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Role Of *Ushapana* In Influencing Rejuvenation And Lifespan

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ABSTRACT: -

Ayurveda's holistic approach focuses on illness prevention, promotion, preservation, and cure. Everyone wants to appear young constantly and to live a longer life by staying healthy. Ageing is a complex and unavoidable process that begins before birth and should last for the rest of its life. *Ayurveda*, one of the world's most authoritative mind-body-spirit medicinal systems, offers various concept of the aging process. This system of medicine includes therapies for healthy aging so as to create an optimal health and lengthen an individual's health span by living in harmony with nature.

The daily routine of *ushapana* (dawn water) is a fairly widespread *ayurvedic* practice in India. After waking up, drink a glass of lukewarm or room temperature water. A person who drinks water from eight *prasriti* (a cup created by uniting two palms) before sunrise can live for a hundred years without disease or fear of old age. *Ushapana* is one of the *Ayurvedic Dinacharya* (day regimen) procedures which play a very important role in influencing rejuvenation and lifespan.

Keywords-*ushapana, ayurveda, dinacharya, rejuvenation, lifespan.*



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INTRODUCTION

Acharya Charaka and various ancient texts mentioned that there are four aims and objectives (*Purusarth chatustya*) of individual's life, *Dharma* (righteousness, moral values), *Arth*(prosperity, economic values), *Kama* (pleasure, psychological values) and *Moksha* (liberation). The Health (*Aarogya*) is the only tool for the accomplishment of the *Purusarth chatustya* (Four aims and objectives of life).^[1] Health (*Aarogya*) was considered as the prime factor over the four aims and objectives of life. In earlier days, life was not so hectic. It was quite simple and free of too many challenges with healthy environment in comparison to these days. People were healthy as they had to perform all the daily routine activities by their own. The classical textbook of *Ayurveda* elaborates that the balanced state of the main elements of our body (*Dosha* and *Dhatu*), adequate digestion (*Agni*), proper excretion (*Malakriya*), blissful condition of Self (*Atma*), satisfied senses (*Indriya*) and a happy state of mind (*Manas*) when encompassed in a person, then he is called as a Healthy (*Swasthya*) person.^[2] Health is defined as the state of complete physical, mental, and social wellbeing not merely an absence of disease or infirmity.^[3]

Ushapana (Intake of water in early morning)-
“Savituh Samudyakale Prasriti Salilasya Pibedashtau/ Rogjaraparimukto Jivedvatsal shatam Sagram” (Bh.P.Pu.5/317)^[4]

Acharya Bhavprakash advice after waking up, drink a glass of lukewarm or room temperature water. A person who drinks water from eight *prasriti* (a cup created by uniting two palms) and mentioned that the person who drinks 640 ml water every day before sunrise can live for a hundred years without disease or fear of old age.

In *Ayurveda*, drinking a specified amount of

water in the early morning is known as *Ushapana*. *Ushapana* is an *ayurvedic Rasayana* Therapy that plays an essential part in *ayurvedic* prevention. *Acharya Bhavprakash* also mentioned about *Nasa jalapana* which has more beneficial effects on health. Those who take water through nostrils before sunrise is full of intellect has sharp eyesight like an eagle and has no problems like wrinkles and graying of hair and also free from all diseases. Three *Prasriti* of water (240 ml) should be taken through nostrils.

Right Time of *Ushapana*-

The word *ushapana* is made up of two words: *usha* and *pana*. Dawn is *usha*, and *pana* is taking or drinking. It happens just minutes before sunrise, when light appears all around but the sun has not yet appeared in the sky. This is the ideal time. *Ushapana* in *Brahma Muhurta* is explained by *Bhavprakash*. *Brahma Muhurta* is recommended by *Ayurveda* for waking up. This occurs approximately 96 minutes before sunrise. *Usha* is the Arabic word for dawn, which occurs immediately before sunrise. As a result, there is a 60-minute gap between *Brahma Muhurta* and Dawn. During sleep, the flow of saliva gradually decreases, allowing bacteria overgrowth in the mouth. This process also causes morning bad breath. Despite the fact that lysozyme, an enzyme found in saliva, suppresses microbial multiplication, bacterial growth caused by decreased saliva flow during sleep ultimately causes bad breath in the morning.

Ushapana Pots-

“Sauvarne Rajate Tamre Kansye Manimayaapi Vaa/ Pushpavatsam Bhaume Vaa Sugandhi Salilam Pibet” (Su.Sutra 45/13)^[5]

There are mainly three types of pot are used for keeping water overnight for *Ushapana*.

1. Silver pot.

2. Earthen pot.
3. Copper pot.

The most easily available and for many benefits on health, copper pot is mostly suitable for storing water. As copper is an essential trace mineral that is vital to human health.

Procedure of *Ushapana*-

When drinking water, always sit in *Sukhaasan* with your legs crossed and take little sips. Take two deep breaths while maintaining a small sip of water in your mouth, and then swallow the water slowly once it has circulated in your mouth.

Ushapana Contraindications-

Ushapana is not suitable for all people. It has a few contraindications.

- A person who undergoes for oleation therapy should not drink water in the morning.
- If you have any chest injuries, you should avoid drinking water in large amount in the morning.
- During *panchakarma* procedure *ushapana* is contraindicated.
- Excessive Hiccup.
- Loss of appetite due to any *kapha* and *vata* disorders.

