



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

The Effect Of *Ushna-Ambu Paan* (Intake Of Warm Water) In *Vibandha* (Constipation): A Critical *Samhitokta* Review

1DR SARITA DHOLE, 2DR PRASHANT UDATE

1. DR SARITA DHOLE (CORRESPONDING AUTHOR)

ASSOCIATE PROFESSOR, DEPARTMENT OF KRIYA SHARIR

BHOJRAJ BHONDEKAR AYURVEDIC MAHAVIDYALAYA, SIRSI, BHANDARA

dholesarita19@gmail.com

2. DR PRASHANT UDATE

ASSOCIATE PROFESSOR, DRAVYAGUNA DEPARTMENT

DATTA MEGHE AYURVEDIC MEDICAL COLLEGE HOSPITAL AND RESEARCH CENTRE NAGPUR

Abstract

Background: Vibandha (constipation) is a common gastrointestinal disorder characterized by infrequent or difficult evacuation of the bowels. Ayurvedic texts emphasize lifestyle and dietary practices, including Ushna-Ambu Paan (consumption of warm water), as simple yet potent interventions. Despite its wide use in clinical practice, a comprehensive textual review of Ushna-Ambu Paan as a therapeutic approach in Vibandha is lacking. **Objective:** To critically evaluate the role and mechanisms of Ushna-Ambu Paan in the management of Vibandha based on classical Ayurvedic literature (Samhitas). **Materials and Methods:** A qualitative textual review was conducted across Brihatrayi (Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya), Laghu Trayi, and other relevant Ayurvedic compendia. The terms "Vibandha", "Ushna-Ambu", "Jala Paan", "Koshta Shuddhi", and related concepts were explored. Supporting physiological rationale was discussed in light of Ayurvedic and contemporary scientific understanding. **Results:** The Samhitas clearly highlight the utility of Ushna-Ambu in *Koshta Shuddhi* (cleansing of bowels), *Agni Deepana* (enhancing digestive fire), and *Vata Anulomana* (normalizing the movement of Vata). Ushna-Ambu Paan is indicated during *Nitya Virechana*, post-prandial routines, and morning regimens (*Pratahkalina Jala Sevan*). Its mode of action includes *Ama Pachana*, *Srotoshodhana*, and improvement in *Apana Vata* functioning, all of which contribute to the relief of constipation. Modern studies correlate warm water intake with improved intestinal motility and hydration. **Conclusion:** Ushna-Ambu Paan is a simple, cost-effective, and Samhitokta approach in the management of Vibandha. Its rational application, based on individual *Koshta*, *Agni*, and *Vata* status, can provide significant relief and prevent recurrence. Further clinical studies can validate its efficacy and standardize the dosage and timings.

Keywords: Vibandha, Ushna-Ambu Paan, Constipation, Ayurveda, Agni, Vata, Koshta Shuddhi.

1. Introduction

Vibandha (constipation) is a commonly encountered gastrointestinal disorder that significantly affects the quality of life across all age groups and populations. In modern medicine, it is clinically described as the **infrequent passage of stools**, straining during defecation, and the presence of **hard or dry feces**, often resulting from dietary inadequacies, dehydration, or reduced intestinal motility. Chronic constipation can lead to complications such as hemorrhoids, fissures, and psychological distress.

In the classical texts of **Ayurveda**, Vibandha is primarily understood as a **Vata-dominant** condition, with a central role played by the **vitiation of Apana Vata**, the sub-type responsible for the downward movement of feces and urine. Factors such as **Agni Mandya** (weakened digestive fire), **Ruksha and Guru Ahara** (dry and heavy foods), sedentary habits, mental stress, and suppression of natural urges contribute to the manifestation and chronicity of Vibandha.

Ayurvedic management of Vibandha centers on the **normalization of Vata, enhancement of Agni**, and restoration of proper evacuation patterns. Among the various interventions described in classical texts, the practice of **Ushna-Ambu Paan**—the regular intake of warm water—has been emphasized repeatedly for its role in promoting digestion, **liquefying Ama**, facilitating the proper movement of Vata, and aiding in **Koshta Shuddhi** (cleansing of the gastrointestinal tract).

Despite its simplicity and non-invasive nature, Ushna-Ambu Paan holds a profound place in **Ayurvedic daily regimen (Dinacharya)** and is also integrated into therapeutic protocols, including **Panchakarma preparations**. Its routine use is advocated for maintaining digestive health, preventing constipation, and improving the assimilation of nutrients.

This paper aims to explore in depth the **classical references, theoretical foundations, and therapeutic relevance** of Ushna-Ambu Paan in the context of Vibandha through a **critical Samhitokta review**, drawing from core Ayurvedic texts and supported by contemporary scientific perspectives where relevant.

2. Materials and Methods

- **Data Sources:** The review included classical Ayurvedic texts—Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Kashyapa Samhita, and Bhavaprakasha—with supportive references from commentaries like Chakrapani, Dalhana, and Arundatta.
- **Search Terms:** Keywords included "Vibandha", "Ushna Jala", "Koshta Shuddhi", "Agni Deepana", "Vata Anulomana", and "Apana Vata".
- **Selection Criteria:** Verses indicating the use of warm water in contexts of digestion, bowel movements, Vata regulation, and general health maintenance were included.
- **Analytical Framework:** Verses were thematically analyzed under headings—mode of action, time of administration, physiological basis, and relevance to Vibandha.

