

Ushapaana Rasayana as in Ananda Kanda

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ABSTRACT

Water is the cradle of life.¹ It is explained first because of its importance in *Dravadravyadi vignaneeyam Adhyayam*. It is considered to be *shreshta Anupana* because of its *Sarva rasa yonitvaat, Sarvabhuta satmyatvaat, Jeevanadi gana yoga*.² It is the *yonis* for all Dravyas. It is *shrestha* for *Ashwasana, Stambhana* and *Kledana*.³ As per Bhairavokta Anandakandah, *Ushapaana* acts as *Rasayana*, one of the unique concepts to be known and understood. “*Usha*” means ‘dawn’ or just before sunrise. “*Paana*” means to drink. Therefore, “*Ushapaana*” means to drink water early in the morning before sunrise or during ‘*Brahmi Muhurta*.’ During Medieval period, a number of books were written, describing several aspects of *Rasashashtra*. Ananda Kandah is also one such important text written in 13th century. Ananda kanda means “Roots of Bliss.”⁴ This text was supposed to be written by Manthana Bhairava. A Raja Vaidya of the Island of Srilanka. The contents of Ananda kanda is dialog between Lord Shiva and Goddess Parvati.

KEYWORDS: *Anupana, Ashwasana, Sthambhana, Kledana, Ushapana, Rasayana, Brahmi muhurta*

INTRODUCTION

Ushapana has been explained as a part of daily regimen in Ayurveda. Here water is advised to drink in the early morning. Among *Dinacharya*, the first regimen is “*Brahmi Muhurte uttishte*”⁵ Or to wake up early in the morning before sunrise. 1 *Muhurta* refers to 48minutes. A day consists of 30 *Muhurtas* i.e., 15 *Muhurta* in a day and 15 *Muhurtas* in the night. The 14th *Muhurta* of the night is called “*Brahmi Muhurta*”. This period is approximately one and half hours before sunrise. According to Ayurveda this is the ideal time for a person to wake up in the morning. This is the time in which Ushapana is to be done. Anandakandah explains *Ushaapana* as *Rasayana*.

Often water is the force, the root of all beings is fire, the fuel of that fire is water, so one should drink that water as said in classics⁶ to lead a healthy life and to prevent the disease

Aims & Objectives

To understand Ushapana Rasayana as in Anandakandah

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Materials & Methods

Materials: Ayurvedic classical texts, journal, internet

Methods: Literary review

1. Indication
2. Preparation of *Hamsodaka*
3. Time and Dose of consumption of *Jala*
4. Procedure of *Ushapana Rasayana*
5. Special conditions
6. *Pathya* in *Jalapana Rasayana*
7. *Apathya* in *Jalapana Rasayana*
8. *Jala jeerna lakshana*
9. *Jala ajeerna lakshana*
10. Qualities of *Ushapana Jala*
11. *Nasa Jalapana Rasayana*.

REVIEW LITERATURE

INDICATION

The water, worthy of all, easily available, pure, being pleasant to all, destroyer of ego of inner and outer mind, which is having *Tridosha shamaka* properties, best diet and best *Rasayana* among all *Rasayanas*.⁷

1. Indicated in *Baala, stree, Vriddha*⁸
2. *Roga pidita*
3. All *Rasayanarha*

PREPARATION OF HAMSODAKA

A new pot filled early in the morning with water from any sources given below:

- Rain water (*Gangmbu*)
- River (*Nadi*)
- Lake (*Tadaka/saras*)
- Well (*kupi*)
- Well with steps (*Vapi*)

The pot filled with water is kept on a platform so that it receives abundant sunlight by which it becomes devoid of all *Doshas* during day time and cooled by cool rays of moonlight during night. After that, add small amounts of *Ela, Ushira, Karpura, Chandana*, then with *patali, Ketaki, mallika, utpala*. After that sprinkle water on a palm leaf fan and blow air again and again.⁹

TIME AND DOSE OF CONSUMPTION

Hamsodaka, to be consumed in "*Brahmi muhurta*"¹⁰, Before the rise of *Anuradha nakshtra* in the sky. (Group of 4 *nakshatra* is *Anuradha nakshatra*).¹¹ Person should not pass urine or faeces before drinking water.

