

BENEFITS OF WARM WATER

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ABSTRACT

Most of us start our mornings with a fresh, hot cup of coffee or tea to warm-up our bodies after getting out of bed. When we drink water, we tend to prefer it cold, but according to Ayurvedic medicine, we have it all wrong. Regularly drinking very warm water, especially in the morning, can heal our bodies, providing digestive power and reducing metabolic waste that could have built up in our immune system. Physicians recommend drinking warm water in the morning, usually, with a polyphenol-rich lemon immersion, or with a tea to decrease freeradical activity in the body. The consumption of warm water increases the tightening of the intestines, which optimizes elimination.

Unlike hot water, processed cold water is devoid of many essential minerals that could become very unfavorable to the digestive tract when consuming a meal. For cold water drinkers, recommends refraining from drinking 20 minutes before eating — even if the source is natural spring water. While drinking warm water may not suit the taste buds, it may be beneficial to put the caffeine and tea aside for health's sake. Water is the sustainer of life of all living beings, the entire world is depend on it; so absolute avoidance of water is

impossible. If it is not available it might result dryness of the mouth, weakness of the body or even death. There is no activity in both healthy and unhealthy persons without water. were used to find out the details in this study. Calculated the percentages of medicinal values of warm water separately by statistically analyzing of collected data. Hundred percent of texts had mentioned that warm water has antipyretic action, 86% had mentioned that each; bladder and vital channel cleansing, carminative and digestive properties. Warm water has the action of reducing cough (71%), dyspnea (71%) and obesity (57%) according to the findings of present study. Reducing hiccup, bleeding disorders, rhinitis, flatulence, abdominal pain, alcohol poisoning etc. were other properties of warm water according to the results. Warm water has medicinal properties other than as a normal drink. Adequate water intake is essential for health, but any benefit for weight management remains unclear. Drinking water is often applied as a dietary means for weight loss and overweight/obesity prevention, but no evidence-based recommendation exists for this indication. The objective of the study is to note the impact of drinking water consumption on weight outcomes from the evidence of existing studies. A direct causal relationship between water consumption and bodyweight outcomes can't be achieved due to inadequate literature resources. Studies of individuals dieting for weight loss or maintenance suggest a weight-reducing effect of increased water consumption, whereas studies in general mixed-weight populations yielded inconsistent results. Though effect of water in weight loss fluctuates, it is clearly evident that replacing water with sugar sweetened beverages (SSB's), fruit juices or any other non-nutritive beverages show inverse association with weight loss and the risk for other risk factors also increases. These findings, along with epidemiologic and intervention studies suggested a potentially important role for water in reducing energy intakes, and by this means a role in obesity prevention. Further need for randomized-controlled trials exists. Lifestyle treatments for weight loss focus on reducing energy intake and increasing physical activity through diet, exercise and behavioral measures. In general, a combination of treatment is most effective way to achieve weight loss.

Here are six reasons why

1. **Cleanses Digestion:** A very warm cup of water in the morning can help cleanse your body by flushing out toxins. Water and other liquids help break down the food in the stomach and keep the digestive system on track. Warm water will help break down these foods even faster, making them easier for digestion. Drinking cold water during or after a meal can actually harden the oil in consumed foods and therefore create a fat deposit in the

intestine. Adding ice to processed cold water will strip it of natural-containing minerals, as these minerals are essential to keeping the digestive tract healthy. Luckily, it can be replaced by a glass of cold water with a warm one to aid digestion, especially after eating a meal.

2. **Aids Constipation:** At one point or another, many of us are plagued by this common stomach problem where we have little to no bowel movement. The strain felt during elimination, accompanied by bloating, is brought on by a lack of water in the body. Drinking very warm water in the morning on an empty stomach can help improve bowel movements and aid constipation while breaking down foods as they smoothly pass through the intestines. Stimulating the bowels will help return your body back to normal functioning.
3. **Alleviates Pain:** Warm water, considered to be nature's most powerful home remedy, can help alleviate pain from menstruation to headaches. The heat from warm water is known to have a calming and soothing effect on the abdominal muscles, which can help provide instant relief for cramps and muscle spasms. According to Healthline, warm or hot water is usually better for cramps, as hot liquids increase blood flow to the skin and help relax the cramped muscles.
4. **Sheds Excess Pounds:** If you're on a diet, chances are you've heard drinking a glass of warm water first thing in the morning can help with weight loss. Warm water increases body temperature, which therefore increases the metabolic rate. An increase in metabolic rate allows the body to burn more calories throughout the rate. It can also help the gastrointestinal tract and kidneys to function even better. Drinking a glass of warm water and a lemon will help break down the adipose tissue, or body fat, in the body and also control food craving due to lemon's pectin fiber.
5. **Improves Blood Circulation:** The fat deposits in the body are eliminated along with accumulating deposits in the nervous system when you drink a glass of warm water. This flushes out the toxins that are circulating throughout the body and then enhances blood circulation. Making sure the muscles are relaxed will eliminate poor circulation and blood flow.
6. **Halts Premature Aging:** Premature aging is a woman's worst nightmare, but luckily, this can be prevented by drinking warm water. The presence of toxins in the body can lead to aging faster, but warm water can help cleanse the body from those toxins, while repairing skin cells to increase elasticity. Women will always benefit because they have more hormones to contend with, making constipation more of an issue. To reap the health

