

AN AYURVEDIC REVIEW ARTICLE OF SIDDHA JAL FROM CHARAK SAMHITA W.S.R. TO ITS INTERNAL USAGE IN VARIOUS DISEASES

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ABSTRACT

The primary goal of the 'science of life', *Ayurveda*, is to promote good health by both treating those who already have diseases and preventing them from developing new ones. *Tridosha*, *Dhatus*, *Mala*, *Agni* and other factors should be in balance to maintain good health. Any changes to these factors will result in poor health. According to *Acharya Sushruta*, water[*jal*] itself is the source of all life. In *Ayurveda*, water[*jal*] *siddha* with *Aushadhi dravyas* are used as a *chikitsa* in *vyadhi Avastha*. *Siddha Jal* has a high and prominent medicinal value. This article encloses all the various formulations of *siddha jal* along with their role in diseases contents of the *siddha jal* as per *Acharya Charak*. An efforts has been made to compile and represent for a better and easy understanding of various *siddha jal yogas* mentioned in *charak Samhita*. Use of *siddha jal* is highly

recommended in certain *vyadhis* like *Jwar*, *Raktapitta*, *Atisar*, *Chardhi*, *Madatyay* etc. *Siddha Jal* [water] used in the medicated form is the unique feature of *Ayurveda*. Role of *siddha jal* in *vyadhis* like *Jwar*, *Gulm*, *Raktapitta*, *Atisar*, *Chardhi* has been mentioned in the article. Role of various *vanaspati dyrayas* to be used for preparing *siddha jal* like *mustha*, *parpatak*, *ushir*, *triphal*, *Chandan*, *sariva*, *guduchi*, *panchamul*, etc has also been mentioned.

KEYWORDS: *Siddha Jal*, Water, Rogas, *Vyadhi*, *Lakshan*, Constituent drugs.

INTRODUCTION

Jal[water] is made *siddha* with use of various *Aushadhi dravyas* which are found to be highly useful in curing certain *vyadhis*. The most important component of life for our survival is water[*jal*]. There are numerous references where *Acharyas* stated that *Jal* is just as important in maintaining health as other factors. Depending upon the *Vyadhi Avastha*, *Jal* is used as both an *Anupan* and a *sahapan*.

In *Charak Samhita*, water are described in *Charak* under *Jal varga* in ch.su.27/196-216 *Annapaniya chapter*.^[1] *Jal* [water] has the properties of being *Madhur vipak*, *sheeta veerya* and even after boiling the water, it remains the *sheeta veerya*. The characteristics of water are *shramahara* [Reduce fatigue], *klamahara* [Reduce tiredness], *Pipasahara*[Eliminate thirst], *Tarpana* [Nutrious], *Hridya* [Strength to heart], *Sheeta*, *Laghu*, *Jeevaniya* etc. When the *Jal siddha* with *Aushadhi dravyas*, it gets the properties of that *dravyas* which cures the *Vyadhi Avastha* fastly. Use of *siddha jal* is highly recommended in certain *vyadhis* like *Jwar*, *Gulma*, *Atisar*, *Raktapitta*, etc.

Need of topic

Acharyas have mentioned the uses of various *siddha jal yogas* in our *samhitas* in the treatment of various *vyadhis*. However there is a lacuna in the terms of implication and understanding of the concept of *siddha jal*, A detailed analysis of every *siddha jal* mentioned in our *samhitas* needs to be done on basics of the results attained while curing various *vyadhi*, its mode of action, its duration for absorption and bioavailability etc. An efforts has been made to compile and represent for a better and easy understanding of various *siddha jal yogas* mentioned in *Charak Samhita*.

AIM AND OBJECTIVES

Aim

To study the concept of *Siddha Jal*.

Objectives

- 1) To study the various *Rogas* for which *Siddha Jal* is used as a *chikitsa*.
- 2) To do a detailed literary review of *Charak Samhita* to understand the concept of *Siddha Jal* and its role in various *vyadhi*.

