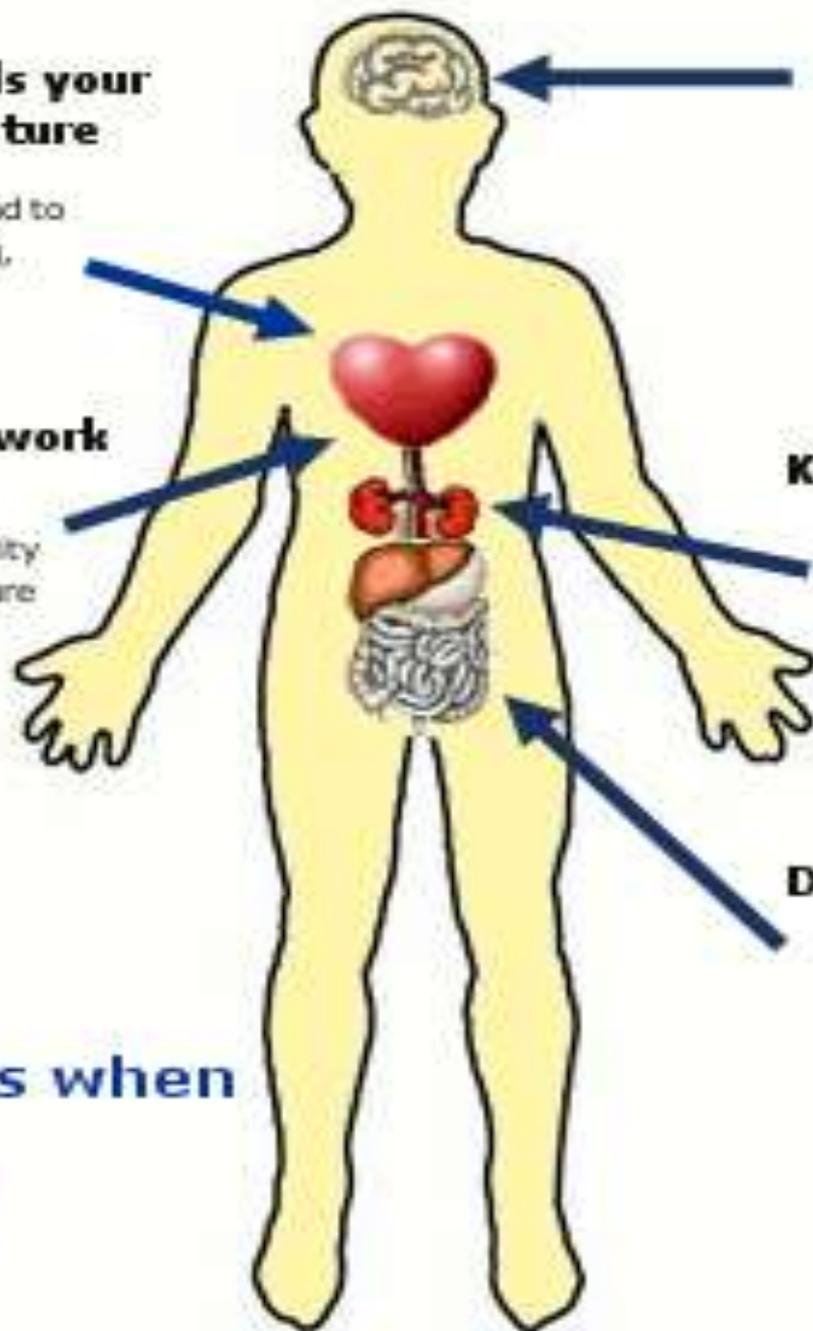
Kidneys get overloaded

Toxins accumulate
Can't be flushed
Can be damaged

Digestive Problems

Constipation
Acid Reflux
Indigestion
Toxins Accumulate

What happens when you get dehydrated?



DEHYDRATION



OVERHYDRATION = BAD



**PROPER HYDRATION
GOOD**



Discussion

Discussion

- Present puzzled concept about water consumption in media, literature and among peoples is drink more and more water and stay healthy. It purifies all morbid matter in your body. It prevents kidney diseases, relives constipation, prevents dehydration etc. if taken in more quantity?



Discussion

- In OPD, it is observed that patients suffering from obesity, Amavata , joint pain , skin disorder , diabetes mellitus etc; drink to much water without sensation of thirst.