benefits of warm water, drink it every morning plain or with a lemon for taste. Drinkers to have warm water, as drinking straight hot water can potentially be damaging to tissue in the mouth and esophagus. After boiling water, be sure to let it cool for a few minutes before you start consuming. Also, “always check with your prescribing.

KEYWORDS- Antipyretics, Carminative, cough, Warm water, cold water.

➤ INTRODUCTION

Water has two main types called; rain water and terrestrial water. Terrestrial water again divided into eight kinds which are deep well, natural lake, artificial pond, water collected in pits of rocks, following downs from mountains, water from natural springs, well with flights of steps all around and water from river. In the drinking purpose rain water is the best. All kinds of terrestrial water can use for drink after the purification procedure. Authentic Ayurveda classics were described various types of water purifications methods and boiling or heating is one of them. Water boiled and reduced or simply boiled and removed is known as Uṣnodaka (warm water). In Ayurveda have been described preparation methods of warm water, properties of warm water and medicinal uses of warm water. This study was aimed to find out overall description of warm water was explained in Ayurveda classics and to identify the main medicinal values of warm water. The human body consists of about 70% of water. The water in the body has numerous physiological roles: it is essential for the breathing (oxygen transport to the cells) and metabolism, digestion (absorption of nutrients), detoxification of the body, regulation of the body temperature, maintenance of equal osmotic pressure in cells and extracellular space etc. In short, water provides a number of physical and chemical processes that are essential to the life of humans, animals and plants. It is common knowledge that it is possible to survive for a month without food, but we can't survive without water for even one week. Loss of large amounts of water and electrolytes leads to dehydration. Dehydration is a condition that occurs when the loss of body fluids exceeds the amount that is taken in and this disrupts the delicate balance of minerals in body fluids. The degree of dehydration is determined depending on the percentage of lost body fluids. Mild dehydration occurs when the body loses about 1-2% of total body fluids, and severe dehydration is considered to take place when the body loses more than 5% of the total fluids (Szinnai et al., 2004). A definite sign of dehydration is thirst, but thirst occurs only when the person has already lost 0.8 - 2% of total fluids, i.e. when they are already slightly dehydrated. The symptoms of mild dehydration include headache, confusion, fatigue, reduced alertness,

and reduced ability to concentrate (Kleiner, 1999). Normally, drinking warm water in the morning may help with natural weight loss. The scientific principle is that warm water increases body temperature, which therefore boosts the metabolic rate. Thus, a raise in metabolic rate allows the body to burn more calories. Furthermore, it can also help the gastrointestinal tract and kidneys to function enhanced. Water is truly the beverage for life. It prevents dehydration and is an important source of a nutritious diet. We are aware of the importance of fluids for survival. Without water humans survive for 2–4 days. Water comprises about 60% of our body weight and is critical for life. Every cell, tissue, and organ in your body needs water to work properly to maintain body temperature, remove waste, and lubricate your joints. Water is needed for overall good health. In an article published online in *Critical Reviews in Food Science and Nutrition*, The statement, “Drinking more water will reduce energy intake and will lead to weight loss or less weight gain, regardless of whether one intentionally makes any other changes to one’s behavior or environment” was classified as a presumption. Data from short term controlled experiments suggest that drinking water may promote weight loss. Most people have been told they should drink 6 to 8, 8-ounce glasses of water each day. That is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. Water is best for staying hydrated. Other drinks and foods can help you stay hydrated. However, some may add extra calories from sugar to your diet. Fruit and vegetable juices, milk, and herbal teas add to the amount of water you get each day. Health care professionals commonly recommend increasing water intake, typically to 8 cups per day (a total of 1.92 L of water per day), as part of a weight-reducing diet. Contrary to the study hypothesis, advice and behavioural support to consume 8 cups of water per day in context of weight reducing diet had no added benefits on body weight reduction among adolescents with overweight or obesity.¹ Recognizing signs of dehydration is important, it include: little or no urine, urine that is darker than usual, dry mouth, sleepiness or fatigue, extreme thirst, headache, confusion, dizziness or lightheadedness, no tears when crying. Water intake as a weight loss tool, however, is not an evidence-based recommendation. Recent studies have shown mixed results, likely because of limitations in the measurement of hunger and thirst, as well as the numerous social, cognitive, sensory, and logistical factors that influence eating and drinking behaviors. ² Consumers of drinking water differ from non-consumers with respect to several key obesity risk factors, including other beverage intake, diet composition, physical activity, stress and smoking. ³