MATERIAL AND METHOD

Review work done and all literary references related to *Siddha Jal yogas* have been collected from *Charak Samhita*.

Definition of siddha jal

One part of *Aushadhi Dravya*, sixty four part of *jal* is to be cooked on *mrudu agni*. Mixture is heated till half part is reduced in the vessel. Contents of the vessel are then to be strained. This is *Siddha Jal*.^[2] Here, *Jal* is made *Siddha* with the uses of *Aushadhi dravyas*.

DISCUSSION

Siddha jal has cooling and anabolic properties. Apart from therapeutic action of the drug, *siddha jal* also nourish tissues and have anabolic effect. The characteristics of water are *Pipasahara*, *Tarpana*, *Hridya* etc. *Jal siddha* with various *dravyas* helps to cure *vyadhi avastha* fastly.

In *Raktapitta*, *Vidarigandhadi gan siddha jal* is used wick is *vatpittahar*. In *Trushna vyadhi*, *Trunpanchmul siddha jal* is used for *pipasashamnarth*. Along with the medication, *Siddha jal* help in *chikitsa* of different *vyadhi Avastha*.

Table 1: *Siddha jal* mentioned in *charak samhita*.

Chapter	Siddha Jal	Vyadhi	Constituent dravya	Dravya name	Rasa	Virya	Vipak	Gun
Jwar ^[3]	shadangpaniya	Jwar [forpipasa shamnarth]	Musta, Parpatak, Ushir, Chandan, Udichya, Nagar	Musta	Katu, Tikta, kashay	shit	Katu	Lakhu, ruksha, grahi
				Parpatak	tikta	shit		sangrahi
				Ushir	Tikta, madhur	shit		laghu
				Chandan	tikta	shit		ruksha
				Udichya		shit		Raghu, ruksha
				Nagai (shunthi)	katu	ushn	madhur	Laghu, snigdha
Raktapitta ^[4]	Tikta ras siddha Jal	Raktapitta	Guduchi, nimb, vasa, patol, nidigdhika, etc	Guduchi	Katu, tikta, kashay	madhur	Ushna	
				Nimb	tikta	katu	Ushna	
				vasa	Tikta, kashay	shit		laghu
				Patol	tikta	ushn	madhur	Laghu, snigdh
				Nidigdhika (kantakari)	Tikta, katu	ushna		Laghu, ruksha
Raktapitta ^[5]	Vidarigandhadi gan dravyasiddha Jal	Raktapitta	Vidarigandha, erandmul, punarnava, mudgaparni, mashparni, jivaniyapanchamul, lghupanchamul (shalparni,	Vidarigandhadi gan - vatpittahar				