Discussion

- It is observed that when we cut down the excess water consumption in obese patients they loose their wt. by 4 to 5 kg in initial month.
- In some Amavat patients when we reduce their excess water intake the pain is reduced to some extent.

WE ARE TOLD TO DRINK EIGHT, 8-
OUNCE PER DAY

IS THIS CORRECT AS PER
AYURVEDIC LITERATURE?



CAN ALL PERSONS DRINK
SAME AMOUNT OF WATER?

IS IT NECESSARY TO THINK
ABOUT THIRST OR NOT?

GENERAL CONCEPT IN MIND
OF COMMON PEOPLE IS THAT
OUR PEE SHOULD BE CLEAR

EVERY CREATURE ON EARTH
HAS YELLOW COLOUE URINE

IF ANIMAL PEES CLEAR, A
VETERINARIAN IS TRAINED TO
THINK THAT ANIMAL IS VERY
SICK

CLEAR URINE MEANS
OVERHYDRATION AND
OVERHYDRATION IS
STRESSFUL

IT CAUSES SALT LEVELS IN
OUR BLOOD AND FLUIDS TO
FALL TO LOW

OVERHYDRATION CAN CAUSE ILL HEALTH

HEADACHES



NAUSEA



COLD HANDS AND FEET

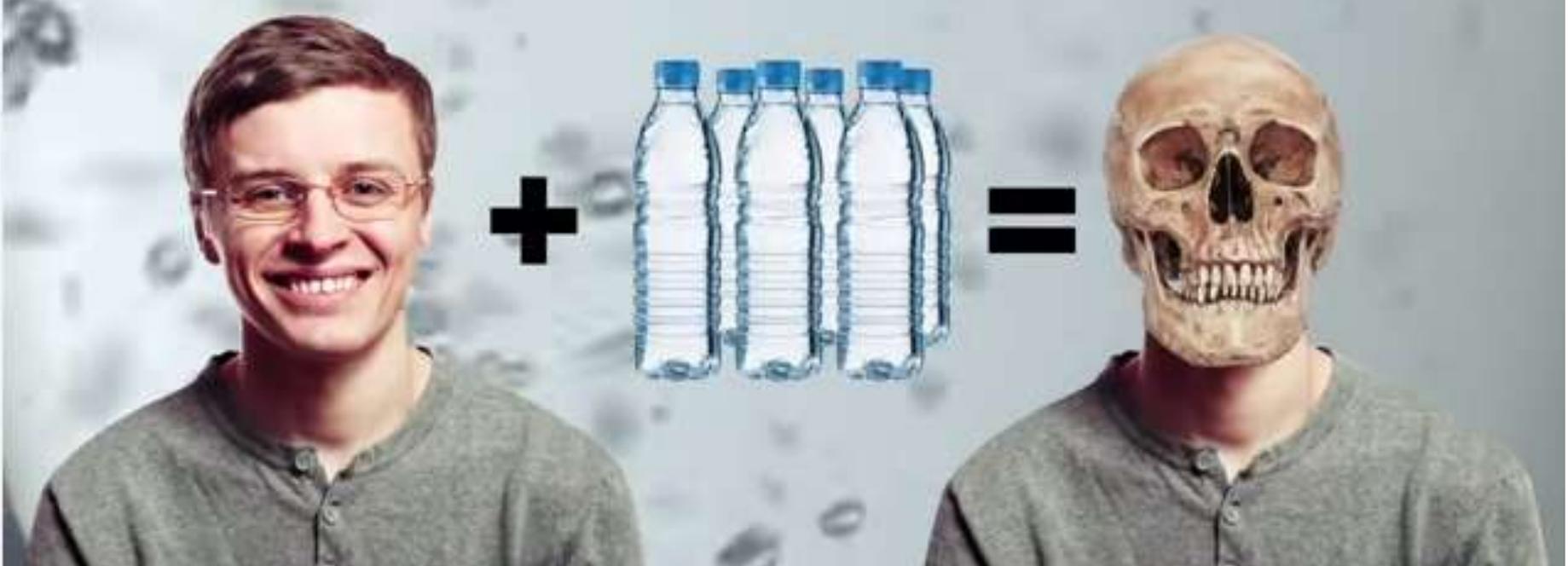
MOOD CHANGES,
PARTICULARLY
ANXIETY AND
PANIC ATTACKS



AND WHEN SEVERE
CAN CAUSE MIGRAINES
AND EVEN SEIZURES



DRINK HOW MUCH YOU DESIRE ,NO
MORE NO LESS,
UNLESS
DRINKING-TOO-MUCH-WATER-
CAN-KILL



PROPER HYDRATION
GOOD



**SO HOW DO WE KNOW
HOW MUCH WATER TO DRINK?**



**OH
THIRST**

**HOW DO ANIMALS KNOW
HOW MUCH TO DRINK?**

DON'T LISTEN TO MASS HYDRATION PRESCRIPTIONS!



