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Review Article on purification of polluted water by Ayurveda: Ayurvedic Approach

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ABSTRACT

Water is essential need of human being. Safety and purity of water is main concern of today's era. Water today we use comes from various sources. As there are different sources, quality, purity of water changes. Water is seen contaminated by toxic elements like arsenic, fluorides, microbes etc. leads to health hazards. Though there are many advanced techniques for purification of water at different levels but these all are very expensive, not at level of common man and also some techniques lead to depletion of essential elements of water. As per ayurveda treatment of water with various herbs helps in decontaminating the water without depletion of essential elements and also is very cost effective. Though various researches should be done for establishment of ayurvedic treatment of water. By this paper we share an idea of ayurvedic treatment of impure water.

Keyword: Polluted water, water, ayurveda



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INTRODUCTION:

Water is major constituent of all life forms. Water is not used only for drinking but also for other trades. It makes 2/3 rd of human body wt. It is considered as “*Jeeva*” or life as per ayurveda. But in today’s scenario not even a single component of environment remains free from impurities and pollution. Water pollution is one of the major causes of different diseases. In 2017, according to union government 275 of Indian rivers out of 445 are polluted and unfit for drinking. Spraying insecticides, pesticides on plants also pollute the water. Critical contamination has been detected in

839 of 5723 ground water resources in the country.ⁱ Ayurveda has defined unhealthy environment in **Charak Samhita** under the title “*Janpadodwamsa*”, and *Adharma* of people of that particular area which leads to the impairment of the environment and its componentsⁱⁱ. Further in **Shushrut Samhita**, Acharya mentioned that people introduces various types of poisons in land, water, air, food, beauty products etc and thus causes deliberate harm to the environment and other living beings including human.ⁱⁱⁱ

MATERIALS AND METHODS:

Literature has been reviewed from both Ayurveda books & Contemporary sciences. Also, various websites have been searched.

Diagnosis of Polluted water as per classics

- **Acc. To Charak Samhita^{iv}** *dushit jal* (polluted water) have properties like creaminess, intense smell, frothy, viscous and foul smelling. Aquatic animals die and other birds & animals who consume this water became mad.
- **Acc. To Sushruta Polluted water^v** develop 6 defects related to touch, sight, taste, smell, potency. (*ras, gun, veerya, vipaka*), of these roughness, sliminess, hotness, coldness are defects of touch, colour of mud, sand, saliva are defects of sight, presence of manifested taste and disagreeable smell. **Sushruta^{vi}** also defines poisoned water becomes slimy, strong-smelling, frothy and marked with lines on the surface, frogs and fishes living in the

water also die.

Causes of of Dushit Jal (Polluted water) as per Ayurveda

- **Charak samhita^{vii}** Acc. to **Charak samhita** drinking water can be contaminated with soil and faeces, insects, snakes, moss and mud.
- **Sushruta^{viii}** – Acc. to **Sushruta** water which is covered by mud, *Shaiwala*, grasses, lotus, leaves. putrefaction of insects, urine, faeces, eggs, dead body, full of grass, leaves and rubbish, dirty and poisoned water is attacked soon by external and internal disorders.
- **Vagbhata^{ix}** Acc. to Vagbhata water could be contaminated by decomposed dead bodies of aquatic animal (like insect, water snake etc.), decomposed aquatic plant, unexposed to sun moon-

air, various microorganism, mud. stool, urine, poison

- **Kashyap**^x - Acc. to Kashyap water contaminated by stool, poison, decomposed plants, animals, birds, microorganisms are unfit for drinking.
- **Harit**^{xi}- Acc. to Harit water consist of urine, faeces, poison, microorganisms, *Shaiwal(Algae)* , mud is unfit for drinking.

Diseases due to ingestion of Polluted water as per Ayurveda

Trishna(thirst), *Adhmana* (flatulence), *Udarvyadhi* (abdominal disease), *Jwara*(fever), *Kasa*(cough) *Granthi*(Goiter), *Angagaurav*(heaviness), *Udarshool* (abdominal Pain) *Kosthabaddhata* (constipation), *Shotha* (edema), *Pandu*(anemia), *Ajeerna*(indigestion), *Shwasa*(asthma) & *Pratishaya*(rhinitis)^{xii}.

- **Harit**^{xiii}- *Gulma* (abdominal tumor), *Udar roga* (abdominal disease), *Arsh* (piles), *Pandu* (anemia), *Kamla* (jaundice), *Jalodra* (ascites)

Diseases due to contact of *dushit jal* as per Ayurveda

Acc.to **Vaghbata**^{xiv}- *Kustha*(skin disease), *Kandu*(itching) & *Netra bhishyanda*.(eye disease)

Diseases due to ingestion of *vishakat jal* as per Ayurveda^{xv}

Acc.to **Sushruta** –*Chhardi*(vomiting), *Jwara*(fever), *murcha*(syncope), *Daha* (burning sensation) & *Shotha*(inflammation).

Various Ayurvedic method of purification of drinking water^{xvi-xvii}

Normalization of deranged water should be done by boiling on fire, heating in the sun and dipping heated iron bolls, sand and cold therein and also scenting with flowers of *Nagkesara (Mesua Ferrea)*, *Campaka (Michelia Champaka)*, *Utpala (Nymphaea stellata)*, *Patala (Stereospermum suaveolens)*.

- Sushruta gives seven methods of purification of dirty water such as *Kataka*, *Gomedaka*, *Lotus*, *Saivala root*, cloth, pearl and precious stone.
- Vishanashak (Anti-Toxic) Herbs for purification of water^{xviii}-**

Sushruta- He states that cold ashes of *Dhava (Anogeissus latifolia)*, *Asana*, (*Pterocarpus marsupium*) *Paribhdra(Erythrina indica)*, *Patola (Trichosanthes dioica)*, *Somvalkal* burnt together should be cast into the poisoned pool or tank water in the quantity of 1 *Anjali* (handful)

Vaghbhata - He explains boiled water as *Unabhiyanshandi (non-slimy)*, light, beneficial in *Pittaja vikara*.^{xix}

- One should drink water with fragrant and scented with flowers, and should store water in the glasses of gold, silver, copper, bronze, precious stones or earth.^{xx}

DISCUSSION

Today emerging condition of environment pollution leads to adding of various unwanted materials on our useful components of environment, out of them water is very much useful not only for humans but for animals and other organisms also. Today various techniques are employed for purification of water but is very expensive and time taken. By use of Ayurved we can easily purify water. Purification of water has been explained in our Samhitas very early by means of clothes, herbs, stones etc. even

poisoned water could be purify by various herbs and procedures. These are all very effective in excellence and also cost effective, without any complications. Although various researches and trials should be done for better results of these techniques and also matter from various texts should be compiled in this context.

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