			<i>prushanaparni, bruhati, kantakari, gokshur)</i>					
<i>Raktapitta^[6]</i>	<i>Rhriberadi Dravya siddha jal</i>	<i>Raktapitta (pipasa shamnarth)</i>	<i>Rhriber, Chandan, ushir, musta, parpatak</i>	<i>Rhriber</i>	<i>Katu, tikta, kashay</i>	<i>ushn</i>	<i>katu</i>	<i>Laghu, snigdha</i>
				<i>Chandan</i>	<i>tikta</i>	<i>shit</i>		<i>ruksha</i>
				<i>Ushir</i>	<i>Tikta, madhur</i>	<i>shit</i>		<i>laghu</i>
				<i>Musta</i>	<i>Katu, tikta, kashay</i>	<i>shit</i>	<i>katu</i>	<i>Laghu, ruksha, grahi</i>
				<i>Parpatak</i>	<i>tikta</i>	<i>shit</i>		<i>sangrahi</i>
<i>Atisar^[7]</i>	<i>Vacha and Ativisha siddha Jal</i>	<i>Atisar (for Aampachnarth)</i>	<i>Vacha, Ativisha</i>	<i>Vacha Ativisha</i>	<i>Katu, tikta Katu, tikta</i>	<i>Ushna ushna</i>	<i>katu</i>	<i>Laghu, tishn, ruksh</i>
<i>Atisar^[8]</i>	<i>Musta, parpatak siddha Jal</i>	<i>Atisar</i>	<i>Musta, Parpatak</i>	<i>Musta</i>	<i>Katu, tikta, kashay</i>	<i>shit</i>	<i>katu</i>	<i>Laghu, ruksha</i>
				<i>Parpatak</i>	<i>tikta</i>	<i>shit</i>		<i>sangrahi</i>
<i>Atisar^[9]</i>	<i>Rhiber and Shrungver siddha jal</i>	<i>Atisar</i>	<i>Rhiber, Shrungver</i>	<i>Rhiber</i>	<i>Katu, tikta, kashay</i>	<i>ushn</i>	<i>katu</i>	<i>Laghu, snigdha</i>
				<i>Shrungver</i>	<i>katu</i>	<i>ushna</i>	<i>madhur</i>	<i>Guru, ruksha</i>
<i>Atisar^[10]</i>	<i>Mustadi Dravya siddha Jal</i>	<i>Pittaj Atisar</i>	<i>Musta, parpatak, ushir, sariva, kirattikta, udichya</i>	<i>Musta</i>	<i>Katu, tikta, kashay</i>	<i>shit</i>	<i>katu</i>	<i>Laghu, ruksha</i>
				<i>Prapatak</i>	<i>Tikta,</i>	<i>shit</i>		<i>sangrahi</i>
				<i>Ushir</i>	<i>Tikta, madhur</i>	<i>shit</i>		<i>laghu</i>
				<i>Sariva</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Guru, snighdha</i>
				<i>Kirattikta</i>	<i>tikta</i>	<i>shit</i>		<i>Laghu,</i>

								ruksh
				Udichya		shit		Laghi, ruksha
Gulma ^[11]	Laghupanchmul siddha jal	Kaphaj Gulma associated with pipasa	Shalparni, prushnaparni, bruhati, kantakari, gokshur	Shalparni	Madhur, tikta	shit	madhur	Guru, snigdh
				Prushnaparni	Madhur, tikta	shit	madhur	Laghu, snigdh, sar
				Bruhati	Katu, tikta	ushna	katu	Laghu, ruks, tikshn
				Kantakari	Katu, tikta	ushna	katu	Laghu, ruksh, sar
				Gokshur	madhur	shit	madhur	Guru, snigdh
Madatyay ^[12]	Bruhatpanchmul siddh jal	Vataja Madatyay	Bilwa, Patla, Gambhari, Agnimanth, Shyonak	Bilwa	Katu, tikta, kashay	ushn	katu	Laghu, snigdh, tis hn
				Patla	Tikta, kashay	Anushna	katu	Laghu, ruksh
				Gambhari	Tikta, madhur, kashay	ushn	katu	guru
				Agnimanth	Katu, tikta, kashay, madhur	ushn	katu	Laghu, ruksh
				Shyonak	Tikta, kashay	shit	katu	Laghu, ruksh
Madatyay ^[13]	Chaturparni siddh jal	Pittaj Madatyay	Shalparni, Prushnaparni, Mashparni,	Shalparni	Madhur, tikta	shit	madhur	Guru, snigdh