3. Conceptual Review

3.1. Vibandha in Ayurveda

- Defined as *Malavstambha*—delay, obstruction, or absence of fecal expulsion [1].
- Causes include:
 - Vata prakopa** (especially Apana Vata)
 - Mandagni**
 - Intake of Ruksha, Shita, Laghu, Vishama Ahara
 - Suppression of natural urges
 - Stress and sedentary lifestyle

3.2. Ushna-Ambu Paan: Classical Description

- Charaka Samhita (Ch. Su. 5/13):** Ushna jala is beneficial in *Agnimandya*, *Ama*, *Udara*, and for post-meal digestion.[7]
- Sushruta Samhita (Su. Ch. 46/505):** Ushna Jala is *Agnideepaka*, *Vata-Kapha Shamana*, and *Koshta-Shodhana*.[8]
- Ashtanga Hridaya (Su. 3/28):** Morning intake of Ushna Jala promotes *Vibandha Nivritti* and clears *Srotas*.[9]

3.3. Therapeutic Mechanisms (Samhitokta)[10,11,12,13,14]

Mechanism	Classical Reference	Relevance to Vibandha
Agnideepana	AH Su. 3/28	Improves digestion, prevents stool hardening
Apana Vata Anulomana	CS Chikitsa 15/60	Supports bowel evacuation
Ama Pachana	CS Sutra 5/13	Clears toxins that obstruct GIT channels
Koshta Shodhana	SS Chikitsa 31/8	Relieves <i>Malavstambha</i>
Srotoshodhana	AH Su. 8	Clears channels and improves peristalsis

4. Discussion

4.1. Clinical Utility

Ushna-Ambu Paan is best indicated:

- In early morning empty stomach (*Pratahkalina*)
- Post meals to aid digestion
- In chronic Vibandha with mild *Ama Lakshana*

4.2. Considerations for Clinical Practice

- Quantity: 250–500 ml based on *Koshta* and *Agni*
- Temperature: Lukewarm to moderately hot (as per tolerability)
- Timing: Best taken early morning or post-prandially
- Contraindications: Pitta Prakriti individuals with *Amla Pitta* or ulcers

4.3. Modern Correlation

- Warm water stimulates gut motility and smooth muscle relaxation [15].
- Improves hydration status which softens stools [16].
- May reduce colonic transit time and promote peristalsis [17].

Discussion

Constipation or **Vibandha** is a lifestyle-associated ailment that often stems from improper dietary habits, mental stress, suppression of natural urges, and irregular daily regimens. While modern treatment includes laxatives, stool softeners, and dietary fiber supplements, these offer temporary relief and may cause dependency or side effects. Ayurveda presents a sustainable and holistic alternative by focusing on **restoring balance to Doshas**, improving **Agni (digestive strength)**, and supporting **natural bowel regularity**.

Among the most emphasized yet often overlooked daily practices in Ayurveda is **Ushna-Ambu Paan**—the intake of warm water, particularly on an empty stomach or after meals. Its regular use is said to stimulate digestion (*Agnideepana*), liquefy **Ama (toxic metabolic waste)**, normalize **Apana Vata**, and promote **Koshta Shuddhi** (bowel cleansing). The present Samhitokta review reveals consistent mentions of this practice across Brihatrayi and Laghu Trayi texts, highlighting its central role in gastrointestinal health.

Classically, *Ushna Jala* is said to be **Vata-Kapha Nashaka** due to its lightness (*Laghu Guna*), penetrating nature (*Sookshma*), and digestive-promoting properties (*Deepana, Pachana*). These qualities are crucial in addressing *Vibandha*, which is typically Vata-dominant with potential Kapha involvement leading to *Srotorodha* (obstruction of channels).

Notably, **Ashtanga Hridaya (Su. 3/28)** recommends early morning warm water intake as part of daily regimen, stating its benefits in clearing the bowels and improving metabolic fire. This supports the Ayurvedic concept of synchronizing therapeutic practices with **chronobiology**, where morning routines serve as an ideal window for detoxification.

From a modern physiological perspective, warm water enhances **gastrointestinal motility**, stimulates intestinal smooth muscle contraction, and promotes efficient colonic peristalsis. It also helps soften stool by maintaining hydration, a key factor in alleviating dry and hard feces—a hallmark of *Vibandha*. Studies show that warm water increases the secretion of digestive enzymes and facilitates bile flow, thereby mimicking the *Agnivardhaka* action described in Ayurveda.

Clinical Relevance: In current Ayurvedic practice, *Ushna-Ambu Paan* is often integrated into Panchakarma pre-procedures (like *Abhyantara Snehana*) and used as a standalone intervention for mild to moderate cases of constipation. However, its full potential remains underutilized, especially among urban populations who are prone to *Vibandha* due to sedentary lifestyle and irregular food habits.

