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, right time and appropriate quantity.

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

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

• Ayurvedic literature review gives very experienced knowledge about appropriate water intake concerning health as well as improper water ingestion relating to disorders.
Water variety kevalam, saushadha, Pakwam, amam and ushna, if used judiciously, in an appropriate quantity acts like nectar, otherwise act like poison.
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, guvrav, kasa, agnisada, hrillas, prasek, shwas and pinas.

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v2RyTyamt<i*ntNd/a@mana¥gaErvm\|
kasaiGnsad¹Llasp/sekXvasplNsan\|| (A.S.Su.6/33-34)
Drinking water before food

It dilutes and weakens Agni – digestion strength. Because water is coolant. A principle directly opposite to digestion strength. Hence taking water before food is not ideal. (A.H.Su.5/13)
Ayurvedic Literature review.....

Drinking water after food
It affects both the quality of food and digestion strength. It gives a touch of coolant effect to whatever the food is eaten. Hence a person tends to become obese over a period of time, by this method. Hence it is not ideal. (A.H.Su.5/13)
Drinking water in between food
It helps to moisten the food, it helps to breakdown food particles into smaller pieces, it quenches thirst, hence water intake in appropriate quantity in between food is ideal. (A.H.Su.5/13)
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.5/13)
Ayurvedic Literature review.....

- Effects of drinking water with respect to meals
- Drinking water before meals causes emaciation and weakness.
- Drinking water after meals causes obesity.
- Drinking water in between meals promotes health. (A.H.Su.5/13-14)
Water which has been boiled and then cooled is not going to increase the Kleda in the body too much and is easily digestible and ideal for the dosas associated with pitta. Water which has been kept overnight

(A.H.Su.5/18)
Due to excessive water consumption, people have died of over-hydration, which goes by the name of Exercise-Associated Hyponatraemia (EAH).

All runners should know that over-consumption of fluids, whether it's water or sports drinks, can be fatal. 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.
The International Marathon Medical Directors Association advocates 'drinking to thirst' and no more. That means 0.03 litres 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
Earlier a 28-year-old California woman died after competing in a radio station's on-air water-drinking contest.

In 2005 a fraternity hazing at California State University, Chico, left a 21-year-old man dead 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
A 2005 study in the *New England Journal of Medicine* found that close to one sixth of marathon runners develop some degree of *hyponatremia*, or dilution of the blood caused by drinking too much water.

http://www.scientificamerican.com/article/strange-but-true-drinking-too-much-water-can-kill
Drinking too much water 'can be bad for your health': Benefits are a myth

By Sophie Borland for the Daily Mail 23:54 12 Jul 2011, updated 05:05 15 Jul 2011
Glasgow-based GP Margaret McCartney says the NHS Choices website’s advice that people should drink six to eight glasses a day is ‘not only nonsense, but thoroughly debunked nonsense’. She adds that the benefits of the drink are often exaggerated by ‘organizations with vested interests’ such as bottled water brands.
• Drinking excessive amounts can also lead to loss of sleep as people have to get up in the night to go to the toilet, and other studies show it can even cause kidney damage, instead of preventing it.

• Worryingly, Dr McCartney also warns that taking on too much water can lead to a rare but potentially fatal condition called hyponatraemia, which sees the body’s salt levels drop and can lead to swelling of the brain.
• "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," explains M. Amin Arnaout, chief of nephrology at Massachusetts General Hospital and Harvard Medical school.
What is pure or unadulterated form, what is right time and appropriate quantity?

What is adulterated form, unacceptable time and inappropriate quantity?

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?

Possible in unadulterated form, acceptable time and appropriate quantity?
Conclusion

- Water is source of health if taken in unadulterated form, right time and appropriate quantity.
- It is also source of disease if taken in adulterated form, unacceptable time and inappropriate quantity.
Conclusion..

- Hence water should be taken unadulterated form, right time and appropriate quantity as per natural requirement, normal trishna, prikriti, desha, kala, ritu etc. to maintain the health and life.
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Thank you