



Title of Article

A review article on ushnodakapaana: the key of good health**Brijesh R.Mishra^{*1}, Shraddha P. Katre², Abhishek B. Mishra³**

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***Corresponding Author:** Email ID: dr_brijeshm@yahoo.com, Mobile: 9821364155**ABSTRACT:**

Water is essential to mankind. Drinking *Ushnodaka* is one the best favors we can do to our body. It has surprising health benefits such as kidney, more energy, better mood, and metabolize body excessive fat. Most of the health and skin experts claim that drinking water is important to keep body Detoxified and make you fit and healthy. In *Ayurveda*, Acharyas explained the number of benefits of drinking *Ushnodaka*. During *Panchkarma* treatment *Ushnodaka -paana* is advice for better results and also is used as a best *Anupaana*.

KEYWORD: *Ushnodaka*, detoxification ,*Panchkarma* treatment, *Anupaana*.**Cite this article:**

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INTRODUCTION:

Water is most essential to our survival and hence it forms a very crucial part of human life. If we look around, we will see that all living forms contains water. Even though the human body is capable of surviving for one whole month without food .The body will only be able to last for a week without any intake of water. Most people are aware of the benefits of drinking water, which is why it forms a crucial part of every mealtime,breakfast ,lunch, dinner. So it's essential to keep it fresh and topped up to keep the body working properly. When the body's water requirement is not met, it has a variety of negative short term and long term health consequences.

We have probably also all heard about drinking roughly eight glasses a day is ideal. However, what most people don't know is that warm water and hot water have some exclusive benefits of their own that you just can't get when you drink cold water.

What is USHNODAKA?

**Ashtamenamsasesena chaturthena
ardhakena va |**

**Athava kvathanenaiva siddham
usnodakam vadet ||**

**-Sharangadhara samhita madyam
khanda 2\159.**

Reduction of water boiling to one eighth part, one fourth part or half part to its original quantity is called as 'USHNODAKA'.

**Yat kwathyamaanam nirvegam
nisphenam nirmalam laghu||**

**Chaturbhagaavashesam tu tattoyam
gunwat smritam||**

-Sushrutsamhita sutrasthan.45\40

That water which does not spill out during boiling, which is free of froth is clean, light and reduced to one-fourth quantity after boiling is said to be ideal.

How USHNODAKA works?

Boiling water enriches it with energy and it gains equality that in Ayurveda is called sukshma (penetrating), which allows purification of the subtle channels of the body through deeper penetration into the physiology. Drinking hot water regularly is a simple Ayurveda recommendation. Boiling the water for ten minutes stimulates agni directly, allowing food to be processed and absorbed more efficiently during the meal. Taken between meals, it can provide effective support it flushing out water. Soluble toxins from the dhatus (body tissues).

Adding herbs/Spices have fortifying effect when boiled for longer in the water, affecting the sense additionally through aroma and taste.

Water for your constitutional type-

Boiled water is the easiest to digest and it is Tridoshic. Why not try out these special water recipes to balance your body type in accordance with the three doshas vata, pitta and kapha.

Vata balancing hot water-

Boil two liters of water for five minutes. Take it off the heat and add 3 leaves of Marshmallow (khatmi) root fill a thermos flask with the water and sip it through out

the day. Its temperature should be warm but not too hot.

Pitta balancing hot water-

Boil two liters of water for two minutes. Take it off the heat and add ¼ teaspoon of fennel seed (saunf), 2 rose buds and 1 clove. Fill a thermos flask with water and pour it into a cup before drinking. In summer the water can be enjoyed at room temperature, in winter it can be a little warmer.

Kapha balancing hot water-

Boil two liters of water for five minutes. Take it off the heat and add 3 whole basil leaves, two thin slices of fresh ginger, 1/4 teaspoon of cumin and ½ teaspoon of fennel(saunf). Pour the water into a thermos and drink it hot or warm in sips through out day.

Quantity of water enough for drinking

According to Ayurveda how much water we should drink depends on various factors like age, work load, stress levels, weather, diet and our constitutional type. The warm pitta types are generally thirstiest then the kapha types.

