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## Review Article

### A REVIEW: ROLE OF USHNODAKA IN AYURVEDA

C H Arun <sup>1\*</sup>, Hussain Gazala <sup>2</sup>, P K Anu <sup>1</sup>, Ganti Y Basavaraj <sup>2</sup>

<sup>1</sup>PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH, Hassan, Karnataka, India

<sup>2</sup>Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH, Hassan, Karnataka, India

\*Corresponding Author Email: charun033@gmail.com

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#### ABSTRACT

Ayurveda the science of life mainly aims at positive health by prevention of disease and treatment of disease. A balanced state of Dosha, Dhatu, Mala, Agni, etc, helps to keep one's life healthy. Any imbalance among these factors results in causing ill health. In order to prevent it Dinacharya, Ruthucharya and Sadvritta are to be followed systematically. References in literature point out that the life of a living creature is water itself. Water is one of the five basic elements is vital in the creation of universe. Thirst is one among the non suppressible natural urge described in Ayurveda. By the suppression of thirst disorders can occur hence sufficient amount of water intake is necessary. Ayurveda recommends the intake of cold as well as warm water based on the body constituent. Ushnodaka is used as Anupana for various medications. The benefits of Ushnodaka, qualities, their restrictions should also be considered for maintaining the equilibrium of Tridosha and Agni. Thus Ushnodaka plays an important role in the Swasthya Samrakshana as well as Vikara Prashamana.

**Key words:** Ushnodaka, Swasthya Samrakshana, Upakalpana, Method of preparation, Reduction, Mechanism of Action

#### INTRODUCTION

Ayurveda- the science of life put forward two methods for the maintenance of health. They are Swasthasya Swaasthya Rakshana i.e., maintaining health by adopting proper preventive measures and Athurasya Vikara Prashamana i.e., curing of disease by giving suitable treatment for the ailment <sup>1</sup>.

Kalpana Vijnana is equally important for the above said factors. In Swastha, health is maintained normally by food preparations and in patients by medicinal preparations. Also the term kalpana originated from the root "KRIPU SAAMARDHYE" meaning that which make a substance potent or active <sup>2</sup>.

Ayurveda's valuable secret to perfect health lies in maintaining the equilibrium of doshas. In accordance to Ayurveda, Ushnodaka means warm water. Ushnodaka is one which comes under the Upakalpana of Kwatha kalpana<sup>3</sup>. Here this specifies to boiling (Kwathana). i.e., mere heating is not sufficient. Ushnodaka is used as both Anupana and Sahapana in classics depending upon the basis of drug, patient and disease.

Ayurveda recommends drinking of warm water. Cold foods and liquids can weaken digestive fire (Agni) as it slows down the digestive process that has just started by diluting the digestive juices as it cannot do their function effectively. Thus requiring the energy used for digestion to bring the temperature of the resultant liquid in the stomach to body temperature. The result is partly or undigested food that moves through the digestive system and that may or may not be eliminated properly. Proper elimination is

important to prevent the buildup of waste material in the intestine because such a build up creates toxins and stops nutrients from being assimilated into the body.

#### Method of Preparation

Reduction of water after boiling to 1/8<sup>th</sup>, 1/4<sup>th</sup> and 1/2 of its original quantity is called Ushnodaka <sup>4</sup>. It is advised to take at night.

#### Ideal Ushnodaka

Properties of water will also depend upon its reduction. The water devoid of foam or froth and which is pure, still and light, when boiled to 1/4<sup>th</sup>, 1/3<sup>rd</sup>, or 1/2 reduced is ideal. From the three varieties the ideal one shall be selected according to the heaviness or lightness of Desha and Ritu <sup>5,6</sup>.

The importance of Ushnodaka is available in literature of Ayurveda. Jwara is considered as Amasaya Samutha Vyadhi, there is need of pachana for Amasaya Samutha Vyadhi due to the Anubandha of Aama. For that purpose, Ushnodaka can be taken for pachana and Vatanulomana. It is considered as best for relieving the thirst. Also Ushnodaka helps to increase the digestive fire by which fever subsides and Kapha Shoshana occur <sup>7</sup>.

Various types of Ushnodaka are described earlier from different texts. Such variations in the procedure facilitate its selection according to the condition of Dosha, Desha and Ritu.

### Use of Ushnodaka according to Dosha predominance

Table 1: According to Sushruta <sup>8</sup>

Dosha Predominance	Reduction
Vataghna	1/4 <sup>th</sup>
Pittaghna	½
Kaphaghna	3/4 <sup>th</sup>

Table 2: According to Sharangadhara (Dipika Vyakhyana) <sup>9</sup>

Dosha Predominance	Reduction
Vataghna	3/4 <sup>th</sup>
Pittaghna	1/4 <sup>th</sup>
Kaphaghna	½

### Use of Ushnodaka according to Season

Table 3: According to Yogaratnakara <sup>10</sup>

Rutu	Reduction
Sarat Rutu	1/8 <sup>th</sup>
Hemantha Rutu	1/4 <sup>th</sup>
Sisira, Vasantha, Greeshma	½
Praavrit	1/8 <sup>th</sup>

Table 4: According to Madana Vinoda <sup>11</sup>

Rutu	Reduction
Greeshma, Sarat	1/4 <sup>th</sup>
Hemantha, Sisira, Varsha	½

Boiled and cooled water (Srita Seetha Jala) is Laghu and Tridosha shaamaka and so it is always suitable irrespective of Rutu.