Can be consumed from one year of age

Dose:

Dose of consumption of jala varies as age increases, as below:

1year = 1pala (48ml)

Increase each year till 16years

After 16years = 16 pala(768ml)

After 16 years = 16 Prsruta (1.563 litres)

Till 20 years it can be consumed on the daily basis.

As per Agni bala, the person can start with a dose of 1 Prsruta for 3/5/7 days and gradually increasing the dose in the unit of 1 Prsruta/ 1 Kudava till it reaches upto 16 Prsruta.¹²

If one drink water like this, there will be no disease and even if one gets disease, get cured easily and person lives happily for 100 years and all the senses work properly.¹³

Maximum duration of therapy: 6months-1year¹⁴

PROCEDURE OF USHAPANA RASAYANA

Hamsodaka to be prepared as per the above guidelines, one should get up early morning in *Brahmi Muhurta*, n should drink water before the rise of *Anuradha Nakshatra*. One should not pass urine and faeces before drinking the water.

Special conditions:

- For *Deerghaayu* one should consume jala according to Agni balafor 3/5/7 days in a dose of 1 Prsruta.
- Person should follow *Pathya* and avoid *Upavasa* during day and night.
- After exercise one should consume 1anjali, ¾ Anjali, ½ Anjali, ¼ Anjali of jal.
- The water can be consumed by adding *madhu, aajya, taila, dugdha*, etc for pacification of *vata*
- The water can also be consumed one *Muhurta* after intake of medications as per the disease condition.
- Water can be consumed after the digestion of previously consumed water, food, and also at night.
- In conditions like *jwara* when there is need of *Upavasa*. The water consumption must be reduced to half the prescribed quantity and if possible, consume very *laghu ahara* at night or else there will be *Shoshana* of *Jala* in *Jathara*.
- At the time of *Upavasa* as part of rituals then one should consume *Ksheera* at night.
- One with good digestive power and formation of *Ahara rasa* must try to consume ½ -1 *anjali* of water daily to maintain the same.
- One must keep in mind the timing of one's *vega utpatti* and pass the urges only after *Jalapaana* at *Brahmi Muhuta*.
- If one is aware of ones *vega kaala* during night then consume water at night and in the next morning consume ¼ of the prescribed dose or ¼ *Anjali* of *jala*.¹⁵

PATHYAAPATHYA IN JALAPAANA RASAYANA

Pathya: Wheat, *Shashtika shaali*, Barley, *jangala pashu pakshi mamsa rasa*, Cows milk, curd, ghee, butter milk, butter, *Madhu*, sugarcane, Pomogranate, Dry Grapes, Banana, Dates, Sugar, Mango, Amla, Fresh coconut water, *Kushmanda, Nimba phala, Shigru patra, pushpa, phala*.

Aragwada phala majja, punarnava, shatavari, vidarikanda, Shweta tulasi, patola phala, Shweta mushali, dhaniya, mustard, chakramarda, Manduka parni, kasa marda, Naga bala etc.¹⁶

Apathya: *Kulmasaha, Brihati, Alabu, Kulatha yush, Kalinga, Gunja, Lashun, Plandu, Surana kanda, Aloo*.