When to drink water

Ayurveda suggests not consuming too much water during a meal and right before or right after a meal, because it can dilute our bile and reduce Agni. The best practice is to drink 30 minutes before eating in order to flush the system and prepare digestion. A large glass upon waking in the morning is also optimal for flushing out toxins that have accumulated during the night. A glass of hot water taken right before bed will reduce kapha and Vata and prevent indigestion. Both the morning and

evening glass of water will flush out the urinary tract.

Benefits of Ushnodaka :

Slesmaamavatamedoghnam bastisodhan dipanam|

Kasasvasajvaraharam pitamusnodakam nishi||

-Sharangadhara samhita madhyama khanda 2\160

Deepanam paachanam kantiyam laghushnam bastishodhanam||

Hidmaadmaanaanilashleshmasadyah shuddhinavajware|

Kaasaampinasashwaasapaarshwaruksh u cha shasyate||

-Astanghridyayam.sutrasthan.5\16-17

Kaphamedoanilaamaghnam deepanam bastishodhanam|

Swaskaasjwarharam pathyam ushnodakam sadaa||

-Sushrut samhitasutrasthan.45\39

Ayurveda endorses the fact that taking ushnodaka prior to bed time will relieve kapha, vata, aam, medas and acts as bastishodhan which clears urinary bladder and Dipan(carminative) cures kasa(cough), Swasa(dyspnea) and jwara(fever). Ushnodaka is nature's most powerful home remedy and minimizes digestive problems. sipping warm water stimulates good digestion and circulation and cleanses the bowels. it also encourages sweating which cleanses the lymphatic system and improves complexion. Warm

water flushes the urinary tract, ridding the body of unwanted toxins.

1. Cleansing and purifying/Detoxification- The best benefit of drinking ushnodaka to detoxification. water helps to get rid of all impure substances in the body. Our body attracts many toxins from food, the environment and other elements. Cleansing it out consistently will help keep it healthy and functioning well. If we are suffering with poor digestion, it can be easily treated by having glass of hot water twice a day. Drinking water before we go to bed will provide our body with water and the time to clear out our system of unwanted toxins. this will flushes out from the body and cleanses the system, our digestive tract, our muscles and even our skin benefits from the cleansing process we will feel better, lose weight faster and have more energy during the day.

2. Promote digestion- The first thing most people do in the morning is to have a steaming hot cup of tea or coffee. Caffeine intake is not only reason why such morning drinks are important for some people. According to Ayurvedic medicine, drinking warm water in the morning stimulates digestion. Having cold water with food can actually lead to an adverse impact on the digestive system, since the body will have to use more energy to warm up the cold water and food. This means that it will take a longer time for the body to digest and assimilate the food.

3. Cures constipation- Constipation is a common stomach problem that develops due to water scarcity in the body. The stool deposits in the intestines and reduces the bowel movement causing constipation where passing out stool is difficult and sometimes extremely painful. Drink a glass of warm water early in the morning, preferably empty stomach in the morning to improve bowel movements and

cure constipation. Hot or warm water breaks down food particles and passes them out through intestines.

4. Aides weight loss- Dieticians across the world prescribes to drinks a glass of hot water with lemon and honey every day to lose weight. This is definitely helpful in shedding extra pounds. Hot water breaks down fat deposits from the body and helps in weight loss. Have a glass of hot or warm water with either lemon or honey or both, after every meal. Lemon has pectin fiber that controls food craving and is ideal for people who are on alkaline diet.

5. Good for cold and cough- If you are suffering with irritation in the throat or pain, sipping warm water will reduce. It will liquefy thick cough/ phlegm and aids in getting it out of your system. Salt mixed with warm water is used for gargling when you have throat pain.

6. Increase Sweating- Drinking hot water/tea/coffee lead to rise in body temperature and the water tries to cool down the temperature through sweating. Sweating cleans the skin cells by talking out excess caused by arthritis water and salt from the cells and body. you can take pride in having a clear skin.

7. Improve blood circulation- The greatest advantage of drinking warm water is improving blood circulation. When you drink hot water, the fat deposits in the nervous system also break down. This improves blood circulation in the body and also flushes out harmful toxins.

