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The purification method of water from treasures of Vedas and Upavedas

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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 sunrays passing through the water purifies it. In Samhita Kala, the number of technique increased. Acharya Sushruta and Vagbhatta have mentioned to use various plants and method to purify water. Various Nighantu also mentioned different techniques.

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

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- **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 1: Showing Jala Shodhana Vidhi by Acharya Sushruta

Jala Shodhana (Purification method)	Jala Prasadana (Clearing turbidity) ^[7]	Jala Niksepana (Water stand) ^[5]	Jala Shitikarana (Water-cooling method) ^[7]
<i>Agnikwathana m</i>	<i>Kataka</i>	<i>Phalkam</i> - (Wood of <i>Shalmali</i>)	<i>Pravaatsthapanam</i> - (Keeping in the open air.)
<i>Suryatap-Prataptam</i>	<i>Gomeda</i>	<i>Tryskam</i> - (Tripod with octagonal top).	<i>Udak-Prakshepana</i> - (Tying wet cloth around water filled) vessel.
<i>Taptaay Pind-Sikta-Lostranaam.</i>	<i>Bis-Granthi</i>	<i>Munjvalaya</i> - (Circular structure made up of dried grass).	<i>Yashtika-bhramnam</i> - (stirring with a stick).
	<i>Saivala Mula</i>	<i>Udakmanchika</i> - (Ring of dried grass or cane ring structures built at height to place the water pots).	<i>Vyanjana</i> - (fanning)
	<i>Vastra</i>	<i>Shikya</i> - (Swing made up of rope).	<i>Vastrodharana</i> - (straining through cloth).
	<i>Mukta</i>		<i>Balookaprakshepana</i> - (Keeping water pot within sand bed).

	<i>Mani</i>		<i>Shikya-avlambnm</i> -suspending on swing).
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In *Sushrut Kalpa Sthana Dushit Jala Shodhana Vidhi* description also present.^[2]

- **Harit Samhita** - Not mentioned
- **Astanga Samgrha**^[3]

Table 2: Showing Jala Shodhana Vidhi by Astanga Samgrha

Sanskar	Prasadana (By putting in water)	Durgandh Nashana (By putting these flowers into water)
Filtered through thick cloth	<i>Parnimool</i>	<i>Patla</i>
Heated by fire	<i>Bis-granthi</i>	<i>Karveer</i>
Exposure to Sunlight	<i>Mukta</i>	
Immersing red-hot iron balls into water	<i>Katak</i>	
	<i>Saivala</i> (Algae)	
	Thick clothes	
	<i>Gomedaka</i>	

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 Nighantu*^[7]

Table 3: Showing *Jala Shodhana Vidhi* by *Kaideva Nighantu*.

Purification	Prasadana	Filter	Suvasita
Boiling	Mukta	Filtering by clean cloth.	Patla-Pushpa
Exposure to Sunlight	Gomeda		Naag-Keshar
Immersing red-hot iron, stone sand into water	Kataka		Punnaga
			Chompaka
			Kapoor
			Chandan

- *Bhavaprakash Nighantu*^[8]

Table 4: Showing *Jala Shodhana Vidhi* by *Bhavaprakash Nighantu*

Purification	Prasadana	Filter	Suvasita
Boiling	Parn-mool	Filtering by clean cloth.	Kapoor
Exposure to Sunlight	Bis-granthi		Chameli Pushpa
Immersing red-hot Gold, silver, iron, stone sand into water	Mukta		Sultan-Champa
	Kanak		Padhal Pushpa

	Shaival		
	Gomeda		

- *Raj Nighantu* - Not specific. *Chandrakantamani Jala* mentioned.
- *Shaligram Nighantu*^[9]

Table 5: Showing *Jala Shodhana Vidhi* by *Shaligram Nighantu*

Purification	Prasadana	Filter	Suvasit
Boiling	Parn-mool	Filtering by clean cloth.	Kapoor
Exposure to Sunlight	Bis-Granthi		Chameli Pushpa
Immersing red-hot Gold, silver, iron, stone sand into water	Mukta		Sultan-Champa
	Kanak		Padhal Pushpa
	Shaival		
	Gomeda		

- *Priya Nighantu* - Not mentioned.

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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