

WATER PURIFICATION – ANCIENT METHOD

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Abstract- Water is a vital source of life and quality of water is major concern now-a-days. Water is limited resource and demand for it is increasing at an alarming rate. Safe clean and adequate drinking water is vital for existence of all living organism. Ayurveda being the science of life gives us great scope as a researcher. There are various techniques mentioned in Ayurvedic classics for purification of 'Dushita Jala' from the times of Veda's. Acharya's focused on water purification they described that a sunray passing through the water purifies it. In Samhita Kala, the number of techniques increased. Acharya Sushruta and Vagbhatta have mentioned to use various plants and method to purify water. Various Nighantu also mentioned different techniques. With urbanization, there are changes in the lifestyle of individuals and their food habits. Therefore, based on the ease of availability of materials, storage of water needs to be analyzed by simple parameters such as total dissolved solutes (TDS) that comprises inorganic salts such as bicarbonates, sulfates, and chlorides and a small amount of organic matter that is dissolved in water. A high level of TDS indicates water is unfit for consumption and may lead to nausea, vomiting, dizziness, etc., TDS level indicates whether water is suitable for consumption or it requires filtration.

Key words: Ayurveda, Veda, Acharyas, Dushit Jala.

INTRODUCTION

Ayurvedic literature explains the theory of Panchmahabhutas, which are considered as the fundamental of our body and nature and Jala is one among them. Our literature considers rain water as pure and fit to consume and is called as Divya Jala and which is given by Lord Indra. Water is the most abundant and essential element of ecosystem. Water (Aap) is the main constituent of Human body that is about 70%. As per available data, Earth is the only planet having about 70% of water, but a small proportion of it is fresh water. Today the easy availability of fresh water is a major problem. The qualitative causes of water scarcity are domestic sewage, industrial waste, pesticides and fertilizers used in Agriculture, So the presence of abnormal values of water pollutants parameters such as High BOD, High COD, Suspended solids, Acidity, Alkalinity, Hardness etc. makes the water unfit for consumption. It could be said that monitoring is essential to provide the clean, disease free and nutrient rich water. In Classics, water contamination and preventive measures for purification of drinking water is explained in detail.

METHODOLOGY

Jala Shodhana Vidhi (Water Purification Methods) Vedic Period

- **Regveda** - Not mentioned
- **Yajurveda** - By the help of scientific methods and natural methods passing sunrays through water purifies it. Kusha (grass) also purifies the water.
- **Atharveda** - Not mentioned.
- **Samhita Period**
 - **Charaka Samhita** - Not mentioned
 - **Sushrut Samhita**¹

Table Showing Jala Shodhana Vidhi by Acharya Sushruta

| Jala Shodhana | Jala Prasadana | Jala Nikshepana | Jala Shitikarana |
|---------------|----------------|-----------------|------------------|
| Agniqwathana | Kataka | Phalakam | Pravaatsthapnam |

| | | | |
|---------------------------------|--------------|--------------|--------------------|
| Suryatap- Prataptam | Gomeda | Trystkam | Udak-Prakshepana |
| Taptaay Pind- Sikta-Lostranaam. | Bis- Granthi | Munjvalaya | Yashtika- bhramnam |
| | Saivala Mula | Udakmanchika | Vyanjana |
| | Vastra | Shikya | Vastrodharana |
| | Mukta | | Balookaprakshepana |
| | Mani | | Shikya-avlambnm |

In Sushrut Kalpa Sthana Dushit Jala Shodhana Vidhi description also present.^[2]

- **Harit Samhita** - Not mentioned
- Astanga Samgrha³

Table Showing Jala Shodhana Vidhi by Astanga Samgrha

| Sanskara | Prasadana | Durgandha Nashana |
|---|---------------|-------------------|
| Filtered through thick cloth | Parnimool | Patla |
| Heated | Bis-granthi | Karveer |
| Exposure to Sunlight | Mukta | |
| Immersing red-hot iron balls into water | Katak | |
| | Saivala | |
| | Thick Clothes | |
| | Gomedaka | |

In Astanga Samgraha Visha Dushita Jala Shodhana Vidhi also described:

The ash of Ajshringi, Vishala, Vishaghni, Uttamarni, Fannijaka, Prativisha put into the water and boiled, some Prakshepa drugs as Saral, Haridra Dwaya, Elaychi, Uddichya, Manjishtha, Rasna and Bakuchi put into this water. This prepared medicated water used liquid drop to detoxify the toxic water.⁴ The ash of Patla, Paribhadra, Ashvakarna, Shmyaka, Shigru put into the toxic water.⁵

Jala Prokshana Yogas:⁶

Various Jala Pokshana Yoga like Bilvaadi Yoga and Shelvaadi Yoga using different drug have been mentioned to detoxify the poisoned water. The Kwath should be prepared using the drugs which are mentioned in each Yoga and it should be sprinkled in the poisoned water.

- **Astanga Hridaya** - Not mentioned
- **Nighantu Period**
 - **Dhanwantri Nighantu** - Not specific but Kwathit Jala mentioned.
 - Kaideva Nighantu⁷

Table Showing Jala Shodhana Vidhi by Kaideva Nighantu.

| | | |
|----------------------|-----------|---------------|
| Purification | Prasadana | Suvasita |
| Boiling | Mukta | Patala Pushpa |
| Exposure to Sunlight | Goumeda | Nag Keshara |

| | | |
|--|--------|----------|
| Immersing red- hot iron, stone sand into water | Kataka | Punnaga |
| | | Champaka |
| | | Kapoorra |
| | | Chandana |

○ Bhavprakasha Nigantu ⁸

Table Showing Jala Shodhana Vidhi by Bhavpraksh Nighantu

| | | |
|---|-------------|----------------|
| Purification | Prasadana | Suvasita |
| Boiling | Parna moola | Kapoorra |
| Exposure to sunlight | Bis granthi | Chameli Pushpa |
| Immersing red hot gold, silver iron stone sand into water | Mukta | Sultan Champa |
| | Kanak | Padhal Pushpa |
| | Shival | |
| | Goumeda | |

CONCLUSION

According to Yajurveda water is the elixir of life, it is source of energy. It governs the evolution and function of the universe on the earth. Water is the source of health, happiness, energy and piety and is life giving as mother. There were several methods were existed in ancient time for assessing and maintaining water quality as revealed by Vedas and Upveda means text on Ayurveda.

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