

“Atyambupan; An Ayurvedic perspective on pathogenesis and clinical implications.”

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ABSTRACT

Water (Jal/Ambu) is considered one of the fundamental element essential for maintaining life & physiological functions of body. Proper intake of water consider important in Ayurveda for digestion, metabolism and health. In today's era, a high water consumption promoted as universal detoxifier in emerging health³& beauty practices. However excessive consumption of water, known as Atyambupan disturb normal functioning of body and primary cause of drowning digestive power fire (Agni).²⁶ According to classical Ayurveda text, overconsumption of water leads to degeneration of Agni⁵² causing Dosh imbalance (mainly kledak kapha) resulting in Agnimandya²⁷ (Reduced digestive power) further formation of Ama⁶⁰(toxic metabolic by-product) causing obstruction of body channels (Strotorodh), resulting in various metabolic and physiological disorders⁶². Atyambupan is a harmful dietary cause for diseases such as Prameha, Kushta, Udar, Grahani, Ajirna, Amlapitta, Pratishtay⁵ etc. Ayurveda recognised these diseases as Santarpanjanya Vyadhi⁵. Ayurveda emphasize that quantity & timing of water intake should base on individuals Prakriti (body constitution), Ritu (season), kal (time).²

Keywords :- Atyambupan, Agni, Agnimandya, Aam, Santarpanjanya vyadhi, Kledak Kaph, Overconsumption .

AIM

To study the concept of **Atyambupan and its consequences described in Ayurveda.**

OBJECTIVES

1. To study the importance of **Jal and Agni** in Ayurveda.
2. To study the Atyambupana as **Nidana (causative factors)** for Agnimandya and its contribution in Aam formation.
3. To understand the **Samprapti (pathogenesis)** of diseases caused by Atyambupana describe in Ayurveda.
4. To study **clinical signs, preventive measures, and treatment** describe in Ayurveda.

MATERIAL & METHODOLOGY

This study is based on conceptual review of classical Ayurvedic texts and their authoritative Commentaries. Primary Ayurvedic source includes Brihatrayi & Laghutrayi. Secondary sources includes their authoritative Commentaries were study for references regarding water importance, properties ,intake procedure, over-consumption, Agni-importance, relation to Aam, Santarpanjanya Vyadhi, Prevention and management of consequences of Atyambupan.

INTRODUCTION

Concept of Atyambupan defined as consumption of water beyond the functional requirement of body's Agni¹.

समदोषः समाग्निश्च समधातु मलक्रियः। प्रसन्न आत्मा इंद्रिय मनः स्वस्थ इत्यभिधीयते।। -सु.सू.15/47³⁹

“Health” according to Ayurveda is state of equilibrium of Dosha, Dhatu, Mala, Agni with equilibrium of mind, Sense and soul.³⁹

Maintenance of health is important above disease management. Ayurveda describe it as,

स्वस्थ्यस्य स्वास्थ रक्षणम् । आतुरस्य विकार प्रशमनं च।⁶⁶.

Body is made up of Panchamahabhuta & Jal is one of major component of mahabhuta essential for life.¹⁵ According to modern aspect, body made up of 70% of water, fluid part is more than two-third of whole body⁷⁹. Play's essential role in different physiological functions of body & important for survival of Human beings⁴⁰. In Ayurveda intake of water governed by strict rules regarding quantity³, timing² & individuals prakriti² explained by Acharya Charaka.

Ayurvedic Contemporaries, “Jal” properties are describe as Jeevan, Tarpan, Dharan, Prashamankarak, Pathya, Ashawasankarak, Laghu when consumed Judicially.³³ Because Achary Charaka said, most wholesome substance become harmful when consumed excessively³.

In Today's era, the excessive intake of water now became common practice in each & every home due to widespread misconceptions about high volume hydration health and beauty advice. People often advised to drink large amount of water for health benefits majorly influenced by social media however indiscriminate practice of intake of water irrespective of Desha³⁶(area), Agni¹ (digestive capacity), Matra¹¹ (constitution) results in various digestion¹ (Agni) and metabolism related disorders. Ayurveda describe such condition under Santarpanjanya Vyadhi⁵. Over hydration leads to degeneration of Agni & vitiation of kledak kapha, causing obstruction of Strotas by forming Aam⁶⁰(अपाचितआहारस) resulting in various lifestyle related disorder such as Prameha, Sthoulya, Kushtha, Shotha.³⁸

‘Jala’ in AYURVEDA

Jal (Water) is important component of Panchamahabhuta¹⁴ essential for sustaining life & essential for performing various physiological functions in body.⁷⁹ Acharya Charaka describes some water properties under ‘Jal Guna’⁹.