Anashan, Ati bhojan, Vishtambhi bhojana, Ruksha bhojan, Ahrudya bhojana, picchila bhojana,

Too much talking, excessive exposure to sunlight, staying in too much shade, excessive travelling, excessive sexual intercourse, Heavy lifting, swimming, fasting, sleeping during day time, *ratri jagarana*. Exposure to east wind, cold wind, dusty air

Consumption of Alcohol, fat, Bone marrow, cow urine, Drinking of alkaline well water, bitter, pungent, astringent substances, asafeotida etc.¹⁷

JALA JEERNA LAKSHANA

- One should feel healthy after drinking water,
- Initiation of vomiting by its own after consuming water.
- One should not consume *Tamboola* till the water taken is expelled out as urine.
- Expulsion of consumed water as urine without any additional medications.
- Feeling of hunger after complete expulsion of water from the body.¹⁸

JALA AJEERNA LAKSHANA

- *Shrama, Klama, Vamana, Shira shola, Shira bhrama.*
- *Mukha shosha, Abhishyandi, Avarodha* of *purisha, mutra*, sneeze, *Apana vayu. Gulma, Udavarta, Agni mandya*, pricking pain in the body.
- Pricking pain in *Basti, netra, vankshana, Jangha*, breathlessness, hatred towards food, *Aruchi, Ashmari, Pinas, Acne, Atisara, Sthabdata* in the body.¹⁹

TREATMENT OF JALA AJEERNA LAKSHANA

- *Chhadana* of *Basti* and *Udara* with *Kushmanda patra*.
- Application of *Mutra Mochanakrut lepam*.
- Apply *lepa* to entire body with *Go grita* and *Amalaka churna* mixture and then to be taken bath.
- *Ervarubeeja* mixed with *Narikelodakam* and sugar.
- Administration of milk with *guda* or *takra* with sugar.
- Administration of ghee before meals.
- One should take bath in cool water processed with *Amalaka*.
- Remain immersed in water

- *Vishodhana* with *swadu sheeta drava*.
- *Vamana* with *Krishna, madana*, and *saindhava kalka* with *madhu*
- *Virechana* with *pathya churna* and *narikela jala*.
- At night consumption of *Triphala* for *sarva dosha vinashanam*.
- Binding of lower abdomen with cloth soaked in cold water (*kshana matra*)/ *Avagaha* in *sheetambul* pour *sheeta vari* overhead.
- Lie down over a bed made of wet sand.²⁰

QUALITIES OF USHAPAANA JALA

- In this way, the water consumed during *Brahmi Muhurta* acts as *Rasayana*.
- Eliminates all the *Doshas* and destroys diseases like *Vata rakta, vataja roga, hrud roga, shwasa, kasa, Raktapitta, pittaja grahani, vamana, Arochaka, kshaya, murcha, kushta, Meha, moha, galaganda, Arbuda*.
- *Gulma, pleeha, ashmari, shola, anaaha, ajeerna, vishuchika, krimi, pandu, kamala, haleemaka, visarpa*.
- *Vrana, agnimandya, visha, urdwajatrugata roga, guhya roga, apasmara, bhrama*.
- *Jwara, adhmana, udara roga, mutraghata, arsha, palityha* etc. diseases will be cured.
- One's intellect becomes stable; person becomes strong and patient.
- Person becomes sexually active.²¹

DISCUSSION

- *Ushapaana* is the practice of drinking prescribed amount of water, early in the morning, on empty stomach, which acts as *Rasayana*. This is first mentioned in *Anandakanda*, one of the Ayurvedic text.
- For living a healthy life, a person should wake up from bed at *Brahmi muhurta*. That is before dawn, or around 1 and half hours before sunrise.
- *Hamsodaka* is used to drink.
- Before drinking water, one should not pass urine and feaces.
- Intake of water should be gradually increased as per the age.
- *Ushapaana* can be started at the age of one year.
- If *Ushapaana* done properly as prescribed, one will survive for 300years.
- Drinking water as soon as you wake up, before sunrise, can help to flush the toxins out of our body easily.

- It is also beneficial to keep the body hydrated.

CONCLUSION

- Ushapaana Rasayana can be effectively practiced as a very cost effective Rasayana chikitsa in our Practice.
- Usha paana is a simple procedure with many benefits.
- There is no palatability issues or tough regimen to stick on, in its protocol.
- No age restriction.
- Wide range of disease prevention.

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