



A CLINICAL APPROACH OF AYURVEDA RELATED TO ATYAMBUPAN WITH RESPECT TO OVERHYDRATION

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ABSTRACT Healthy life style includes proper balanced diet, Physical activity and by giving due respect to biological clock. Life style disorders mainly based on bad food habits, wrong daily regimen, physical inactivity, poor nutrition leads to many noncommunicable diseases. In my study, I wish to discuss about Atyambupan, (excess intake of water), it becomes a new life style or misunderstanding about intake of water, causing diseases like pandu, udar, Ajirna, Grahani, Prameh, Amlapitta, Shoth, Bhram or even coma & death. Therefore it is very important to educate people about Atyambupan. Ambu when taken in a proper way, proper quantity, proper time, it acts as a life. Quantity of water consumption depends upon prakruti, Ritu, Physical activity, desh. Atyambupan leads to santarpanjanya vikara.

KEYWORDS : Atyambupan, life style disorder, santarpanjanya vikar.

INTRODUCTION:

The most important thing in a life is 'health.' For a healthy life, a person needs to have a balanced diet, proper sleep, physical activity & due respect to biological clock.

Now a days, people are changing their habits, changing their life style, So a relationship between human being & environment (1) is disturbed which leads to life style disorders e.g. DM, PCOD, COPD, Hypertension, Hypothyroidism, Stress etc.

Talking about wrong food habits, Ayurveda explained it as Adhyshyan, Viruddhashan, Samshan & Vishamashan (2) In Adhyshyan Category, there is a ingestion of food in a large quantity without body's demand. Atyambupan may comes in this category, means excess intake of water without body's demand.

Ambupan - Ambu - Jal & Pan - to drink.

According to acharyas water is tanu, avyakta rasa, sheet, laghu & pleasant. It gives life, happiness & satisfaction. It is good for health & awake consciousness.(3) Acharya's again told that water should not be consumed which is not seen by Sun, Moon & Wind. (4) Our body is made by Pancha mahabhutas, Prithvi, Jal, Agni, Yau & Akash. Jal Tatva is very important in our body which forms about 50 - 65%. If a person consume water more than that, then the balance of mahabhutas in our body is disturbed which cause the diseases.

The quantity of water intake differs for different person. It depends upon

- Prakruti, A person of pitta prakruti consume more water than kapha prakruti.
- Ritu, In varsha, shishir a person consume less water than in grishma.
- Physical Activity, A person who has more physical activity can take more water than a person having sedentary life.
- Desh, In jangal desh more water is needed than Aanup desh.
- A person should drink water at lonely place with full concentration, without speaking, in sitting down position.(5)
- A person should not drink more water at night otherwise he will suffer from Urdhva Jatrugat vikaras.
- Water should be taken during meals which helps to digests the food properly and it acts like Amrut.(6)
- If water is taken before meal causes Agnimandya, if taken after meal causes stoulya, if taken in between the meal leads to Dhatusamyata & digest the food properly.(7)

*Atyambupan -

Means excess intake of water. It may be drinking of water for number of times or drinking in large quantity at a time. Apart from psychogenic polydypsia, now a days people used to drink lot of water in a day and also in the morning. There is a great misunderstanding in people's mind that to drink about 1 to 2 liters of water in the morning is best for our health. By searching on google. Whats app & face book or other social media they used to medicate themselves, thinking that

drinking lot of water flushes all the waste products, infection, toxins from our body through urination & daefication. It reduces weight & keep themselves hydrated. Along with water, excess intake of cold drinks, fruit juices also come under Atyambupan.

*Samprapti-(8)

Atyambupan - leads to Agnimandya - Food not digested properly - Aahar rasa is not formed properly - Aamoptapatti - Kledvridhi - Kaph prakop - Sheet & drav guna increased - Strotorodha leads to all types of santarpanjanya Vyadhis.

Consumption of water in the morning leads to agnimandya as morning time is kapha kal. (9) causes kapha vikaras.

*According to modern view, excess intake of water dilutes the sodium level. Osmosis takes place, blood goes into cells, swelling of cells occur. Lead to Hyponatremia which is called as water intoxication. Kidney failure occurs as kidney stops to filter blood due to excessive pressure of water on the kidneys.(10)

*Chikitsa-

1st line of treatment for all vyadhis is nidana parivarjan.(11)

- means avoid intake of excess water.
- deepan, pachan, strotomukhivishodhan
- sanskarit jal e.g. Koshna Jal, Shadangodak, Shunthisiddha jal.

*DISCUSSION -

Atyambupan is vyadhi hetu of all santarpanjanya vikaras. We must educate people about the rules of ambupan, dincharya, rutucharya through general speech or taking health check-up camps. Modern science deals with the diseases by sanitation, vaccination, antibiotics but for life style diseases, there is only solution by following ayurvedic rules.

There is no sharp prohibition for water intake in ayurveda as water is a life, Only it must be consumed according to the rules.

CONCLUSION

- Atyambupan causes many santarpanjanya vikaras, So the rules is - drink water only when you are thirsty.
- Quantity of water intake differs in different persons according to prakruti, Physical activity, Ritu desh.
- In my clinic, atyambupan hetu is found in following vyadis, such as Chronic Pratishtay, Grahani, Ajirna, Urdhawaga amlapitta, Prameh, Pandu, Bhram, Shoth.
- In these diseases, only avoiding of excess water is half treated.
- Ayurveda advocates an ideal lifestyle by following the dincharya, rutucharya and sadvritta(12).

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