शीतं शुचि शिवं मृष्टं विमलं लघु षड्गुणम् । च.सू.27/198

Sheeta -cold	Mrusta - Good for health
Shuchi - clean	Vimal-flawless
Shiv- Pure	Laghu – easy to digest.

Table1:pg.no3

Acharya Shushrut explains 'nature of Jala'³⁴ as,

निर्गन्धमव्यक्तरसं तृष्णाघ्नं शुचि शीतलम् । अच्छं लघु च हृद्यं च तोयं गुणवदुच्यते॥ -सु.सू.45/20

Nirgandha - Odorless	Hrudya- Pleasant
Avyaktaras-Tasteless	Shuchi- Pure
Trushaghra - Quenches thirst	Sheetal-cold

Table 2:pg.no3

Relation between properties of Jal& Kapha

Jala Guna⁹& Kapha Guna⁵⁰

Jala Guna	Kapha Guna
Snigdha (moist)	Snigdha (moist)
Sheeta (cold)	Sheeta (cold)
Laghu (light)	Guru (heavy)
Vimal (flawless)	Mand (slow)
Shiv (pure)	Shlakshn (smooth)
Mrutsna (good for health)	Mrutsna (good for health)
	Sthir (static)

Table 3:pg.no3

Both Jal & Kapha shares similar properties therefor excess of water increases Kapha dosh in Body⁵¹.This explained by, following principle of Ayurveda,

वृद्धीःसमानैःसर्वेषाम् विपरितै विपर्ययः। अ.ह.सू.1/13

This verse encapsulates the **Samanya-Vishesha principle**, one of the most fundamental pillars of Ayurveda. It originates from the Ashtanga Hridayam (Sutrasthana, Chapter 1).

The Principle of "Similarity and Difference"

"Similarity is always the cause of increase in all things, while dissimilarity is the cause of decrease. Both are used for the purpose of bringing about balance."

सर्वदा सर्वभावानाम् सामान्यम् वृद्धीकारणम्। ह्यासहेतुर्विशेषश्च, प्रवृत्तिरुभयस्य तु॥ च.सू.1/44⁷

In all states, Similarity (Samanya) is the cause of increase in all qualities. Consuming substances with qualities similar to those already in the body will increase those qualities. (e.g., eating spicy or hot foods when your body temperature is already high will further increase that heat).

Thereby, Increase in Kaph dosh further responsible for **Agnimandya**.

IMPORTANCE OF AGNI

यदन्नं देहधात्वोजोबलवर्णादिपोषकम् । तत्राग्निर्हेतुराहारान्न ह्यपक्वाद्रसादयः॥च.सू.5/4³⁰

In Ayurveda, Agni represent digestive fire consider as central factor responsible for nourishment of the body and tissue, mineral absorption, energy, color & strength. Agni is the real cause in body nutrition. Imbalance in Agni generate unripe food (Apakva ahar ras) cannot produce blood elements and body tissue.³⁰

*Function of Agni:-*²⁹

1. Digestion of food
2. Absorption of Nutrients
3. Formation of Dhatu (body tissue)
4. Provide strength (Mental & physical), immunity, long life.

यः पचेत्सम्यगेवान्नं भुक्तं सम्यक् समस्त्वसौ॥अ.ह.शा.3/74⁶¹

Agni digest food properly when taken in proper quantity¹. There are four types of Agni describes in Ayurveda as Samagni, Vishamagni, Tikshnagni, Mandagni.⁶⁵ Excessive water intake (Atyambupan) disrupts normal functioning of Agni causing drowning of Agni called **Agnimandya**.⁵²

Maintaining balance of Agni essential for Health.³⁰

AGNI-DOSH RELATION

The order of the dosha becomes Visham (from vatadosha), Tikshna (from Pittadosh) and Mand (from Kaphdosh), and when these three are in equal proportion, the fire also remains in equal proportion. The properties of Agni and Kaph are opposite, therefore it is natural that fire becomes drown due to the increase of Kaph dosh. This statement is explained by one principle by Acharya charaka,