8. Reduces body pain- Drinking glass of hot water with carom seed or ajwain is an effective home remedy to cure menstrual cramps. If you have stomach pain, headache or body pain, have a glass of hot water to get instant relief. These are few health benefits of hot and warm water. Ideally hot water is more effective but

many people prefer warm water on a regular basis.

9. **Improves Hair health-** by activating and energizing the nerve endings of the roots of hair, warm water can make your hair soft and shiny. Activation of hair roots also can promote the hair growth. Further more, warm water hydrates the scalp then prevents dandruff.

10. **Comfort Arthritis-** In order to gain some relief from pain and discomfort ,warm water baths and pools or hot water bags/bottles should be considered. Warm water relaxes and soothes joint pains, cramps and muscle spasms. It also calms the nerves and muscles after exercise and improves blood circulation of the whole body.

Hot water may decrease the number of infections you suffer from. Boiled water decreases the number of bacterial organisms found in water, making hot water superior to room temperature or cold water by reducing your exposure to opportunistic infections. Hot water increases the circulation to the GIT and decreases the amount of mucous in your sinuses, esophagus and GIT, decreasing the ability for viruses, bad bacteria or fungi to grow or infect your body. Kindly flushing occurs when the kidneys flush toxins from the blood into the urine resulting in a higher than normal urine output .In most cases poor digestion can be the source of toxicity. Poorly digested food tends to ferment in the intestines. As bacteria ferment the food they release toxic metabolic waste products into the gut. The intestines, designed to absorb nutrients ,also absorb some of the toxin into bloodstream .This is a great reason to keep your digestive tract in peak health .There are also herbs that help present kidney flushing and reduce loss of fluids.

Why hot water is always advised during Panchkarma treatment?

Panchkarma treatment is the Ayurvedic procedure to relieve toxins, metabolic wastes from the body. It is done for both to maintain health and to relieve disease. There are many rules to follow during Panchkarma procedure, among which using hot water for drinking is very important .The aim of Panchkarma therapy is to remove the vitiated Doshas (toxins) from the body. This can be linked to getting rid of very sticky stain from a steel vessel, often you prefer to use hot water rather than cold water. Like in case of the vessel ,in human body also, hot water helps to get rid of the body wastes pretty easily.

**Jeernaajeernavisanki kevalm
ushnodakam pibeta taddhi |**

**Udgaarasya vishuddhim janayati
bhaktaabhilaasam cha ||**

**-
Kashyap Samhita Pratham khanda
22\42**

Involvement of GIT-In Panchkarma treatment, the gastro intestinal tract is always involved. Hence digestive system is directly involved in the treatment process.Hence, during Panchkarma treatment usually patient's digestion power reduces. That is why, they advised to take very light ,easy to digest food items, After the Pachkarma treatment hot water tends to improve digestion strength. When compared to cold water. Hence using hotr water is must before and after Panchkarma therapy. Ghee consumption is a part of the plan during pre-phase of Panchkarma. Wherever ghee or oily food is consumed,

it is always advised to take hot water. It eases digestion and washes off the extra fat from the gut. So limit its absorption based on body requirement.

Ushnodaka as Anupaana

Any dravyas or drinks which are consumed along with or followed by the drug or diet are called as Anupaana. As an Anupaana, water is the best because of its tastes. Significance of Anupaana with respect to Aushadha is that, it helps drugs to spread faster in the body. Generally hot water is advised after taking ghee or oil. It aids in easy digestion and avoids indigestion problem. In Ayurvedic treatment with herbal ghee and oil, hot water is the preferred co-drink.

Some of the Yogas mentioned below where Ushnodaka is given as Anupaana :-
Hinguvachadi choorna, Kanakayana Gutika, Gandharvahastadi taila, Daadimavaleha, Vidangadimodak, Arshakutar rasa, Agnikumar rasa, Bolbaddha Rasa. Ajamodadi churna, Anthrakuthar gutika.

Conclusion:

Drinking warm water or hot water increases the digestive fire (Jathragni), flushes the toxins including fat deposits, circulating in your body, which improves blood circulation. Muscle relaxes as well, also aiding in better blood flow. The use of

Ushnodaka (worm water) as an adjuvant for medicament has been mentioned. Ushnodaka which can be instantly prepared and used as a part of daily regimen to maintain good health.

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