

Attributes of Different Water: A New Perspective

Bidwai V^{1*}, Chawardol V², and Bodade D³

¹Shalyatantra Department, Ayurved College, Pusad (MH), India

²Swasthvritta Department, Ayurved College, Pusad (MH), India

³Department of Biochemistry, MGIMS, Sevagram (MH) India

*Corresponding author: Bidwai V, Shalyatantra Department, Ayurved College, Pusad (MH), India, Tel: (07233) 48627;

E-mail: vihar4u@gmail.com

Received: April 4, 2017; Accepted: April 17, 2017; Published: April 22, 2017

Abstract

People are today very much concerned about the food they eat, the amount of vitamins and minerals they consume. Water is part of environment i.e panchamahabhuta which constitutes the human body. But little emphasis is placed in quality of water in Ayurvedic classics, while dealing with Jala-varga. Acharyas have distinctly mentioned properties of water with various sources, seasonal variations in property, properties of water according to receptacle, method of storage of water, cause of water pollution, methods of purification, methods of cooling, attributes of potable water, warm water, cold water etc. Water is one of the most precious substances on earth. It covers over 70% of the earth's surface and is very important resource to people and the environment. It has been observed that due to industrialization and urbanization our water sources are getting contaminated, resulting severe environmental hazards and it directly affect the human health.

Keywords: Water; Vitamins; Minerals; Human health

Introduction

Earth's surface, covering about 70% of the planet and constitutes 60% to 70% of the living world. In nature, water exists in liquid, solid, and gaseous states. It is in dynamic equilibrium between the liquid and gas states at standard temperature and pressure. At room temperature, it is a tasteless and odorless liquid, nearly colorless. Many substances dissolve in water and it is commonly referred to as the universal solvent. Water appears in nature in all three common states of matter (solid, liquid, and gas) and may take many different forms on Earth. Water vapor, clouds in the sky, sea water in the oceans, iceberg and glacier in the polar oceans and the liquid in aquifers in ground (TABLE 1).

TABLE 1. Properties of water [1,2].

Rasa	Avyakta (Anthareekshajam), Madhura (Samanyajam)
Guna	Laghu, Snigdha
Veerya	Seeta
Vipaka	Madhura

Anthareekshajala or water from the sky is tasteless, and having properties like nectar, vital for life, satiating, maintains the body, invigorating and allays tiredness lethargy, thirst, intoxication, fainting, drowsiness, sleep and burning sensation and is always highly beneficial. According to Charakacharya entire water is ultimately of one type and properties vary according to time and space. By nature, rain water has qualities like coldness, purity, benevolence, pleasantness and clearness (TABLES 2 and 3) [3].

TABLE 2. Taste of water according to Panchamahabhoothas [4].

Panchamahabhoothas	Taste of water
Prithwi	Sour and salt
Jala	Sweet
Agni	Acrid and bitter
Vayu	Astringent
Aakasa	Unmanifested

TABLE 3. Effect of receptacle on rain water.

Nature of Earth	Properties of water
Fall on white earth	Astringent
Fall on yellowish white earth	Bitter
Fall on brown earth	Alkaline
Fall on saline soil	Saline
Fall on mountain valley	Pungent
Fall on black soil	Sweet

Water from the sky

Anthareekshajala or water from the sky is of four types. Dhara (rain water), Kara (hail water), Thoushara (dew) and Haima (snow water). Out of them rain water is the best due to laghuthwa (lightness). This again is of two types, Ganga and Samudra. Theganga water usually falls in the month of aswina (last period of rains). There is a test to identify ganga water. A lump of well-cooked sali rice which, should be kept outside in a silver utensil while it rains; if it remains as such after one muhoortha, it should be understood that ganga water is raining. If the colour changes in sali rice, samudra water may be raining. Samudra water if collected in the aswina month becomes lideganga water. Further ganga is the best and that should be collected during aswina. This type of water collected from the end of a spread out clean and white cloth and kept in gold, silver or earthen pots. During its unavailability, water from the earth should be used. Charakacharya called it as aindra. These are of seven types viz. Koupam (water from well), Naadeyam (from river), Saarasam (natural lake), Thaadaagam (artificial lake), Prasravanam (spring), Oudbhidam (a fountain), Choundyam (improperly built well). Vagbhatachary also mentioned the types with an additional source as Vaapi (well with steps) (TABLES 4 and 5).

TABLE 4. Different sources of water and their properties.

Source	Properties
Koupa	Kshara, Deepana, Pittakrit
Saarasa	Madhura, Laghu
Thaadaga	Guru, Vatakrit
Choundya	Pittakrit
Prasavana	Doshahara
Oudbhida	Madhura,
Vaapi	Madhura, Laghu
Naadeya	Katu, Rooksha, Vatakrit

TABLE 5. Seasons in relation to the type of water to be used [4].

Varsha	Anthareeksha and Oudbhida- Mahagunatwat
Sarat	Sarvjala-Prasannatwat (clear)
Hemanta	Sarasa, Tadaaga
Vasanta	Kaupa, Prasravanam
Greeshma	Kaupa, Prasravanam
Pravrut	Choundyam – Anavam

TABLE 6. Effect of season on water.