'सर्वदा सर्वभावानां सामान्यं वृद्धिकारणम्' । (च.सू.1/44)⁷⁰

In Ayurveda, Kapha dosha is responsible for **Agnimandya**, However dosh in equal proportion produce Samagni.⁴⁹

तैर्भवेद्विषमस्तीक्ष्णो मंद्श्चापि समैः समः॥ अ.ह.सू.1/13⁶⁵

Over hydration disrupts the normal functioning of Agni by increasing kapha dasha which further results in Mandagni. (स्वभावात् उदकम् क्लेदयति).⁸

Atyambupan, excess intake of water induces kledak kaph in Amashaya due to similar properties.⁵¹ Increase in kledak kapha suppresses Pachak Agni causing **Agnimandya** & subsequent formation of Aam[36].⁴⁰ Ayurveda describe Agnimandya as root cause of each & every disease.⁷²

ATYAMBUPAN AND AAM

In healthy state, water should take in the amount that liquefy food (kledak Kaph), However in excess act as dampener to digestive flame. The primary consequence of Atyambupan is the production of Aam (अपाचित आहाररस).

आम परिभाषा (definition of Ama):-

ऊष्मणोऽल्पबलत्वेन धातुमाद्यमपाचितम्। दुष्टमामाशयगतं रसमामं प्रचक्षते॥अ.ह.सु 13/25

When Jatharagni is overwhelmed by excess liquid the food remains Apachit (undigested). This undigested residue undergoes fermentation & become Ama a sticky, heavy & toxic substance that clogs Strotas(channels).⁶⁰

अविपक्वं असंयुक्तं दुर्गन्धं बहुपिच्छिलम्।सदनं सर्वगात्राणि आम इति अभिधीयते॥मा.नि.25/3⁷⁵

Because Aam is heavy, sludge-like it enters strotas (micro-channels) of the body & blocks them, leading to lethargy, Heaviness & eventually disease.⁷⁵

Drinking water in excess amount causes drowning of Agni (Pachak) by increasing kapha (kledak) resulting in weakening of Agni This weaken Agni unable to process food and instead of converting it into Aahar rasa (Nutrients) it remain in Amashay tends to acquire vidagdha avashta .this process generate Aam (अपाचित आहाररस).⁷⁵ Produces clinical symptoms such as Alasya (lethargy), Gourava (Heaviness), Trishna (Increased thirst), loss of Appetite (Aruchi).⁵⁷

Water and Aam sharing Qualities

Water qualities	Aam qualities	Similarities in excess
Sheetal	Sheetal	Both suppress Agni (Agnimandya)
Guru	Guru	Lethargicness (Gaurav)
Drava	Drava	Dilute digestive enzymes (Kledvrudhi)
Pichila	Pichila	Excess water Ahar ras that blocks strotas (strotorodh)

Table 4:pg.no5

Atyambupan as Nidana (Causative Factor)

नाम्बु पेय शक्त्या वास्वल्पमल्पग्निगुल्माभिः॥अ.ह.सु.5/13

Atyambupan itself is causative factor for Agnimandya induced diseases therefore Ayurveda suggest not to drink water beyond physical limit of individual's Agni.⁵²

Key factors associated with Atyambupan ;

1. Repeated drinking of water without Thirst

People often advice to drink large amount of water for health & skin benefits such indiscriminate practice leads to Agnimandya.¹¹

2. Frequent consumption of Cold water in large amount

- Sheetal Jal (cold water) aggravate Vata & Kapha dosh predominantly Vata dosh, cause many condition such as Parshvashul (pain in flanks), Pratishyay (coryza), Vataroga, Galgraha (sense of constriction). Adhman (fullness of Abdomen), Aamkoshtha.³⁷

3. Consumption of large amount of water in early morning and late night

In Ayurveda, Period of Dosha explained as, Vata dosh predominate in the last part of the age, day, night & after meal, pitta in middle & **Kapha dosh in Early period.**⁴⁹

वयोऽहोरात्रिभुक्तानां तेऽन्तमध्यादिगाः क्रमात्।अ.ह.सू.1/8

Increased kapha dosh responsible for Agnimandya and thereby slows the process of digestion than usual result information of Aam.⁶⁸

