



In Ayurvedic Medicine the term *Ushnodaka* means warm water. However the difference here is that the water should be boiled and not just heated. The classics have mentioned the use of warm water which is used as an *Anupana* (a drink which is taken before, after and along with food and medicine) and *Sahapana* (a media administered along with it which spreads quickly and separates the micro particles from one another) this also depends on the disease, the patient and the medicine. On the other hand drinking or eating cold things can weaken the digestive fire and as a result your food will remain undigested giving rise to the development of metabolic toxins (Ama) in the body.

How should it be prepared?

The water which is boiled should be reduced to $1/8^{\text{th}}$, $1/4^{\text{th}}$ and $1/2$ of its original quantity. From these 3 varieties it should be selected according to the heaviness or lightness of the place you are staying (desha) and the season (rtu) you are in.

Properties of the water:

- It is without foam or froth
- Pure
- Still
- Light

According to Acharya *Vagbhata*, the benefits of drinking warm water include:

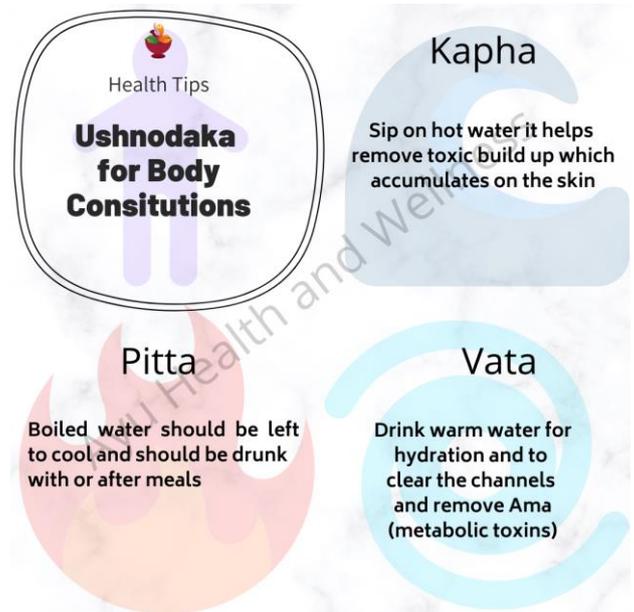
- Stimulates hunger (*Dipanam*)
- Helps digestion (*Pachanam*)
- It is good for the throat (*Kanthya*)
- Easily digestible (*Laghu*)
- Cleanses the urinary bladder (*Basti Shodhanam*)
- Relieves hiccups
- Relieves flatulence
- Relieves aggravation of Vata and Kapha due to their inherent cold (*sita*) properties
- It is ideal on the days of cleansing treatments (*shodhana cikitsa*)

- It is ideal for those suffering from a recent onset of fever, cough, ama , running nose, dyspnoea and pain in the flanks

For *Pitta Dosh*a the water should ideally be boiled and then cooled as it does not increase the moisture inside the body and it becomes easily digestible. Water kept overnight aggravates all three dosha's and should be avoided. (A.H Su 5/16-17)

Other advantages as discussed in Ayurveda.

- Drinking warm water first thing in the morning helps facilitate the proper downward movement (Anulomana) of Vata Dosha
- It helps detoxify the body especially the cardiovascular system, respiratory system and digestive system.
- It is a healthier option as it promotes proper digestion and stimulates the digestive fire and helps relieve indigestion
- Allows for easier removal of accumulated wastes in the body such as faeces, sweat and urine
- Warm water is absorbed far better than water at room temperature
- Boiled and cooled water is lighter and subsides all three dosha's irrespective of the season



When should one drink boiled water and how much?

- Ayurveda advocates that one should only drink water when thirsty
- Have a glass of boiled water immediately after evacuation of the stools in the morning
- Drink water while consuming food this promotes good health