			<i>Mudgparni</i>					
				<i>Prushnaparni</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh, sar</i>
				<i>Mashparni</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, ruksh</i>
				<i>Mudgparni</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh</i>
<i>Madatyay^[14]</i>	<i>Rhiber siddh jal</i>	<i>Kaphaj Madatyay</i>	<i>Rhiber</i>	<i>Rhiber</i>	<i>Katu, tikta, kashay</i>	<i>ushn</i>	<i>katu</i>	<i>Laghu, snigdh</i>
<i>Madatyay^[15]</i>	<i>Balamul, Prushparni siddh jal</i>	<i>Kaphaj Madatyay</i>	<i>Balamul, prushnaparni</i>	<i>Balamul</i>	<i>madhur</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh, pichhil</i>
				<i>Prushnaparni</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh, sar</i>
<i>Madatyay^[16]</i>	<i>Kantakari siddh jal</i>	<i>Kaphaj Madatyay</i>	<i>Kantakari</i>	<i>Kantakari</i>	<i>Katu, tikt</i>	<i>ushn</i>	<i>katu</i>	<i>Laghu, ruksh, sar</i>
<i>Madatyay^[17]</i>	<i>Musta, parpatak siddh jal</i>	<i>Kaphaj Madatyay</i>	<i>Musta, Parpatak</i>	<i>Musta</i>	<i>Katu, tikta, kashay</i>	<i>shit</i>	<i>katu</i>	<i>Laghu, ruksh</i>
				<i>Parpatak</i>	<i>tikta</i>	<i>shit</i>		<i>sangrahi</i>
<i>Madatyay^[18]</i>	<i>Musta siddh jal</i>	<i>Kaphaj Madatyay</i>	<i>Musta</i>	<i>Musta</i>	<i>Katu, tikta, kashay</i>	<i>shit</i>	<i>katu</i>	<i>Laghu, ruksh</i>
<i>Madatyay^[19]</i>	<i>Rhiberadi dravya siddha jal</i>	<i>Kaphaj Madatyay</i>	<i>Rhiber, Bala, Prushparni, Kantakari, Shunthi</i>	<i>Rhiber</i>	<i>Katu, tikta, kashay</i>	<i>ushn</i>	<i>katu</i>	<i>Laghu, snigdh</i>
				<i>Bala</i>	<i>madhur</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh, pichhil</i>
				<i>Prushparni</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh, sar</i>

				<i>Kantakari</i>	<i>Katu, tikt</i>	<i>ushn</i>	<i>katu</i>	<i>Laghu, ruksh, sar</i>
				<i>Shunthi</i>	<i>katu</i>	<i>ushn</i>	<i>madhur</i>	<i>Laghu, snigdh</i>
<i>Madatyay</i> ^[20]	<i>Dhamasa, musta siddh jal</i>	<i>Kaphaj madatyay</i>	<i>Dhamasa, musta</i>	<i>Dhamasa</i>				
				<i>Musta</i>	<i>Katu, tikta, kashay</i>	<i>shit</i>	<i>katu</i>	<i>Laghu, ruksh</i>
<i>Trushna</i> ^[21]	<i>Trunpanchmul (sharpurvapanchmul) siddh jal</i>	<i>Trushna</i>	<i>Kush, kash, shar, Darbha, Ikshu</i>	<i>Kush</i>	<i>Madhur, kashay</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh</i>
				<i>Kash</i>	<i>Madhur, tikt, kashay</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh</i>
				<i>Shar</i>	<i>Madhur, tikta</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh</i>
				<i>Darbha</i>	<i>Madhur, kashay</i>	<i>shit</i>	<i>madhur</i>	<i>Laghu, snigdh</i>
				<i>Ikshu</i>				

COCLUSION

Jal is used as both an *Anupan and sahapan*. *Jal* has the properties of *Madhur vipak, shit virya* and even after boiling the water, it remains the *shit virya*. Here the various *siddha jal* are used in various *vyadhi avastha* which help during the *chikitsa*.

Mainly *tikta* and *katu rasatmak dravya* are taken to prepare *siddha jal*. *Tikta ras* is *aruchinashak, dipan, pachan, vishgna, jwarghna*, and *krumigna*. While *Katu ras* is *agnidipan, kandughna, aruchinashak*. *Gun* of both the *rasa's* help in the healing of *vyadhi*. There is large scope of reaserches in *siddha jal* concept.

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