मन्दस्तु सम्यक् अपिचिरात् पचेत्।अ.ह.सू.1/12⁶⁷

4. Intake of large amount of water immediate after meal

This describe under **Jalpan Prabhav** by Acharya Vagbhat, Intake of water after meal tends to gain weight (स्थौल्य).⁵³

समस्थूलकृशा भुक्तमध्यान्तप्रथमाम्बुवा।अ.ह.सू.5/14

5. Habitual intake of water beyond physical need.⁵²

नाम्बु पेय शक्त्या वास्वल्पमल्पग्निगुल्माभिः॥अ.ह.सू.5/13

Can cause many disease like Mandagni, Gulma, Pandu, Atisar, Arshroga, Grahani, Shosh, Shotha.⁵²

7. Factor associated with Lifestyle:-

- Sedentary lifestyle with minimal physical exertion.⁴
- Ayurveda describe this under Santarpanjanya Vyadhi Hetu.⁴Drinking excessive amount of water & not exercising properly can cause water imbalance in body (स्वभावात् उदकम् क्लेदयति।)⁸
- Blindly follows generalized hydration guidelines under influence of health trends & Social media.

SAMPRAPTI (Pathogenesis of Atyambupan)

In Ayurveda, a process by which Hetu (causative factor) leads to Vyadhi (disease) is called Samprapti.⁷⁴

Atyampupan (consuming large amount of water beyond physical need)⁶⁰

अत्यम्बुपानादिविष्माशनात् सस्यात्अग्निमांद्यकफवृद्ध्यामउत्पत्तिश्च रोगाणाम् मूलमेवततः स्मृतम् ॥

↓

Jatharagnimandya (Drowning of digestive fire)⁷²

जाठराग्नि दौर्बल्यात् विपक्वस्तु यो रसः स आमसंज्ञको देहे सर्व रोग प्रकोपकः॥मा.नि.3/12

↓

Aam formation (Apachit Vidagdha ahar-ras)²⁷

दुष्यति अग्निः स दुष्टोनम् न तत् पचतिलघुअपि।अपच्यमानं शुक्ततवं याल्यानं विषरुपताम् ॥ च.चि.15/4

↓

Strotorodh (Aam enters circulation & blocks the micro-channels)⁵⁷

↓

Manifestation of Diseases (Mandagni, Gulma, Pandu, Atisar, Arshroga, Grahani, Shosh, Shotha).⁵²

Samprapti ghtak :

Dosh -Kledak Kaph,⁴⁰ Saman Vayu¹¹

Dushya- Rasa,¹⁸ Rakta¹⁹

Agni – Jatharagnimandya⁶¹

Strotas - Rasvaha¹⁸, udakvaha¹⁷

Udbhavsthan - Amashay¹¹

CLINICAL MENIFESTATION

Atyambupan as hetu causes Aanimandya which is mainly responsible for pathogenesis of Disease(Vyadhi) in Ayurveda. Atyambupan also mention under nidan of santarpanjanya vyadhi in Samhita.⁴

नाम्बु पेय शक्त्या वास्वल्पमल्पग्निगुल्माभिः॥अ.ह.सू.5/13

Some disease with atyambupan as hetu are as follows,

Table5:pg.no8

Disease	Atyambupan As Hetu
Gulma	नवोदकम् अतिमात्रम्। ²⁰
Prameha	बहुद्रवः श्लेष्मा दोषविशेषः। ²¹
Kushtha	पानानिद्रव स्निग्धः। ³¹
Shosh	पानान् भक्ष्य लेह्य अपयोगान्। ²²
Jalodar	अत्यम्बुपानान् नष्टाग्नौ। ²⁶
Atisar	दुष्टाम्बुमद्यअतिमानात्। ⁴⁶
Hikka	शीतपानात्। ⁴⁷
Chardi	अतिद्रवैः। ⁴⁹
Shotha	अतिमात्रम् यथान्यस्य... अम्बु। ⁶²
Vataj shula	शीतजलअतियानात्। ⁷³
Agnimndya	अत्यनुपान विषमाशनश्च। ⁴²
Raktapitta	पिबेत अतिउष्णाभितप्त 23
Madatyay	अत्याम्बुभक्ष्यागतोदरे। ⁷⁴
Ajirna	अत्यम्बुपानात्। ⁴²
Pratishay	अत्यबुपानरमणछर्दी बाष्प ग्राहदिभीः॥ ⁶³
Shwas	शित्स्यानअम्बुसेवनात्। ³²