While some propose that promoting the single behavior of drinking water instead of other beverages may be effective against obesity.^[4,5]

Advantages of drinking plain water over other beverages:

- To maintain the balance of body fluids/hydration
- To control calories
- To energise muscles
- To keep skin looking good
- Detoxification
- To maintain normal bowel function

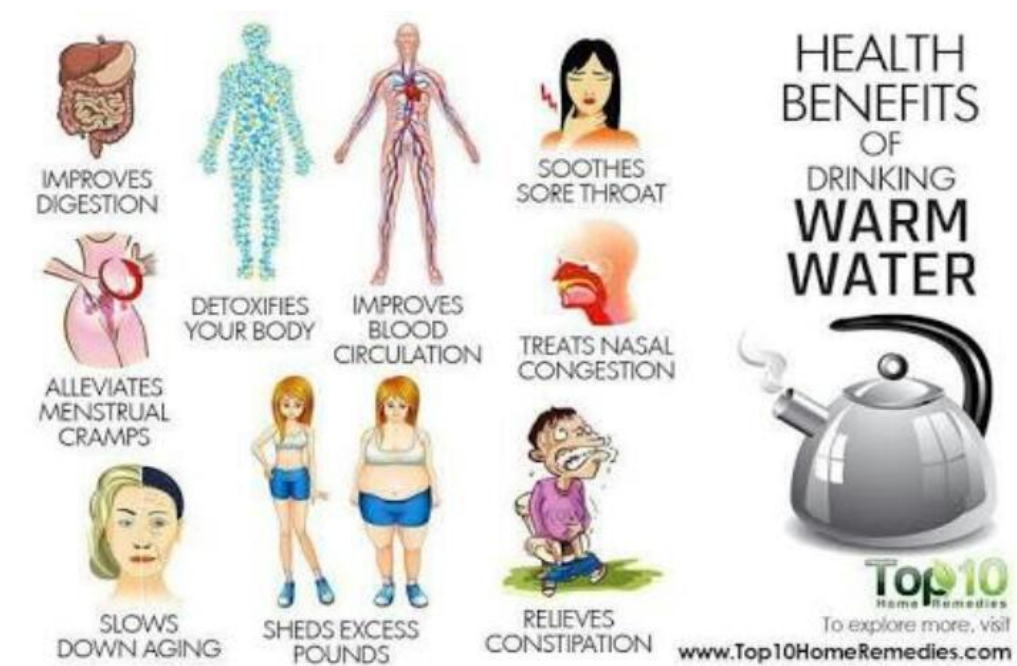


Fig. F1: benefits of warm water.

Why You Should Start Your Day With a Glass of Warm Water?

- Water is most beneficial when it is consumed warm
- Water plays an essential role in our well-being
- Water helps in glowing skin, good digestion and even avoiding migraine.

The world is made up of two types of people, simplistically speaking. Those who like their water warm and those who like to throw in plenty of ice cubes. Water plays an essential role in our well-being, from skin care to good digestion and even avoiding migraines, there is a lot

that merely the consumption of water can fix. However, according to science, both ancient and modern, the temperature of water when it is consumed is critical as well.

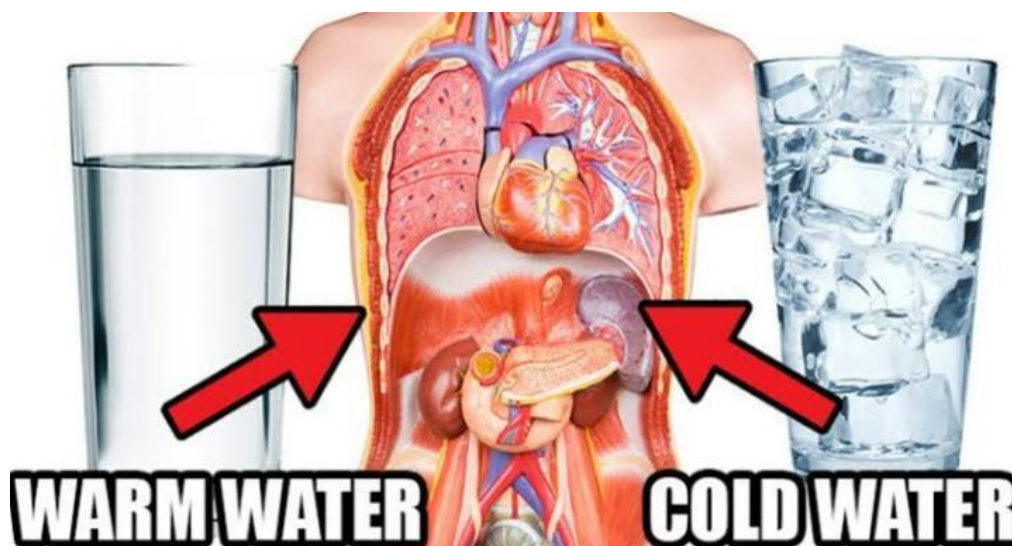


Fig. F2: Effect of difference in Warm water and Cold water.