AIMS & OBJECTIVES

- Role of *Ushapana* in influencing rejuvenation and lifespan.
- Detail study of *Ushapana*.

MATERIAL AND METHODS

Ushapana is a simple process with many benefits. Main objective of *Ushapana* is balance all the three *Doshas* (*Vata*, *Pitta* and *Kapha*) in the body. In this process one should take 640 ml of water before sunrise. It should be taken after cleansing the mouth, brushing or before bowel evacuation. Lukewarm water must be taken during winter season. It is important here to

discuss about *Ushapana* play a very important role in influencing rejuvenation and lifespan.

Ushapana Benefits-

Almost all ailments are prevented and cured by drinking water first thing in the morning. It is very beneficial for piles, *Grahani* disease (irritable bowel syndrome), fever, obesity, and diseases of the upper body organs (above the neck). It aids in the treatment of ear disorders. It extends one's life. It can also help with blood diseases and urinary problems.

1. Cleanses stomach and Intestine-

Ushapana is a stomach and intestine cleanser. The colon and large intestine are cleansed using a water enema. The stomach and small intestine are not reached by enema. *Ushapana* is the greatest strategy for cleansing the stomach and small intestine. It cleans the walls of the small intestine of undigested or poorly digested food particles improving nutritional absorption and digestion of the food you eat the next meal.

Constipation, indigestion, and acid peptic diseases are all caused by undigested food particles.

As a result, *ushapana* helps in the prevention and treatment of various diseases.

2. Irritable Bowel Syndrome-

Ushapana is indicated in *Ayurveda* for *Grahani Rog*, which is related to irritable bowel syndrome. *Ama dosha* is the primary cause of *Grahani Rog*. *Ama dosha* is caused by partially digested or undigested food particles. It eliminates the cause of irritable bowel syndrome by removing undigested food particles from the small intestine's walls. As a result, it helps in the treatment and management of irritable bowel syndrome.

3. Reduces weight-

If you sip water from a copper pot during *Ushapana*, you will lose weight. Copper-charged

water also provides properties that help to lower *Kapha Dosha* in the body, resulting in fat loss.

4. Cleanses Kidneys and Urinary Bladder-
Ushapana helps in kidney and urinary bladder cleansing. It also helps to avoid urinary tract infections (UTIs).
5. Balances the three *doshas*.
6. Maintains fluid balance in the body.
7. Removes Toxins.
8. Increased Life-Span.
9. Radiant Skin.
10. Immune Booster.
11. Sense of Calmness.

DISCUSSION

Acharya Charaka and various ancient texts mentioned that there are four aims and objectives (*Purusarth chatustya*) of individual's life, *Dharma* (righteousness, moral values), *Arth*(prosperity, economic values), *Kama* (pleasure, psychological values) and *Moksha* (liberation). The Health (*Aarogya*) is the only tool for the accomplishment of the *Purusarth chatustya* (Four aims and objectives of life). Health (*Aarogya*) was considered as the prime factor over the four aims and objectives of life.

Acharya Bhavprakash advice after waking up, drink a glass of lukewarm or room temperature water. A person who drinks water from eight *prasriti* (a cup created by uniting two palms) and mentioned that the person who drinks 640 ml water every day before sunrise can live for a hundred years without disease or fear of old age. Almost all ailments are prevented and cured by drinking water first thing in the morning. It is very beneficial for piles, *Grahani* disease (irritable bowel syndrome), fever, obesity, and diseases of the upper body organs (above the

neck). It aids in the treatment of ear disorders. It extends one's life. It can also help with blood diseases and urinary problems.

Acharya Bhoja helps in treating many diseases and helps body to produce antibodies and improves immunity. In Ayurveda it is believed that root cause of all diseases is problem of *Amashaya* and drinking water before sunrise helps prevent such problems and it is more beneficial if water is stored in copper vessel. There are so many studies which show storing water in copper vessel helps in purifying the water from bacteria, algae, molds etc. Copper is an essential trace mineral that is vital to human health. It has antimicrobial and antioxidant properties. Ayurveda states that when water is stored in copper vessel it has ability to balance all the three *Doshas* (*Vata*, *Pitta* and *Kapha*) in the body.^[6]

CONCLUSION

It is recommended that one take care of one's body at all costs, because if one's body is lost (due to illness), all else is lost as well. As a result, it is important to remember this and aim for a healthy lifestyle.^[7]

Leaving everything else alone, one should take care of the body; with the absence of the body, all bodily entities become completely absent.

Ushapana is *ayurveda's* amazing gift to humanity, and it has a huge impact on our bodies. When water is stored in a copper pot, the effects are multiplied. Drinking water on an empty stomach purifies the human body, which will aid in the prevention of many diseases. This approach activates the mucus folds of the colon and intestines, peristalsis rises, and nutrients from food eaten multiple times a day are effectively absorbed, which aids in the

development of *Rasa Dhatu* and if *Rasa Dhatu* is generated appropriately, it leads to the formation of further *dhatu*.

Ushapana helps flushing all the toxins out of the body and cleanse the intestines. Copper induced water is highly alkaline in nature and helps the detoxify body. It washes out the *Ama* in the intestines and moves it out the excretory channels through urine and stool which treats and prevent disease.

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