

**USHNODAKA****Dr. Anurag Saini\*<sup>1</sup> and Dr. Manju Saini<sup>2</sup>**<sup>1</sup>P. G. Scholar, Dept. of R. S. & B. K. Govt. Ayurvedic College Patiala, Punjab.<sup>2</sup>Reader, Dept. of Kaya Chikitsa Govt. Ayurvedic College Patiala, Punjab.Article Received on  
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The primary goal of Ayurveda, the "science of life," is to promote good health by both treating and shielding a patient from illness. One can maintain good health by maintaining a balanced condition of Tridosha, Dhatus, Mala, Agni, and so forth. Any changes to these elements will result in poor health. Therefore, in order to preserve good health in the modern period, we need make appropriate plans and adhere to Dinacharya, Ritucharya, and Ratricharya. Ayurveda has outlined guidelines for Jalasevana, Vihara, and Ahara. Water is the source of all life, according to Acharya Sushruta. One of the pancha mahabhuta that is essential to all living things is water. One of the insatiable innate urges that modern research has documented is the trishna. Depending on the state of the body, Ayurveda advises drinking both warm and cold water. In order to preserve the Avikrutavastha of Tridosha and

Agni, we need take into account the indications and contraindications of water, as our Acharyas have indicated in relation to the advantages of Ushnambu and Shitambu as well as their attributes. "Ushnodaka" implies warm water, however in this case, the water needs to be fully boiled, not merely heated. Ushnodaka has its own speciality as an Anupana for Ahara, for Aushadhi, and it may be employed in particular for Vyadhivastha. Generally, Udaka is used as Anupana for Ahara. Thus, Ushnodaka is crucial to both Vikara Prashamana and Swastha Samrakshana.

**KEYWORDS:** Ushnodaka, Swastha, Anupana, Jalasevana, Agni, Tridosha.**INTRODUCTION**

The most vital component of human existence for survival is water. It is Satmya, or flexible, to every individual. The word "ushnodaka" in Ayurveda refers to warm water. The word

"kalpana" comes from the root "KRIPU SAAMARDHYE," which denotes the process by which a material becomes strong or active.<sup>[1]</sup> One that falls under the upkalpana of kwath kalpana is ushnodaka.<sup>[2]</sup> Warm water is used as an Anupana (a drink that is consumed before, after, and together with eating) and Sahapana, according to the classics.

Ayurveda recommends drinking of warm water. Ayurveda recommends the maintenance of jatharagni (digestive fire) for the proper metabolism and nutrition of sapta dhatus. Cold food and liquid can weaken digestive fire (agni) as it slows down the digestive process by diluting the digestive juices. Regular intake of cold water and food can weaken the digestive fire and as a result the food taken will remain undigested giving rise to the development of metabolic toxins i.e., Ama in the body. This Ama which is developed as a result of improper digestion can lead to various other metabolic disorders.

### USHNODAKA

Ushnodaka is defined as boiling water to decrease it to half.<sup>[3]</sup> Water that is considered to be of high quality is defined as being still, clear, light, and reduced to one-fourth. Ushnodaka is always healthy since it eliminates Kapha, Medas, and Vataandaama, increases digestive fire, clears the bladder, and reduces fever, coughing, and dyspnea. Ushnodaka is good for those with fevers brought on by Kapha and Vata, since it increases digestive fire, dissolves Kapha, carries Pitta and Vata in their proper courses, quenches thirst, and softens Doshas and channels. The reverse of the above is Sheetajala.<sup>[4]</sup> Ushnodaka aids in digestion and increases appetite. It is easy to digest and beneficial for the throat. It clears the urinary bladder and eases symptoms like flatulence, hiccups, and aggravated vata and kapha. On the days of Shodhana treatment, the ushnodaka is most suited for people experiencing developing fevers, coughing up undigested materials, runny noses, dyspnea, and flank discomfort.<sup>[5]</sup>

### METHOD OF PREPARATION

The water which is reduced after boiling up to 1/8th part, 1/4th, and 1/2 of its original quantity is called Ushnodaka.<sup>[6]</sup>

### Ideal Ushnodaka

The decrease of water will also affect its properties. When water is heated to a quarter, third, or half reduced, it should be clean, quiet, and light with no foam or froth. The best variety among the three will be chosen in accordance with Desha and Ritu.<sup>[7]</sup>

**Srita Shita Jala:** The best water is one that has been thoroughly boiled and then chilled. Tridosahara is that, and beneficial throughout every Ritus (season).<sup>[8]</sup>