Varsha	Heavy and greasy
Sarath	Thin light, non-greasy. Person with tender body constitution and those who are accustomed to unctuous food are advised to use this water.
Hemanta	Unctuous, aphrodisiac, strength promoting, heavy
Sisira	Light, alleviate vata and kapha
Vasanta	Astringent and sweet, unctuous
Greeshma	Not greasy

TABLE 7. Characteristics of River water from different sites.

River water flowing westwards	Beneficial due to lightness
River water flowing eastwards	Not commendable due to heaviness
River water flowing southwards	Not too bad due to moderate qualities
River originating from Sahya mountain	Cause skin lesions

River originating from Vindhya mountain	Skin lesion and anaemia
River originating from Malaya mountain	Worm infestations
River originating from Mahendra mountain	Elephantiasis, abdominal, enlargements,
River originating from Himalaya mountain	Cardiac disorders, oedema, headache, elephantiasis, Goiter
River originating from Avanti region	Piles
River originating from Pariyatra region (Western Vindhya)	Beneficial, produce strength and health
Fast flowing rivers	Not muddy, light
Slow flowing rivers	Heavy
From desert	Bitter, salty, light, sweet, aphrodisiac and healthy

TABLE 8. Properties of water from different sources.

River water	Increases vata, hard, appetizer, light and antiobestic, but if it is sweet, denser and heavy it is hydrating and increases kapha
Water from natural lake	Quenches thirst, tonic, astringent, sweet and light
Water from artificial lake	Increases vata, sweet, astringent, and acid.
Tank water	Eliminates vata and kapha, alkaline, acrid, and increases pitta
Well water	Salty, increases pitta, eliminates kapha, appetizer and light
Well water without Masonic work	Increases digestive power, hard and sweet and does not increase kapha
Spring water from falls	Eliminates kapha, appetizer, light and pleasant
Spring water	Sweet, alleviates pitta and does not causes indigestion associated with acid eructation
Water from sand pits	Acid, alkaline, eliminates kapha, light, appetizer
Water from fallow land	Sweet after digestion, heavy and increases doshas
Water from marshy places	Increases doshas
Sea water	Fleshy odour, salty, and increases doshas
Water from swampy region	Bad qualities, hydrating, not recommended
Water from dry regions	Harmless
water from ordinary regions	Quenches thirst, no burning sensations, pleasant, appetizer, sweet, cool and recommended for use

Attributes of potable water/Ideal water

That water is of good quality which is odorless, tasteless, which quenches thirst, pure, cool, transparent, light, and pleasant. The water which is slightly astringent and sweet in taste, exceedingly thin, non-slime, light, soft and non-greasy is best to be taken (TABLES 6-8).

According to Acharya Sushrut the 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 [4].

Attributes of warm water

Warm water mitigates kapha, medas and vata, kindles digestion, cleanses the urinary bladder, cures dyspnoea, cough and fever and suited to health at all times.

Attributes of cold water

Cold water is ideal for use in fainting, aggravation of pitta, increases of body heat, burning sensation, poison, aggravation of blood, alcoholic intoxication, giddiness, exhaustion, delusion, vomiting and bleeding from router [1,2,4-6].

Attributer of coconut water

Coconut water is unctuous, sweet, cold, and good for heart, kindles digestion, cleanses the urinary bladder, aphrosidiac, heavy, mitigates pure and cure severe thirst.

REFERENCES

1. Ashtanga Hridaya Sutrasthan chapter 5/1-19 of Vagbhata with Sarvanga Sundari commentary of Arunadatta and Ayurveda Rasayana commentary of Hemadri, 1996 Krishnadas Academy, Varanasi.
2. Ashtanga Sangraha Sutrasthachater 6/1-51 with Sasilekha Commentary of Indu, edited by Late Dr. Pandit Rao, Vaidya Ayodhya Pandey, MaulikaSiddhantaVibhaga, 1991, Gujarat Ayurveda University, Jamnagar, Central Ayurveda and Siddha Research Institute, New Delhi.
3. Charaka Samhita Sutrasthan chapter 27/117-216 with Ayurveda Deepika commentary of Chakrapani edition, 1995, MunshiramManoharlal Publishers Pvt. Ltd., Delhi.
4. Sushruta Samhitha Sutrasthan chapter 45/1-46 with NibandhaSangraha commentary by Dalhana and NyayaChandrika commentary by Gayadasa, edited by Sri YadavjiTrikamjiAcharya and Narayana Ram Acharya, Krishnadas Academy, Varanasi
5. Shabdakalpadruman by Sri Raja Radhakantha Deva, Vol: I – V, Rashtriya Sanskrita Samsthan, New Delhi.
6. Yogratnakara, Purbardha chapter-sitoushnavariguna/page (93-96) Vidyotinihindhi commentary by Vaidya Sri LaxmiPatiShastri, Chaukhambha SanskritaSamsthan, Varanasi