

CONCEPTUAL STUDY OF USAH PANA

¹Fulse Sanjiv D.

²Upadhyay Rajesh S.

¹Professor and HOD, Dept.of KriyaSharir, C.S.M.S.S. Ayurved Mahavidyalaya, Aurangabad, Maharashtra, India.

²Professor and HOD, Dept. of Agadtantra AvumVidhiVaidyaka, C.S.M.S.S. Ayurved Mahavidyalaya, Aurangabad, Maharashtra, India.

ABSTRACT :

Our Body is constituted by *Panchamahabhuta*. Body gets nourished as well as developed by the *ahara* (diet). Therefore our body requires *panchabhautic* diet. *Jala* (Water) is called life of the living organism as any organism cannot live without water. *Usahpana* (drinking lukewarm water in early morning) is essential for healthy life. It stimulates the peristaltic movements of the GIT and removes constipation. Drinking water in early morning digests the food taken at night. *Usahpana* increases the appetite and the digestive power of GIT. Drinking lukewarm water in empty stomach promotes *vyasthapana* and stable adolescence. It diminishes obesity, fever, pain originates from different part of body. It also diminishes the diseases produced from *Vata*, *Pitta* and *Kapha dosha*. Drinking water in empty stomach improves blood circulation, removes toxins from the body, release secretions from the digestive organs etc.

Key words: *Usahpana, Jala, Panchamahabhuta, Vayasthapana, Usnodaka* (warm water).

INTRODUCTION: Ayurveda is a Ancient science of life. Ayurveda described the *hita* and *ahita* (wholesome and unwholesome), *Sukha* and *dukha* (happy and unhappy) life, it also described their measures¹. The life which is healthy and welfare of the society is called *hitayu* otherwise it is *ahitayu*. Similarly when the person is healthy is known as happy otherwise he will be unhappy. The equilibrium of *dhatus* (*dosa*, *dhatu* and *mala*) in qualities as well as in their actions is called *prakriti* or health and their disequilibrium is called *dukha* (disease)². In the state of health equilibrium of *dhatus* should be maintained as it is the object of Ayurveda³.

Our body is made from five basic elements viz. *Prthivi, Jala, Agni, Vayu* and *Akash* and are known as *panchamahabutas*. Our body gets nourished by the *ahara* (diet). Therefore our body requires *panchabhautic ahara*⁴.

Dosa, *dhatu* and *mala* all the body contents are composed of the *panchamahabutas*. The *Jala* (water) is life since any organism cannot live without water. It is the most important and essential part of our diet. Our body constitutes 70 % of water. It performs various functions in the body. *Jala* is constituted especially by *Jalamahabhuta*. *Jalamahabhuta* promotes the activity of *kapha dosha*. A Person drinks water as per requirement of the body for better digestive function.

Usahpana stimulates the peristaltic movement of GIT therefore it removes constipation. Drinking water in the early morning digests the food taken at night. It stimulates the digestive function. Due to proper digestion of food various secretions are released from GIT and *Usahpana* increases the appetite and maintains healthy life. Drinking lukewarm water in the early morning without taking food

prevents premature aging. Also it removes unwanted substances, toxins from the body and maintains healthy life. Water taken in empty stomach should not be very cold because cold water lowers the internal temperature of stomach and requires more time to recover. Therefore water should be lukewarm. According to Ayurveda drinking water in empty stomach in the early morning is *Vayasthapana*⁵.

AIMS AND OBJECTS:

- 1) To create awareness about drinking lukewarm water in early morning in empty stomach.
- 2) To promote better lifestyle.
- 3) Minimize the frequency of diseases and maintain better life.
- 4) Warm water is useful in treatment of piles. In winter season, in a situation such that a person has trouble evacuating properly, warm water would be quite helpful.
- 5) Warm water is helpful in obesity: We've seen that people who don't exercise daily gain more weight, hence we advise the use of lukewarm water for better health/ weight control.
- 6) Drinking lukewarm water is beneficial for increasing life.
- 7) While thirsty, a person may use warm water.
- 8) To study detail *Usahpana* from Ayurvedic literature.

TYPE OF STUDY: Descriptive and Fundamental.

LITERATURE REVIEW: If a person drinks eight *Pasar* (~ 2 glasses) of water before sunrise, he shall be free from disease and premature aging and live healthy for more than hundred years. Water taken just before sunrise reduces the diseases of *Vata*, *Pitta* and *Kapha dosha*. Also if a person drinks water at the end of the night diminish *Arsha* (piles), *Shoth*

(inflammation) *Grahani* (Duodenal disease), fever, *Udar* (Disease of abdomen), *jara* (premature aging), *Kushta* (leprosy, Leucoderma), *medorog* (obesity) *Mutraghata* (Retention of Urine), *Raktapitta* (bleeding from different parts of body), headache, pain in ear, throat and lumber pain etc. it also reduces the diseases related to eyes⁶.

Kosnajala (lukewarm water) diminish *kapha*, *medorog* (obesity), diseases of *vata*, reduces *ama dosha* (product from indigested food). It acts as appetizer, *Vastisodhaka* (cleans Urinary bladder) and *Pathya* (Wholesome)⁷.

