

Rules for drinking water

- One should take lukewarm water on empty stomach early morning provided the food taken at previous night is properly digested.
- Intake of water before food produces Agnimāndya (improper digestion) & Kṛśatā (emaciation) and intake of water after food produces obesity.
- Intake of water in between the meals is beneficial as it digests food easily and provides nourishment to the body tissues.
- During cold season, intake of luke warm water boiled with dry ginger (1/2 teaspoon in 1 litre) and in summer season water processed with coriander seed or Vetiver (1 teaspoon in 1 litre) is beneficial to avoid harmful effects of cold and summer season.