Ayurveda describes, some common clinical manifestation in Atyambupana induced Santarpanjanya Vyadhi & features of Aam are as follows,⁵⁷

- Aruchi (Anorexia) - Lack of desire of food because previous meal is still float undigested.
- Prasek (Excessive Salivation) - Attempt by body to manage excessive kleda (Moisture).
- Chardi (Nausea, vomiting) - The body's natural defense mechanism to expel excess fluid & Aam
- Alasya (Lethargy) :- Ama block the Srotasa & There by the flow of energy
- Gaurav (Heaviness):- A Subjective feeling of weight on body.

PREVENTION AND MANAGEMENT

In Ayurveda, Primary principle of treatment is “*Nidan parivarjan*” (संक्षेपतः क्रियायोग निदान परिवर्जनम्।)

Preventive measures:-

- Water should be consume as per Agnibala.⁵²
- People with condition such as Mandagni, Gulma, Pandu, Udar, Atisar, Arsha, Grahani, Shosh, shotha should consume lesser amount of **cold water** to avoid consequences of Atyambupana.⁵² One should consume water according to individual's **prakriti², time², quantity¹ & Thirst¹**
- A Healthy person should consume lesser amount of water in every season except ‘*Sharad*’ & ‘*Grishma*’ to avoid harmful effect of Atyambupana.³⁷
- Water that is slightly astringent (kashay), sweet (Madhur) in taste, Subtle (sukshma), Clear (Vishad), Rukshatarahit (free from roughness) & does not produce Kapha, is good for Health.¹⁰
- Prefer lukewarm water instead of cold water as, it is deepan (induces digestive fire) & Pachan (improve digestion) in nature.⁵⁴
- Avoid excessive water during meal as it causes *Agnimandya* & drinking water after meal cause *Weight gain* (Sthoulya).⁵³
- ‘Jalpan’ According to Desh prevent disease and maintain Health of individual.

Table 6:pg.no9

Desha	Properties of Water
Anup desha	Doshyukta, Abhishyandi
Sadharan desh	Doshrahit, Trishnarahi, Uttam
Jangal desh	Preetivardhak, Deepak, Laghu

- Intake according to its Guruta (heaviness) is describe in Ashtang Hriday that helps in digestion of water.⁷¹

Table 7:pg.no9

Heaviness of Water	Consume amount by reduction of Water
Alpa Guru (mild)	1/4 th part of water reduced and consume
Madhyam Guru (moderate)	2/4 th part of water reduced and consume
Pradhan Guru (severe)	3/4 th part of water reduced and consume

Treatment of Atyambupana

Atyambupana mainly causes Agnimandya therefore the treatment of Atyambupana center around Agni (digestive Fire) & Aam.

- *Ushnodak* :- (Warm water)⁵⁴

दिपनं पाचन कण्ठम लघु उष्टवं बस्ति बोधनम्।अ.ह.सू.5/16

Benefit of drinking warm water is, it ignites the gastric fire & digest Apachit Aaharrasa (Aam).

➤ *Deepan - Pachan Chikitsa* :-⁴³

पाचनैर्दीपनैः स्नेहैस्तान् स्वेदैश्च परिष्कृतान्।।शोधयेच्छोधनैः काले यथासन्नं यथाबलम्। सु.सू.13/29

- Use of Pachan dravya such as Yavagu & Pipali help digest Aam.

-Use of deepan dravya like Musta, Guduchi, Shunthi ignites digestive fire (Agni).

➤ *Shodhan Chikitsa* :-⁴⁴

हन्त्याशु युक्तं वक्त्रेण द्रव्यमामाशयान्मलान्।।घ्राणेन चोर्ध्वजत्रूथान् पक्वाधानाद्द्रुदेन चासु.सू.13/30

-Elevated dosha in Amashay (Upper part of stomach) removed through vamanopkram.

-Elevated dosha in Pakvashay (duodenum) are removed through anus by Virechan Upakram.

