

USHNODAK OR SHITODAK WHICH IS MORE BENEFICIAL?

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ABSTRACT

The average adult human body is 50-65% water, averaging around 57-60%. The ancient science of medicine considered water (Jala) as life (Jeevanashrayan) for everyone. It is believed that the water possesses ability to treat various diseases and this water therapy established as important non-invasive therapy in medical field. The ancient literature of ayurveda explored importance of water along with property. Water is not essential for physiological reasons but also necessary to perform daily routine work. Ayurveda classified water as per various means and signifies role of each type of water for human being. But there is always a question arises which type of water i.e. ushnodak (warm

water) or shitodak (cold water) is beneficial to healthy life. This article summarizes traditional perceptive of ushnodak and shitodak, also which is more beneficial to healthy life as per Ancient system of Ayurveda.

KEYWORDS: Water, ushnodak, shitodak, Ayurveda.

INTRODUCTION

Water is essential for all living system and basis of life; the existence of world can't be possible without water. The traditional text of ayurveda mentioned the importance of water. The historical text also believed that the civilizations started around the water sources.

अथ एतन्महादेवो जलं जगत्सृष्टुं शक्यते ।
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As per modern science, the average adult human body is 50-65% water, averaging around 57-60%. Water perform various vital functions act as solvent for ions, mineralization of organic compounds and enzyme activation. Water helps in digestion, elimination of toxins and transportation. Water considered as Jeeva (life) in ayurveda. Guna of water is Madhura, Sheetala and Ruchikaraka. As per ayurveda water help in Daha (thirst), Bhrama (giddiness), Nidra (sleepy feeling), Visha-vyadhi(toxins), Bala (strength), Veerya (potency: ability to function), Pushti (energy). Ayurveda described importance of purified water and traditional text chikitsa granth has mentioned various therapeutic roles of water and purification techniques of impure water while nighantus explained types of water, their properties and actions. The investigation on water therapy is on progress by various researchers and recently many researchers explored the various aspects of water and water therapy.

In Ayurveda, an incredibly important concept is agni (your digestive fire). Agni is the transformative power in the body—digesting food, thought, and emotions. It is hot, sharp, light, subtle, luminous, and clear. Let me repeat, agni is hot. Ayurveda’s principle of “like increases like, and treat with the opposite” explains, then, that the ice cold water will decrease the strength of your agni. Likewise, if you want to augment agni, you will probably want to drink hot water or hot teas.

There was a small but interesting study done in the 1980’s, where they measured how long it took the stomach to empty its contents when the individual drank cold (39°F), room temperature (98°F), or warm (122°F) orange juice. They found that the stomach temperature dropped after drinking the cold juice and it took nearly 20–30 minutes to return back to normal temperature. They also found that the cold drinks increased the emptying time.^[1] The agni had to work harder to maintain its proper energetics so that it could digest properly.

What we are avoiding by maintaining a strong agni is the production of ama (toxic, metabolic wastes). When foodstuff sits undigested in your trashcan, it ferments. A similar process can occur in the gastrointestinal tract. For more information on the importance of agni and ama and how to care for each, read our guides, The Importance of Agni and Ama: The Antithesis of Agni.

SHITODAK (Cold water) =

zÉÏiÉÇ qÉSÉirÉRÉasÉÉÏlÉqÉÑcNûÉïcNÏlSÏ´ÉqÉpÉëqÉÉiÉÇ |
iÉxwhÉÉâwhÉSÉWû ÌmÉ´ÉÉxÉxÎauÉwÉÉÍhÉ cÉÇ ÌlÉWûÏliÉ iÉiÉÇ |

- A.xÉÇ. xÉÔ. 6/41

According to vaghbhat; Shitodak (Cold water) is useful in madataya (alcoholic intoxication), glani (tiredness), murchchha (fainting), vaman (vomiting), shram, bhram (vertigo), trushna (thirst), daha (burning sensation), raktpitt (bleeding disorder), and vish (poison).

In excess amount of cold water may cause pitta and kapha vitiation, nidra (sleepiness), tandra (hallucinations), aadhman (flatulence), gaurav (heaviness), shvas (breathing problem), kasa (coughing), agnimandya (dyspepsia), hrullas (nausea), pinas (rhinitis) etc.

