

# Conceptual study of USHNODAKA in relation to anupana

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## Abstract

An ancient science of life i.e. Ayurveda blessed us with their Basic principles, prevention techniques and treatments of diseases. The ancient *Acharyas* have told us prevention techniques like Dinacharya, Rutucharya, Sadvrutta, Aaharavidhivishesha etc. Administration of medicines with particular Anupana is only described in Ayurveda science and *Anupana* plays an integral part of Chikitsa (treatment). The concept of Anupana has been in Ayurvedic literature since archaic times. The liquid medium which is given with or after food or medicine is called as ANUPANA. Aahara and vihara are broadly described concepts in Ayurveda. Because if one should not follow the rules of aahara and vihara, it becomes hetus of vyadhi. Ayurveda described some rules about aaharasevana, jalapana etc. Aaharavidhivisheshaayatana gives details of aahara. Forjalapana, jalashuddhikaranaupaya are also given. Jalais commonly used as an anupana for aahara. But also Ushnodakahas its own speciality as an Anupana for aahara, for aushadhi and in visheshavastha. Ushnodaka acts on Agni, Dosha, Dhatu, Mala, strotasa. It can be used in particular vyadhiavastha. Also it is used in sheetarutu. In panchakarma therapy, Ushnodaka plays very important role. Hence Ushnodaka as an anupana is very useful in daily routine. **Conclusion:** Anupana plays very important role in daily routine and has its impact on body for health. Water is best Anupana which is easily available. As an anupana, Ushnodaka plays important role in daily routine except in Ushnarutu. But practically one should not use Ushnodakadaily. Ushnodaka maintain the samastithi of agni.

**Key Words:** Anupana, Ushnodaka, Dosha, Dhatu, Mala, Agni, Strotasa, dinacharya, Rutucharya, Sadvrutta, Aaharavidhivishesha, Vihara, Jalapana, shuddhikaranaupaya, Avastha, vata, pitta, kapha, ama, sharada, grishma, vasanta, panchakarma.

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Received Date: 19/01/2017 Revised Date: 11/02/2017 Accepted Date: 01/03/2017

## Access this article online

Quick Response Code:



Website:

[www.statperson.com](http://www.statperson.com)

DOI: 03 March 2017

## INTRODUCTION

Globalization has changed the way people do their jobs and businesses across world. New employment opportunities are created worldwide on daily basis in Engineering, Medical, Law, Entertainment, Real estate, service sector etc. All of these sectors need skilful and dedicated workforce willing to put extra efforts to achieve

business objectives. Most of these professionals are habituated to shortcuts in their daily routine. No exercise and all of the junk food is today's way of life. They work until late night and woke up late. They skip normal Breakfast/ Lunch/ Dinner timings and have food of their choice at unusual time. Instead of drinking water while having food, they use cold/hot drink as substitute. Some people hear wrong advice and drink more than required water even if they are not thirsty. Some are so busy in work that they drink very less water than required. All of this obviously creates strain on their digestive system and results in unwanted side-effects. Most visible problem among these professionals is eating junk food and taking different *anupana* other than water like cold drinks, hot drinks in their daily routine. Healthy food is also not available always. Thus to fulfil their urge of hunger and save time they take fast food along with cold coffee, hot coffee, tea, ice-creams, different kind of juices, milkshakes after their meal (breakfast/lunch/dinner). So

many times it is observed that the above people have been habitual to these different *anupana*.

## USHNODAKA VARNANA

Ushnodaka means water reduced to one half by boiling.<sup>5</sup> Water which does not move, its free from froth, clean, light, and reduced to one-fourth is regarded as of good quality.<sup>6</sup> Ushnodaka removes Kapha, Medas, Vataandaama, stimulates digestive fire, cleanses urinary bladder, alleviates dyspnoea, cough and fever and as such is always wholesome.<sup>7</sup> Ushnodaka stimulates digestive fire, disintegrates Kapha, carries Pitta and Vata in their normal course, quenches thirst, soften Dos has and channels and is wholesome for those suffering from fever caused by KaphaandVata. Sheetajala is opposite to the above.<sup>8</sup> Ushnodaka stimulates hunger and helps in digestion. It is good for the throat and is easy to digest. It cleans the urinary bladder and relieves one from such symptoms as the hiccup, flatulence and aggravation of VataandKapha. The ushnodaka is Ideal for those suffering from nascent fevers, cough and accumulation of undigested substances, running of the nose, dyspnoea and pain in the flanks on the days of SHODHANA therapy.<sup>9</sup>

### Ushnodaka Rutu Relation

In winter and spring, Ushnodaka while in summer sheetajala should be taken as desired.<sup>10</sup> Food and drinks should be take according to Rutu because of Guna. Therefore in Sharada, Vasanta and Grishmarutu one should drink Sheetajala. Other than these rutu, one should drink Ushnodaka.<sup>11</sup>

### Ushnodaka in Panchakarma Therapy

The ushnodaka helps the patient in the digestion of undigested fat and it disintegrates Kapha. Therefore after emesis, purgation, niruhaandanuvasana therapies, ushnodaka is to be given to the patient for the alleviation of Vataand kapha.<sup>12</sup> While under the oleation therapy, one should use Ushnodaka and follows Bramhacharya.<sup>13</sup> If sneha does not get digested due to faulty behaviour or excessive fat forms wind during digestion, it should be vomited out with Ushnodaka, then the belly should become light and Sneha should be administered again. In case of doubt about digestion and indigestion of Sneha, one should take Ushnodaka which brings about pure eructation and relish to food.<sup>14</sup>

### Karya Of Ushnodaka in Vamana Virechana Vyapad

In case of faulty evacuation measure does not move on fastly or stays on, physician should be given to patient Ushnodaka to drink.<sup>15</sup>

## USHNODAKA IN PARTICULAR AVASTHA

**Ghee is to be taken with the Anupana of ushnodaka,** oil with that of Yusha (vegetable soup), muscle fat and bone marrow with that of Manda (thin gruel) or **all these**

**unctuous substances may be taken with the Anupana of Ushnodaka.**<sup>16</sup> If the morbid Doshas get obstructed or get eliminated in small quantities or get eliminated after a long time, then ushnodaka should be given to the patients to drink, it relieves flatulence, morbid thirst, vomiting and constipation.<sup>17</sup>

## CONTRAINDICATION OF USHNODAKA IN PARTICULAR AVASTHA

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.<sup>18</sup> Also intake of Madhu (honey) should not be followed by the Ushnodaka.<sup>19</sup> In fatty substances, Ushnodaka should be taken as after drink except oils of Bhallataka and Tuvataka.<sup>20</sup>

## SCOPE OF STUDY

Anupana plays very important role in daily routine and has its impact on body for health. Water is best Anupana which is easily available. People from different profession can take USHNODAKA as an Anupana. Ushnodaka is Pathyakar for anytime to everyone.<sup>21</sup> USHNODAKA has potential to bring changes in all professionals. Hence, the study is taken to explore the benefits of USHNODAKA in daily routine.

## CONCLUSION

Ushnodaka positively acts on Agni, Dosha, Dhatu, Mala, Strotasa and reduces samavastha. It plays an important role in Panchakarma therapy and in vyapada too. In most of vyadhis, it is commonly used as an Anupana. Hence the importance of Ushnodaka is always greater.

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Source of Support: None Declared  
Conflict of Interest: None Declared