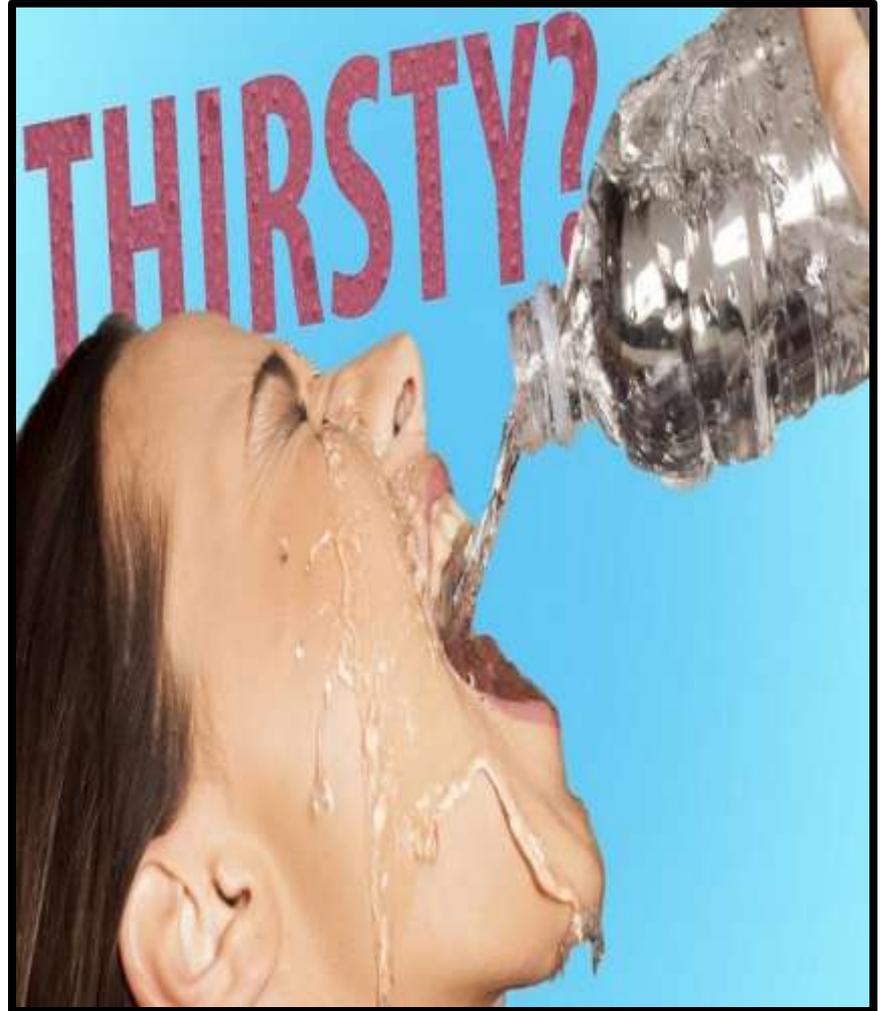
**LISTEN TO YOUR BODY,
TRY THINGS OUT,
AND FIND OPTIMAL
HYDRATION FOR**

YOU!



Conclusion

- Hence water should be taken in appropriate quantity even if we are very thirsty



Conclusion ..

- The amount of water intake depends upon trishna, desha, kala, ritu, vaya, avastha, prakruti etc. to maintain the health



Conclusion....

- Water is source of health if taken in appropriate quantity.
- It is also source of disease if taken in inappropriate quantity.

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- ✓ I am also thankful to Principal and Swasthavritta staff.

References

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- ✓ *["Water: How much should you drink every day?"](#) [Mayoclinic.com](#). Retrieved 25 July 2010. *Conquering Chemistry 4th Ed. Published 2008. Maton, Anthea; Jean Hopkins; Charles William McLaughlin; Susan Johnson; Maryanna Quon Warner; David LaHart; Jill D. Wright (1993). Human Biology and Health. Englewood Cliffs, New Jersey, USA: Prentice Hall. [ISBN 0-13-981176-1](#). [OCLC 32308337](#).**



Thank you