मूर्च्छापित्तोष्णदाहेषु विषे रक्ते मदात्यये | भ्रमक्लमपरीतेषु तमके वमथौ तथा ||२८||

ऊर्ध्वगे रक्तपित्ते च शीतमम्भः प्रशस्यते ||२९||

- सू. सू.- ४५. द्रवद्रव्यविध्यध्यायः

According to sushruta ; Shitodak is useful in murchha (fainting), pitta-ushna-daha (pitta vitiation, burning sensation), vish (poison), rakte (bleeding disorder), madataya (alcoholic intoxication), bhram (hallucinations), klam (tiredness), tamak (asthma), vaman (vomiting), urdhvag raktpitta (upper system bleedn disorder).

पार्श्वशूले प्रतिश्याये वातरोगे गलग्रहे ||२९||

आध्माने स्तिमिते कोष्ठे सद्यःशुद्धे नवज्वरे | हिक्कायां स्नेहपीते च शीताम्बु परिवर्जयेत् ||३०||

- सू. सू.- ४५ द्रवद्रव्यविध्यध्यायः

Shitodak contraindicated in parshvashul (chest pain), pratishyay (rhinitis), vatarog (vata disorder), galagraha (obstruction in throat), adhman (flatulence), stimit kosht (stiffened bowels), sadya shudhh, navajvare (recent fever), hikka (hiccup), sehapit.

USHNODAK (Warm water)

A¹qÉàlÉÉÇzÉåwÉåhÉ cÉiÉÑjÉållÉÉkSiMåüIÉ uÉÉ | AjÉuÉÉ YuÉjÉlÉåIÉæuÉ
ÍxÉkSqÉÑwhÉÉåSMÇü uÉSåiÉÇ |

AxrÉ aÉÑhÉÉ: | xÉSÉ mÉjrÉiuÉqÉÇ |
MüÉxÉeuÉUìuÉoÉIkÉMüÄTüuÉÉiÉqÉqÉåSÉåIÉÉÍzÉiuÉqÉÇ |

ÌSmÉÍuÉqÉç uÉÏliÉzÉÉákÉÍuÉ¶É | zSÉåwqÉÉqÉuÉÉiÉqÉåSÉåblÉ
oÉÏxiÉzÉÉákÉÍÌSmÉÍqÉç |
MüÉxÉµÉÉxÉeuÉUÉÍÉç WÛÏliÉ mÉÏiÉqÉÑwhÉÉåSMÇü ÌÉÍzÉ |
- pÉÉ. mÉë. mÉë. ZÉhQû

Hot (warm) water stimulates hunger, helps digestion, good for the throat, easily digestible, cleanses the urinary bladder, relieves hiccup, flatulence, aggravation of anila (vata) and slesma (kapha); is ideal on the days of purificatory therapy and for those suffering from nascent fevers, cough, ama (accumulation of undigested materials), running in the nose, and pain in the flanks.

Water which has been boiled and then cooled is not going to increase the moisture inside the body, too much is easily digestible and ideal for the dosās associated with pitta. Water which has been kept overnight (so become static) causes (aggravation of) all the three dosās.

कफमेदोऽनिलामघ्नं दीपनं बस्तिशोधनम् ||३९||

श्वासकासज्वरहरं पथ्यमुष्णोदकं सदा |४०|

यत् क्वाथ्यमानं निर्वेगं निष्फेनं निर्मलं लघु ||४०||

चतुर्भागावशेषं तु तत्तोयं गुणवत् स्मृतम् |४१|

-- सू. सू.- ४५. द्रवद्रव्यविध्यध्यायः

Hot water is kaphamedoanilaghnam (removes kapha, medas, vata and ama), Deepanam stimulates digestive fire), Bastishodhanam (cleanses urinary bladder), Shwas kasa, Jwar haram (alleviates dyspnoea, Cough and fever) and as such is Pathyam (always wholesome).