### Three Different Temperatures for Drinking Boiled Water <sup>12</sup>

It can be according to the type of body.

**Kapha predominant person** can sip the water hot. This reduces the toxic build up to which kapha constituent skin is prone.

**Pitta predominant person** should cool the boiled water to body temperature and drink with or after meals. Pitta constituent persons must be careful and avoid hot temperatures.

**Vata predominant person** must drink the water warm, avoiding hot and cold. Their cool, dry skin needs warm- Temperature water for hydration and to clear the channels and burn Aama.

### Rate of Absorption of Regular Water and Boiled Water <sup>13</sup>

Regular water: Takes about 6 hours if every channel is clear

Boiled and Cooled water: Takes about 3 hours to be absorbed, and helps open the channels

Hot herbalized water: Takes about 1 ½ hours due to sharpness of Agni and herbs and Species

### Qualities of Intake of Ushnodaka at Night

Ushnodaka administered during night helps to relieve constipation, act as vatanulomana and effective in Ajeerna <sup>14</sup>.

### Paryushitoshnodaka Nisheda (Contraindications)

Ushnodaka prepared during daytime is contraindicated while using at night and the Ushnodaka which is prepared during night is contraindicated for use during the following day as it turns guru (heavy) in both cases <sup>15</sup>.

### Dose

It is not intended to administer as a medicine.

To quench thirst is the main purpose and can be taken in sufficient quantity.

Also boiled water can be used throughout the day, but should not be saved over night, since its therapeutic properties expire.

### Ushnodaka as Anupana

Any dravyas or drinks which are consumed along with or followed by the main drug or diet are called as Anupana. As an Anupana, water is the best because it is the chief source of all the tastes. It is accustomed to all living beings and possesses the properties of sustaining life <sup>16</sup>. Anupana in general brings about refreshment, pleasure, energy, nourishment, satisfaction and helps in breaks down, softening, digesting, proper assimilation and instant diffusion of food and diet consumed <sup>17</sup>. Anupana is decided based on Aahara, Aushadha, Roga, Rogi, Dosha etc factors.

Significance of Anupana with respect to Aushadha is that, it helps drugs to spread faster in the body <sup>18</sup>.

Some of the yogas mentioned below where Ushnodaka is given as Anupana.

Table 5: Yogas used Ushnodaka as Anupana

Nayopayam Kashaya	Daadimavaleha
Hinguvachadi choorna	Vidangadi Modaka
Kanakayana Gulika	Arsakutara Rasa
Indukanta Ghrita	Agni kumara Rasa
Gandarvahastadi Taila	Bolabaddha rasa

### Advantages of Ushnodaka

Ushnodaka increases digestive power, alleviates Kaphavata and Pitta. It is useful in Kapha Vata Jwara, Trishna and softens the channels. It is desirable in diseases due to Kapha, Medas, Vata, and Aama and in Swasa, Kasa and Jwara; it is good for throat and cleanses the urinary system. The same benefits are applying for Ushnodaka when taken at night <sup>19, 20, 21, 22</sup>.

### Mechanism of Action

Deepana property of warm water causes expansion of srotas carrying digestive juices, thus increasing their flow, resulting in proper digestion. Boiling water changes its nature, making it lighter and changes its potency from cold to warm. By boiling the drinking water for 5 minutes the properties of the element of fire are incorporated, which magnifies the properties of the water. This sharpness allows it to cleanse the channels and penetrate

deeper levels of the physiology to hydrate the tissues, and thus it becomes easier for the body to flush out toxins and impurities<sup>23</sup>.

## CONCLUSION

Ushnodaka increases the digestive fire. Ushnodaka not only quenches thirst but also helps in the maintenance of health of an individual. The method of preparation of Ushnodaka has been clearly explained in the classics. Different reductions based on the Doshas and Ritu is also mentioned. The use of Ushnodaka as an adjuvant for medicaments has been mentioned owing to its actions of relieving the Deepana - Pachana, Yogavahi, and Vatanulomana. This further gives reasoning of this Kalpana being placed as the Upakalpana of the Primary Kalpana i.e. Kwatha Kalpana. Ayurveda which is a way of life have rightly identified and incorporated the miraculous benefits and effects of a simple and effective formulation i.e., Ushnodaka which can be instantly prepared and used as a part of daily regimen in the present era to maintain health.

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