-Lastly, Elevated dosha in Upper body are removed through nose by Shirovirechan Upakram.

➤ *Regulation of Diet & Lifestyle* [36]

“Ayurveda holds prime importance on maintaining a proper diet and lifestyle for Health.”

In Ayurveda, there are three parts of stomach. Every person should keep three spaces in stomach while eating. One for solid food, one for the liquid food and one for Aakash (empty space) for normal regulation of Dosha (Vat-Pitta-Kaph) in Koshta. Person eat with this calculated 1:1:1 ratio does not suffer from harmful effect of Atyambupan, excessive eating or less eating.¹⁶

Ayurveda also explained different digestive formulation under Langhan-Rukshan chikitsa explained by different Acharyas. Herbal formulations & dietary modification may use according to patients condition.

Precaution to be taken during Treatment:-

Hot water should take in small quantity and according thirst because hot water in large quantity has Shaman effect on Agni (drowning of digestive fire).⁷⁰

Agni (Fire) is the main reason for nutritional function of body to be occur because if fire does not digest food properly, undigested food (अपाचितआहाररस) unable to produce elements of blood & body tissue (Uttarottar Dhatu).³⁰

DISCUSSION

Classical Ayurveda literature, gives an important concept of Atyambupan that highlights the significance of balanced water intake.³ Study shows although water is essential for life, excessive consumption disturb the digestive fire (Agni) & metabolic processes (Strotoradh).⁴² Atyambupan is cause of Agnimandya (नाम्बु पेय शक्त्या वास्वल्पमल्पग्निगुल्माभिः).⁵² Concept of Agni plays an important role in pathogenesis (samprapti) of Atyambupana induced diseases. Kledak kapha planned in the stomach at digestive site (Amashaya and Grahani) gives moisture, viscosity, Softness to Pachak pitta (Jathargni) & support in digestion process. Prakrit digestive activity depend on amount of kledak kapha in stomach because increase in kledak kapha suppress Pachak Pitta (Jathargni).²⁷

Over intake of water, causes Agnimandya. Weaken digestive fire unable to digest Ahar rasa that decrease the digestive activity and develop Ajirna mainly responsible for generation of Aam. Ayurveda describe Aam as root cause of every disease (आमउत्पत्तिश्च रोगाणाम् मूलमेवततः स्मृतम्).

Concept of Agnimandya (drowning of fire)

In Ayurveda, increase in water (kled) at Amashaya induces Kledak kapha. Kaph guna & water shares similarities therefor amount of Kled increase eventually increase the kapha (स्वभागतउदकम् क्लेदयति)⁸ and weakens the Agni (digestive fire). This process disturb the normal function of Agni.²⁷ Classical Ayurveda text, describe kled as excess moisture in different parts of Koshta. Increase water in koshta tends to increase amount of Kapha that drowns the Agni, result in Aam formation & Strotorodh.²⁷

Relation of Agnimandya to Vyadhi:

- Degeneration of Agni resulting in various metabolic and physiological disorders. Atyambupan induce Agnimandya is a harmful dietary cause for diseases such as Prameha, Kushta, Udar, Grahani, Ajirna, Amlapitta, Pratishtay etc. Ayurveda recognised these diseases as **Santarpanjanya Vyadhi**.⁵
- When Aam accumulate in Koshta generate various **Koshthagat Vyadhi**.⁵⁸
- Parallely, when Strotos obstructs with Aam, imbalanced dosha travels from Koshta to Shakha causing dosha accumulation in Shakha resulting in generation of various **Shakhagat Vyadhi**.⁵⁸

CONCLUSION

Atyambupan, an excessive intake of water is a habitual & dietary misconception in Ayurveda. Is significant yet indistinguishable causative factor that weakens digestive fire, produce Ama & contribute to various diseases.⁵⁹ This study concludes that while the Water is Life sustaining (Jeevan) & Energy source (Prana) for living beings, its irrational consumption leads to drawing of digestive fire (Agnimandya).⁵² Ama act as precursor to various systemic, metabolic & lifestyle disorders.⁶⁰ Principle of Ayurveda describe preventive measure and timely management for consequences of Atyambupan & diseases cause by it. Proper understanding of water consumption according to individual's **Prakriti, Agni, Trishna** help maintaining physiological balance of water in body & normal functioning of Agni.¹

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