पाचनार्थं च पानीयमुष्णं, तस्मादेतज्ज्वरितेभ्यः प्रयच्छन्ति भिषजो भूयिष्ठम् |

तद्धि तेषां पीतं वातमनुलोमयति, अग्निं चोदर्यमुदीरयति, क्षिप्रं जरां गच्छति, श्लेष्माणं परिशोषयति,

स्वल्पमपि च पीतं तृष्णाप्रशमनायोपकल्पते; तथायुक्तमपि चैतन्नात्यर्थोत्सन्नपित्ते ज्वरे

सदाहभ्रमप्रलापातिसारे

वा प्रदेयम्, उष्णेन हि दाहभ्रमप्रलापातिसारा भूयोऽभिवर्धन्ते, शीतेन चोपशाम्यन्तीति ||४०||

- च. वि.- ३. जनपदोद्ध्वंसनीयविमानम्

According to acharya charak, for digestion use warm water. Warm water also useful in vata-pitta anuloman, ignites agni, digestion, kapha shoshan. In small amount ushnodak satisfy

thirst. Shitodak (cold water) is useful in sannipat jvar (fever arises from all three dosha vitiation), daha (burning sensation), bhram (hallucinations), pralap (irrelevant speaking), atisar (diarrhea).

zÉUSiWû iÉjÉÉ aÉëlwqÉå YuÉÉjÉå mÉÉSÉuÉzÉålwÉiÉqÉ | ÍzÉÍzÉUå cÉ
uÉxÉliÉå cÉ MÑürÉÉiSkSÉiuÉzÉålwÉiÉqÉç ||
ÌuÉMÉËUiÉqWûiÉÑÇ SØwOèuÉÉ mÉëÉuÉxwÉÇ uÉÉkSÉiuÉzÉålwÉiÉqÉç |
YuÉÉjrÉqÉÉiÉÉÇ ÌÉuuÉåiaÉÇ ÌÉwÄTåülÉÇ ÌÉqqÉisÉÉÇ rÉiÉç ||
AkSÉiuÉÍzÉ'Ç pÉuÉliÉ iÉSÒwhÉÉåSMüqÉÑcrÉiÉå | iÉiÉç mÉÉS WûllÉÇ
uÉÉiÉbIÉÇ uÉÉkSi ÌmÉiÉluÉMüÉUieÉiÉç ||
MütüblÉÇ mÉÉSszÉåwÉliÉÑ mÉÉllÉrÉÇ sÉbÉÑ mÉÉcÉiÉqÉç |
- WûÉËUiÉ mÉëjÉqÉç xjÉÉiÉ, AkrÉÉrÉ 7

Water boiled for different duration was recommended to have different benefits. Water reduced to 3/4th after boiling alleviates Vatadosha. Water reduced to half after boiling alleviates pitta and vatadosha disease conditions. Such water is useful in Hemanta (early winter), Shishira (late winter), Varsha (rainy season) and Vasantha (spring season).

Water boiled to half its original volume relieves Kapha, meda (fat), vata, Improves jatharagni (appetite), cleans up urinary tract, and is also useful in Kasa, Shwasa, Jwara, and quenches thirst. This water is recommended to be administered in Navajvara (fever), Pratisyaya (cold), Parshvashula (pain over sides), Galagraha (throat problems), after taking purgative, adhma (flatulence), vata kapha related problems, Aruchi (anorexia), grahani (colitis), gulma, shwasa (dyspnoea), kasa (cough), vidradhi (abscess), hikka (hiccup) and after snehapana (oleation). Water must be boiled to half in Shishira (late winter), Vasanta (spring) and in Grishma (summer season).

Water reduced to one fourth after boiling is light, stimulates power of digestion, constipative, and alleviates Kapha. It is useful in summer, autumn and early winter (Hemant rutu). It helps in digestion, Deepana (stimulates appetite), it is Laghu (light) and useful in different types of fever).