**Agrahyajala:** Water that has been stored for a long time and contains amla should not be used as it raises Pitta. It is not recommended for those with pitta illnesses, intoxication conditions, or thirst.<sup>[9]</sup>

### GUNA AND KARMA OF USHNODAKA BY DIFFERENT ACHARYAS

- **Charaka**<sup>[10]</sup>- Vatahara, Kaphahara, Agni Vardhaka,
- **Sushruta**<sup>[11]</sup>- Vatahara, Kaphahara, Medohara, Amahara, Deepana, Bastishodhana
- **Ashtang Hridaya**<sup>[12]</sup>- Vatahara, Kaphahara, Amahara, Deepana, Bastishodhana
- **Yoga ratnakara**<sup>[13]</sup>- Vatahara, Kaphahara, Medohara, Deepana
- **Bhavaprakasha**<sup>[14]</sup>- Vatahara, Medohara, Amahara, Pachana, Bastishodhana

### USHNODAKA ACCORDING TO DOSHAS

Dosha	Sushruta <sup>[15]</sup>	Sharanghadara <sup>[16]</sup>
Vataghna	1/4 <sup>th</sup>	3/4 <sup>th</sup>
Pittaghna	1/2	1/4 <sup>th</sup>
Kaphaghna	3/4 <sup>th</sup>	1/2

### USHNODAKA ACCORDING TO SEASON

Reduction	Yogaratanakara <sup>[17]</sup>
1/2	Sisira, Vasanta, Greeshma
1/4 <sup>th</sup>	Hemanta Ritu
1/8 <sup>th</sup>	Sharad, Pravrita

### INDICATIONS OF USHNODAKA

Ushnodaka can be used in several conditions like Jwara (fever), Mandagni (weak digestive power), Pratisyaya (rhinitis), Netraroga (eye disorders), Kustha (skin disorders), Galagraha, Kasa (cough), Shwasa (cold), Parshwashoola (pain in flanks), Pinasa (running nose), Adhmana (distension of abdomen), Hikka (hiccups), Trishna (thirst), Shoola (pain), and Vatakapahaja rogas.<sup>[18]</sup>

### CONTRAINDICATIONS OF USHNODAKA

Ushnodaka which is prepared during daytime is contraindicated at night and the Ushnodaka which prepared during night is contraindicated for use during the following day as it turns Guru (heavy for digestion) in both the conditions. Boiled water can be used throughout the day, but it should not be kept overnight, since its therapeutic properties expire.<sup>[19]</sup>

Ushnodaka should not be given to such of the patients as are having excessive vitiation of Pitta or if there is burning sensation, giddiness, delirium and diarrhoea. Only cold food and drinks are helpful in this situation. Also intake of Madhu (honey) should not be followed by the Ushnodaka.<sup>[20]</sup> In fatty substances, Ushnodaka should be taken as after drink except oils of Bhallataka and Tuvaraka.<sup>[21]</sup>

### **EFFECT OF JALAPANA ON BODY<sup>[22]</sup>**

- Before food- Lean
- In between food- Medium
- After food- Obese

### **IMPORTANCE OF USHNODAKA**

Ushnodaka is mentioned in several Ayurvedic diseases. Jwara is regarded as Amashaya Samuttha Vyadhi, and because of Ama's Anubhandha, Jwara requires Deepana pachana Dravya. For people who are suffering, drinking Ushnodaka is Hita (wholesome). For those suffering from Vataja and Kaphaja Jwara, as it will dissolve Kapha, carry Pitta and Vata in their right locations, and enhance Agni because of its Deepana and Pachana qualities. It also clears the Srotavaroda. Water for Paittika Jwara should first be boiled with Tikta Dravyas and then let to cool before being consumed.

### **CONCLUSION**

The health advantages, significance, and many ways to prepare ushnodaka are discussed in Ayurveda. When taken as Anupana, ushnodaka not only supports a person's continued health but also enhances the effectiveness of medications. One can maintain the equilibrium condition of Tridoshas if they adhere to Ritucharya and take Ushnodaka in accordance with the season. Ushnodaka's Deepana and Pathana properties boost the digestive fire. In addition to slake thirst, ushnodaka also helps to maintain one's health by unclogging bodily channels. The Medohara feature of Ushnodaka, which aids in the removal of excess fat that builds up in our bodies, was stated by Acharya Sushruta. Ushnodaka is a straightforward and powerful ingredient that has fantastic effects on our bodies. In the modern world, ushnodaka—which may be quickly prepared—is utilized as part of a daily routine to preserve health.

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