5. Conclusion

Ushna-Ambu Paan emerges as a **simple, non-pharmacological, and classical Ayurvedic intervention** with multifaceted benefits in the management and prevention of Vibandha. Rooted deeply in the Ayurvedic paradigm of balancing Doshas, enhancing Agni, and maintaining daily rhythm, this practice offers a logical and effective alternative or adjunct to conventional laxatives. The textual review of classical Samhitas reveals a unanimous recommendation for warm water in promoting *Koshta Shuddhi* and correcting *Apana Vata*. Its relevance has only increased in today's context of lifestyle-induced digestive disorders. Additionally, its compatibility with other Ayurvedic therapies and easy integration into daily routines make it a sustainable solution.

To validate these traditional insights, **well-designed clinical studies** are warranted to quantify the therapeutic outcomes of Ushna-Ambu Paan in various types of Vibandha (e.g., Vataja, Kaphaja, Amajanya). Research can also help define optimal temperature, quantity, and timing, tailored to individual *Prakriti* and *Rogavastha*. In summary, Ushna-Ambu Paan is more than just warm water—it is a **Samhitokta Rasayana** for digestive health, deserving wider clinical adoption and scholarly attention.

6. References

1. Agnivesha, Charaka Samhita with Chakrapani Commentary, Chikitsa Sthana 15/60. Edited by Acharya YT. Chaukhamba Surbharati Prakashan; Varanasi.
2. Itoh Z. Motor activity of the alimentary tract in health and disease. Am J Med. 1985;79(5B):3–12.
3. Siener R. Hydration for kidney stone prevention. Urol Clin North Am. 2013;40(3):323–329.
4. Rao SS. Constipation: Evaluation and treatment. Gastroenterol Clin North Am. 2003;32(2):659–683.
5. Vagbhata, Ashtanga Hridaya with Sarvangasundari Commentary, Sutra Sthana 3/28. Chaukhamba Surbharati Prakashan; Varanasi.
6. Sushruta, Sushruta Samhita with Dalhana Commentary, Chikitsa Sthana 31/8. Chaukhamba Visvabharati.
7. Agnivesha. **Charaka Samhita**, revised by Charaka and Dridhabala, with the Ayurveda Dipika commentary by Chakrapanidatta. Sutra Sthana, Chapter 5, Verse 13. Edited by Yadavji Trikamji Acharya. Varanasi: Chaukhambha Surbharati Prakashan; 2016. p. 34.
8. Sushruta. **Sushruta Samhita**, with Nibandhasangraha commentary by Dalhana. Sutra Sthana, Chapter 46, Verse 505. Edited by Yadavji Trikamji Acharya. Varanasi: Chaukhambha Surbharati Prakashan; 2014. p. 210.
9. Vagbhata. **Ashtanga Hridaya**, with Sarvangasundara commentary by Arunadatta and Ayurveda Rasayana commentary by Hemadri. Sutra Sthana, Chapter 3, Verse 28. Edited by Pandit Harisastri Paradkar Vaidya. Varanasi: Chaukhambha Surbharati Prakashan; 2015. p. 40.
10. Vagbhata. **Ashtanga Hridaya**, with commentaries Sarvangasundara of Arunadatta and Ayurveda Rasayana of Hemadri. Sutra Sthana, Chapter 3, Verse 28. Edited by Harisastri Paradkar Vaidya. Varanasi: Chaukhambha Surbharati Prakashan; 2015. p. 40.
11. Agnivesha. **Charaka Samhita**, revised by Charaka and Dridhabala, with the Ayurveda Dipika commentary by Chakrapanidatta. Chikitsa Sthana, Chapter 15, Verse 60. Edited by Yadavji Trikamji Acharya. Varanasi: Chaukhambha Surbharati Prakashan; 2016. p. 511.
12. Agnivesha. **Charaka Samhita**, revised by Charaka and Dridhabala, with the Ayurveda Dipika commentary by Chakrapanidatta. Sutra Sthana, Chapter 5, Verse 13. Edited by Yadavji Trikamji Acharya. Varanasi: Chaukhambha Surbharati Prakashan; 2016. p. 34.
13. Sushruta. **Sushruta Samhita**, with Nibandhasangraha commentary by Dalhana. Chikitsa Sthana, Chapter 31, Verse 8. Edited by Yadavji Trikamji Acharya. Varanasi: Chaukhambha Surbharati Prakashan; 2014. p. 497.

14. Vagbhata. **Ashtanga Hridaya**, with commentaries Sarvangasundara of Arunadatta and Ayurveda Rasayana of Hemadri. Sutra Sthana, Chapter 8. Edited by Harisastri Paradkar Vaidya. Varanasi: Chaukhambha Surbharati Prakashan; 2015. p. 9
15. Itoh Z. Motor activity of the alimentary tract in health and disease. Am J Med. 1985;79(5B):3–12.
16. Siener R. Hydration for kidney stone prevention. Urol Clin North Am. 2013;40(3):323–329.
17. Rao SS. Constipation: Evaluation and treatment. Gastroenterol Clin North Am. 2003;32(2):659–683.

