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AYURVEDA PERSPECTIVE OF WATER (*JALA*): A REVIEW BASED ON ANCIENT LITERATURE

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ABSTRACT

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. Ayurveda classified water as per various means and signifies role of each type of water for human being. *Jala* persisted *Guna* of all six *Rasa* since due to its unique property to dissolve each and every *Rasa* individually. Water is not essential for physiological reasons but also necessary to perform daily routine work. Various researcher investigate role of water in different disease like; acute toxicity, gastric burn and in constipation. This article summarizes traditional perspective of water as per ancient science of medicines.

KEYWORDS

Water, *Jala*, Paniya and Ayurveda.

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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 *Astanga Sangraha* mentioned the importance of water. The historical text also believed that the civilizations started around the water sources. As per modern science in human being water perform various vital functions act as solvent for ions, cell signaling, 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 *chikitsagranth* 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. This article presents property and types of water along with its physiological importance¹⁻⁴.

Synonyms of *Jala*

- ***Paniya***: water for drink,
- ***Nira***: clear *Jala*
- ***Jeevana***: life
- ***Amruta***: good quality of water
- ***Ambhu***: rainy water

TYPES OF *JALA* (WATER)

Based on occurrence

- *Divya Jala*
- *Bhauma Jala*
- *Dushtajala*
- *Hamsodaka*

Based on *Kala*

- *Sarojata Jala*
- *Tadagaja Jala*
- *Nairjara Jala*
- *Divya Jala*
- *Sarva Jala*

Based on property

- *Sitajala*
- *Ushnajala*

BASED ON OCCURRENCE

Divya Jala

It also called as *Antariksha Jala* which represents rains from *Akasa*. It shows *Laghu guna*, *Avyakta rasa* and *Madhura vipaka*. It relieves *Klama* (mental fatigue), *Pipasa* (thirst), *Srama* (exhaustion) and *Tandra* (drowsiness). It also possess *Madhuradi*

Shadrasa. Further it is classified as; *Dhara*, *Kara*, *Tausara*, *Haima*.

Bhauma Jala

Bhauma Jala represents all water sources of land (*Bhauma*) which included *Kaupa Jala* (*Madhura Rasa* and *Laghu Guna*), *Tadaga Jala* (*Madhura Rasa* and *Kasaya Guna*), *Nairjara Jala* (*Madhura Rasa* and *Laghu Guna*), *Sarasa Jala* (*Madhura Rasa* and *Kasaya Laghu Guna*) *Kaidara Jala* (*Madhura Rasa* and *Guru Guna*). *Bhauma Jala* serves as important source of drinking water.

Dushtajala

This represents polluted water and not recommended for not be used for drinking purpose.

Hamsodaka

The water of *Sharath rutu* heated by the sun and cooled by the moon during night and this process make pure and uncontaminated water. This type of water possesses capability of mitigating the *Doshas* and termed as *Hamsodaka*.

BASED ON *KALA*

Bhavprakasa described various types of *Jala* according to different *Kala* (months) such as; *Sarojata Jala* in *Pusya Ritu*, *Tadagaja Jala* in *Magha*, *Nairjara Jala* in *Vaisakha*, *Audbhida* in *Jyaistha*, *Divya Jala* in *Shravana* and *Sarva Jala* in *Margasirsa Kala*.

BASED ON PROPERTY

Sitajala

It means cold water which relieves intoxication, fainting, vomiting, thirst, burning sensation and aggravation of *pitta*, *rakta* and *toxins*.

Ushnajala

It represents warm water which boost digestion, relieve throat pain, cough, *Ama*, clean the urinary bladder, aggravation of *vata* and settle *kapha*; generally it is recommended for drink in condition of throat infection and also advised in purification therapy (*Panchakarma*).

Ayurveda specified various rules to be follow while drinking water which mentioned as *Jalapana Niyama*.

JALAPANA VIDHI (Rules to Drink Water)

1. Only pure water should be used for drinking purpose.
2. Water should not be consumed if it is too cold or too hot.
3. Water should be consumed slowly.
4. Excess of water should not be consumed just before meal and after meal
5. Water should be served in containers made of *Tamra* (copper) or earthen vessel. The use of metal utensils imparts ‘health benefits’ of water.

Jalapana Sthana

Ayurveda mentioned ideal conditions for stomach filling like 2/4th of the stomach should be filled with foods, 1/4th part with *Jala* and 1/4th with air.

Jalapana phala

This expressed effect of drinking water with food, consumption of water before meal and after meal may leads *Karshya Sharira* and *Sthula Sharira* respectively.

Jala as a Good Anupana

This represents ideal conditions of *Sitajala* and *Ushnajala* when to be taking cold water is ideal after meals which is clean and *Madhu* warm water is good if it is *Masthu* and *Amlakanjika*.

Methods of Water Purification

Shrutashita jala: The methods of water treatment by boiling.

Hamsodaka: Exposure to sun rays during day and moonlight during nights.

Utilization of traditional herbs: Traditional herbs such as *Tulsi (Ocimum sanctum)*, *Pattanga (Cesalpinia sapan)* and *Jeera (Cuminum cyminum)* may dissolve in drinking water to enhance their health benefits of water.

BIOLOGICAL ROLE OF WATER

1. The water therapy synchronizes balances of *Dhatu* and also control irregularities associated with the *Viruddha Ahara*
2. Water therapy control movement of *Apan Vayu* and thus leads *Swasthavritta*
3. As per *Charak; Rasanendriya, Sweda, Kleda, Rakta, Shukra* etc, are the expression of *Jala mahabhuta* as components of body.
4. Water control transport system of body and thus facilitates movement of essential components of foods to their target region.
5. Water facilitates purification process by removing toxins from body.
6. Water help to maintain body temperature and thus act as thermostat
7. *Jala* impart as chief component of various body fluid like; *Rakta*, etc.
8. *Jala* is necessary for human being not only to relieve thirst but also to promote *Agni* and maintain balances of *Dosha*.
9. *Jala* participate in various biochemical processes in body as solvent which are necessary for different physiological functions⁵⁻⁸.

Disease	• Type of Jala [Paneeya]
<i>Raktapitta</i>	• <i>Hareeberadi paneeya</i>
<i>Kushta</i>	• <i>Vidangadijala, Khadirajala</i>
<i>Amavata</i>	• <i>Panchakola sidda paneeya</i>
<i>Hridroga</i>	• <i>Teekshana dravya siddajala</i>
<i>Pandu</i>	• <i>Sthiradi panchamoola siddajala</i>
<i>Kaphaja Kasa</i>	• <i>Ushmajala</i>
<i>Atisara</i>	• <i>Amapachakajala</i>
<i>Kaphaja Kasa</i>	• <i>Ushmajala</i>
<i>Kamala</i>	• <i>Amalaki siddajala</i>

Figure No.1: Use of Medicated Water in Various Diseases

CONCLUSION

This review summarizes various traditional aspect of water (*Jala*) on the basis of its significance for the life of human being in term of biological role as well as environmental importance. Article also described ancient approaches of classification of water on the basis of its sources which help to ensure its characteristic and purity. Article presented scientific overview of water to explore new area of research using *Jala* for various therapeutic purposes.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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