ÌSuÉxÉå YuÉÍjÉiÉÇ iÉÉärÉÇ UÉŞÉÉæ iÉSè aÉÑÂiÉÉÇ uÉëÉåiÉÇ ! UÉŞÉÉæ
mÉÑUiÉliÉÑ ÌSuÉxÉå aÉÑÂiuÉqÉÍkÉaÉcNûliÉ !
- WûÉËUiÉ mÉëjÉqÉç xjÉÉiÉ, AkrÉÉrÉ 7

If hot water is taken at night, it clears the adhesion of Kapha, helps in elimination of Vatadosha and helps to relieve indigestion.

DISCUSSION

Water is the foundation for all living things. Ancient Ayurvedic texts speak about the importance of this life saving element, and its foundation in our daily health. Without water life would perish, but it is with the wisdom of Ayurveda that we can specifically learn the benefits of drinking boiled water for our well-being.

Boiled water has many benefits for the body, absorbing quicker and easier into our systems than non-boiled water. When water gets boiled and ignited with heat it becomes more piercing in nature, creating a more therapeutic effect on the body. According to Ayurveda regular water assimilates into our system in 6 hours, and boiled water only 3 hours. Boiled water requires less time and energy to hydrate our organs and tissues, helping our body function at maximum capacity and with optimal health.

We all drink water, but yet many of our health problems still persist. So what is the secret? Ayurveda states that sipping hot water throughout the day is the foundation for purifying the body. It's easy and simple. Everyone can do it and yet the results are profound. The key is in repeatedly sipping small quantities of hot water throughout the day, versus drinking large quantities infrequently. In fact, according to Ayurvedic principles, drinking large quantities of water at a time actually impairs the digestion because it extinguishes the body's much needed digestive fire (called agni). This repetition of imbibing small amounts of hot water during the day is like a tonic for the body.

Some of the benefits that sipping hot water can bring

1. It clears out toxins (called ama) from the body and rejuvenates all bodily systems.
2. It helps in weight reduction.
3. It boosts digestion.
4. It helps alleviate constipation.
5. It purifies and strengthens the gastrointestinal tract.
6. It flushes the lymphatic system.
7. It softens hardened tissues.
8. It dilates micro channels (called srotas) and deeply hydrates the body.
9. It relieves congestion.

10. It improves blood circulation and blood flow to the tissues.
11. It aids in reducing food cravings between meals.
12. It improves your skin condition.

It's also vital to be mindful of the temperature of the water that you are drinking. In general, you should aim to drink room temperature water (or, better yet, lukewarm water) rather than cold water. The logic for this is the same as that set out above, except that cold water is even more prone to douse the digestive fire that builds up in our stomachs. In particular, cold water can freeze the enzymes and fluids in your gut, which can prevent your body from properly digesting food, and which can in turn increase the amount of toxins in your body.

In addition, drinking cold water can cause a contraction of blood vessels, which further increases the likelihood that toxins will remain inside your body rather than being excreted through your lymphatic system, which is essentially the network of tissues and organs in your body that is responsible for getting rid of toxins. The constriction of blood vessels can also prevent blood from circulating throughout your body, thereby reducing the delivery of nutrients through your body.

Conversely, drinking room temperature or lukewarm water supports the lymphatic system, which means that, over time, more toxins will be expelled from the body. In particular, drinking room temperature or lukewarm water flushes the lymphatic system, helps soften hardened tissues, dilates, cleanses and hydrates deep tissues, and heals and repairs the digestive system. Also drinking lukewarm water can be particularly important for women during menstruation or for couples that are trying to become pregnant.

CONCLUSION

The importance of water for survival of life is undisputed. In Ayurveda, an incredibly important concept is agni (digestive fire). Agni is the transformative power in the body—digesting food, thought, and emotions. It is hot, sharp, luminous, and clear. Therefore, It's also vital to be mindful of the temperature of the water that you are drinking. In general, you should aim to drink Ushnodak (lukewarm water) rather than Shitodak (cold water). The logic for this is the same as that set out above, except that cold water is even more prone to douse the digestive fire that builds up in our stomachs. In particular, cold water can freeze the enzymes and fluids in your gut, which can prevent your body from properly digesting food, and which can in turn increase the amount of toxins in your body. Still there are certain

conditions where use of cold water is beneficial. Rest all situations we should consider use of warm water for drinking as it has more benefits over unboiled or cold water.

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