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

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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.
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.
Water variety kevalam, saushadha, Pakwam, amam and ushna, if used judiciously, in an appropriate quantity acts like nectar, otherwise act like poison.
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 . ïääÉ , A¹s U ñ/ääÈ È , A s s U ñääÈ È
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, gauvrvav, kasa, agnisada, hrillas, prasek, shwasa and pinas.
Excess water intake leads to Amavridhi, which leads to Jwarotpati, which leads to Dhatunasaaha, which leads to Sarvavyadhi utapatti.

Amavridhi

Jwarotpati

Dhatunasaaha

Sarvavyadhi utapatti

Mandagni

Ajirnata

\[\text{jla}i2\text{KyaNmnu}*\text{ya`amamv}\text{<i²: p}/\text{jayte}|\]
\[\text{Aamv}^{<3}\text{ya tu mNdaiGnaE caPyj`Rta}||\]
\[\text{Ajl`eRn JvraeTpi}\%\text{jvRraµE 2atunaxaTsvRraega jayNte}\]
\[\text{cae%rae%rm}\text{\| yae rxtae`vairgu`a: É pe n. Ñí}\]
Mithya yoga

- Taking chilled water, ice water, cold drinks, or excess hot water etc.
EFFECTS OF DRINKING WATER WITH RESPECT TO MEALS
CONCEPT OF 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.
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.
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.
CONCEPT OF WATER INTAKE IN DISEASED CONDITION
• Drinking of water should be moderate in diseases such as

• Arochak, Pratishya, Prasek, Kshaya, Mandagni, Kushtha, Jwara, Netraaamaya, Vrana and Madhumeha.
➢ 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)
- 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
- SIADH
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)
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.

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.
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
"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
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

TNM | 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 = 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 lose their weight 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 COLOURED 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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