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.

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), Pushi (energy). Ayurveda described importance of purified water and traditional text chikitsagrant 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 importance.

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
- Bhauama 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 2/4 th of the stomach should be filled with foods, 1/4 th part with Jala and 1/4 th 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 Ushmajala 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 mahabhu,ta 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 functions.

<table>
<thead>
<tr>
<th>Disease</th>
<th>Type of Jala [Paneeya]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raktapitta</td>
<td>Hareeberadipaneeya</td>
</tr>
<tr>
<td>Kushtha</td>
<td>Vidangadijala, Khadirajala</td>
</tr>
<tr>
<td>Anavata</td>
<td>Panchakola siddapaneeya</td>
</tr>
<tr>
<td>Hridroga</td>
<td>Teekshana dravya siddajala</td>
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<tr>
<td>Pandu</td>
<td>Sthiripanchamoolasiddajala</td>
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<tr>
<td>Kaphaja Kasa</td>
<td>Ushmajala</td>
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<tr>
<td>Atisara</td>
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<tr>
<td>Kaphaja Kasa</td>
<td>Ushmajala</td>
</tr>
<tr>
<td>Kamala</td>
<td>Amlakisiddajala</td>
</tr>
</tbody>
</table>

Figure No.1: Use of Medicated Water in Various Diseases
CONCLUSION
This review summarizes various traditional aspects of water (Jala) on the basis of its significance for the life of human beings in terms 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 areas of research using Jala for various therapeutic purposes.

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CONFLICT OF INTEREST
We declare that we have no conflict of interest.

BIBLIOGRAPHY

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