

## Benefits of Warm Water intake (*Ushnodakapana*)

When normal water is boiled until half the quantity remains and then kept until it is warm with features having no foaming/frothing (*Nishfena/Nirvega*), Clear (*Nirmala*) then it is known as *Ushnodaka*.

### Benefits of Warm water (*Ushnodaka*) Intake:

1. It stimulates digestive fire and helps in digestion of food i.e. appetizer (*Dipana/pachana*)
2. It decreases *Kapha/Meda* (Fatty substances in body)
3. It corrects indigestion.
4. It decreases *Vata* so helpful in flatulence.
5. It cleanses urinary bladder (*Basti shodhaka*)
6. Indicated in coughing (*Kasa*), breathlessness (*Svasa*), fever (*Jvara*) and lateral side of chest pain (*Parshvashula*) and throat pain (*Kanthashula*)
7. It relieves Hiccup (*Hikka*)
8. As *Gandusha* therapy (gargling with mouth full of liquid) : It cleanses mouth so prevents diseases of teeth and disorders of voice.

### Benefit of warm water intake in night:

1. It corrects indigestion.
2. Helpful in Flatulence (due to *Vataanulomana*)

### Different types of Warm Water (Based on how much water is reduced after boiling) and their Benefit:

| Water left  | Reduced amount | Bhavana(Processing by)  | Indications   |
|---|----------------|---|---|
| 3 part left   | 1 part Reduced | -   | <i>Pathya</i> (compatible)<br><i>Useful in joint disorders (VatajaRoga)</i>                             |
| 2 part left   | 2 part Reduced | -   | <i>Vata-shamaka and Pitta-shamaka.</i><br>(Flatulence, acidic eructation, burning (slight))             |
| 1 part left   | 3 part Reduced | -   | It is useful in all health conditions ( <i>Tridosha Shamaka</i> )                                       |
| 2 part left   | 2 part Reduced | <i>Sunthi</i> (powder of dried <i>Zingiber officinale</i> Rosc.) and <i>Ajwain/Yavani</i> ( <i>Trachyspermum ammi</i> L.) | <i>Vata-shamaka and Kapha Shamaka.</i><br>(Common cold, cough, flatulence, Joint pain indigestion etc.) |
| <i>Srita-sita Jala</i> (Cooled water after boiling) |                |   | Helpful in <i>Pittajavikara</i> / all health conditions<br>[acidic eructation, burning (slight)]        |

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