Lukewarm water should be taken in the state of *amajirna* (indigestion of food), *Vistabdajirna* (indigestion of food) even though the thirst is absent. It digests the food quickly and reduces the *kapha* and *vata dosha*⁸.

Warm water increases appetite and digestive power, useful for better throat, it is *laghu* (light), *usana* (hot), *vastisodhaka* (cleans urinary bladder). Also it reduces *adhamana* (flatulence), *vata* and *kapha dosha* and *ama*⁹.

At early morning intake of water is known as *Usahpana*. It activates the peristaltic movements, thus helps in evacuation and relieves constipation. It also helps in the secretion of gastric Juice and reduces anorexia. If no food material is taken before taking of water, this is called *niranna* (without food grains). Lukewarm water enhances *Vayasthapana*¹⁰.

Those *dravya* (diet or drug) prevents and prolong aging and stable adolescence, maintains health; protect premature aging that is called *Vayasthapana*¹¹.

At early morning taking *Sita jala* (cold water), Milk, Honey and *Ghrita*

separately or any two or any three together are *Vayasthapana*¹².

DISCUSSION: *Jala* is 'life' as any organism cannot live without *Jala*. It is the most important and essential part for body. Our body constitutes 70% of water. It performs various functions in the body. In the state of health equilibrium of dosha, dhatu and mala should be maintained. To maintain the equilibrium proper digestion of food is essential. For proper digestion '*Jala*' is essential.

Characteristics of *Jala*: *Jala* act as *sramahara* (Relief from Fatigue) *Klantinasaka* (Relief from fatigue) *Murchha* (relief from unconsciousness), *Trsnahara* (Relief from thirst), *Vamana* (Omitting) and *Vibandhahara* (Relief from constipation) *Balakaraka* (increase in strength), *Nidrahara* (Relief from sleepiness), *Triptidayaka* (satisfactory), *Ajirnahara* (Beneficial in indigestion), *hitakaraka* for *Hridaya* (Beneficial for Heart), *Ayukta rasa* (Tasteless), always *hitakaraka* (always wholesome), *Laghu* (light), *Sita* (Cold), *Swachha* (Clear), productive of all tastes, like *amrita* and life saving¹³.

Usahpana stimulate the peristaltic movement of the GIT therefore it removes constipation. Drinking lukewarm water in empty stomach in the morning digests the food taken at night. It stimulates the digestive organs for proper function, due to *usahpana* various digestive secretions are released from GIT. According to Ayurvedic literature mentioned that a person should take *usahpana* eight *pasara* (~ 2 glasses).

6 ways drinking warm water can heat your body:

i) Cleanses digestion:- A warm cup of water in the morning can help cleanse our body by flushing out toxins. Water and

other liquids help break down the food in your stomach and keep the digestive system on track. Warm water will help break down foods even faster making the easier for you to digest. Drinking cold water during or after meals actually harden the oil in consumed foods and therefore create a fat deposit in the intestine.

ii) Aids constipation:- Drinking warm water in the morning on an empty stomach can help improve bowel movements and aid constipation while breaking down foods as they smoothly pass through the intestine. Stimulating the bowels will help return your body back to normal functioning.

iii) Alleviates pain:- can help alleviate pain from menstruation to headache. The heat from warm water is known as to have a calming and soothing effect on the abdominal muscles, which can help provide instant relief cramps and muscle spasms.

iv) Sheds excess pounds:- help with weight loss. Warm water increases body temperature, which therefore increases the metabolic rate. An increase in metabolic rate allows the body to burn more calories through the route. It can also help the GIT and kidneys to function even better.

v) Improves blood circulation:- The fat deposits in the body are eliminated along with accumulating deposits in the nervous system when you drink a glass of warm water. This flushes out the toxins that are circulating through the body and then enhances blood circulation. Making sure the muscles are relaxed will eliminate poor circulation and blood flow.

vi) Halts premature aging: - premature aging can be prevented by drinking warm water. The presence of toxins in the body can lead to aging faster but warm water can help cleanse the body from those

toxins while repairing skin cells to increase elasticity¹⁴.

CONCLUSION: After the study about *Usahpana* we came to conclusion that *Usahpana* is beneficial to maintain the healthy life and proper digestion.

Drinking lukewarm water early morning is beneficial in diseases like *mutraghata*, *rakta pitta*, headache, pain of ear, throat and lumber etc. also it is useful in painful menstruation, *udararoga*, skin diseases, piles etc it also useful in constipation, *medoroga* (obesity) etc. Lukewarm water is useful to boost up age and stabilize adolescence. Lukewarm water improves blood circulation, it act as appetizer, removes toxins etc. Lukewarm water is useful to maintain good health.

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Corresponding Author:

Vd. Upadhyay Rajesh S., Professor, and HOD, Dept. of Agadtantra Avuam Vidhi Vaidyaka, C.S.M.S.S. Ayurved Mahavidyalaya, Aurangabad, Maharashtra, India.

Email ID:- rajesh1968u@gmail.com

Source of support: Nil

Conflict of interest: None

Declared