How much is advised?

Depends on various factors like age, activity levels, weather, diet, etc. However, there are some broad guidelines that may be followed. If consumed along with your meals, approximately one cup is good enough. Having said that, if the meal includes dishes like soup or yoghurt, this amount may be reduced. The ideal amount to consume is important to understand as too much water with your meals may also satiate your hunger before you have eaten enough, and thus rob you of the opportunity to consume nutrients. As mentioned before, if had on an empty stomach in the morning, four glasses are what the Japanese Water Therapy recommends. If it sounds like a lot, start with one glass and increase it to four, over time.

- **benefits of drinking hot water**

Drinking enough water can support skin, muscle, and joint health. Water helps the body's cells absorb nutrients and fight infections. Drinking a few glasses of warm or hot water each day might offer even more benefits. While drinking water of any temperature can support overall wellbeing, drinking hot water is thought to provide a range of additional health benefits. People have consumed hot drinks for thousands of years. Folk medical literature is filled with stories of how hot water can improve health, but researchers have only just begun to look into the benefits of drinking hot water.

1. Healthier digestion

When a person does not drink enough water, the small intestine absorbs most of the water consumed through food and drinking. This causes dehydration and can make it more difficult to have a bowel movement. Chronic dehydration can cause corresponding chronic constipation. This constipation can make bowel movements painful and may cause other problems, including hemorrhoids and bloating. Drinking hot water helps to break down food faster than drinking cold or warm water. It reduces the risk of constipation by supporting regular bowel movements.

2. Body detoxification

Natural health advocates argue that hot water might help the body detoxify. When water is hot enough to raise a person's body temperature, it can cause sweating. Sweating expels toxins and can help clean the pores.

3. Improved circulation

Hot water is a vasodilator, meaning it expands the blood vessels, improving circulation. This can help muscles relax and reduce pain. Although no studies have directly linked hot water to sustained improvements in circulation, even brief improvements in circulation can support better blood flow to muscles and organs.

4. Weight loss

Research has long supported the idea that drinking more water can help a person lose weight. This may partially be because drinking water increases feelings of fullness. Water also helps the body absorb nutrients, and it flushes out waste. A study published in 2003 found that switching from drinking cold water to hot water could increase weight loss. Researchers found that drinking 500 ml of water before a meal increased metabolism by 30 percent. Raising water temperature to 98.6 degrees accounted for 40 percent of the increase in metabolism. This metabolic step-up lasted for 30-40 minutes, following water consumption.

5. Reduced pain

Hot water improves circulation and may also improve blood flow, particularly to injured muscles. No research has directly linked hot water consumption to pain relief. However, people routinely use heat packs and hot water bottles to reduce pain. Consuming hot water may offer some internal pain relief, but it is important to note that heat can also exacerbate swelling.

6. Fighting colds and improving sinus health

Heat applied to the sinuses can alleviate pressure caused by colds and nasal allergies. Steam also helps unclog the sinuses. Drinking hot water may help mucous move more quickly. This means that drinking hot water may encourage coughing and nose-blowing to be more productive.

7. Prevents constipation

Intestinal movement is important to avoid bloating, abdominal pain and discomfort. Dr. Rupali Datta suggests that having warm water is great for internal 'cleansing'. It regulates bowel movement and prevents constipation.

8. Stimulates hunger

Anju Sood, a Bengaluru based nutritionist elaborates, "When you have warm water, the body has to work harder to bring down its temperature. Thus, the metabolic system is kicked off." This further triggers the mind to demand food and stimulates hunger.

9. Pain relief from menstrual cramps

Menstrual cramps can be quite painful for some. A warm water bottle pressed against your belly may be your favourite way to deal with period pain, but did you know that drinking warm water can help too? Studies suggest that drinking warm water increases blood circulation, which works as a pain relieving mechanism.

10. Prevents premature ageing

As mentioned above, warm water consumption removes toxins from the body, through sweat, bowel movement and unclogged pores. The presence of toxins in the body leads to premature ageing.

11. Reduced stress

A soothing cup of hot water may help people manage stress and anxiety. An older study found that consumption of hot liquids, such as tea and coffee, could lower stress and reduce feelings of anxiety. The study argues that some of the effects are due to caffeine, but that the warmth also played a role in the improved mood of participants.

12. Encouraging consumption of coffee and tea

When mixed with coffee or tea, hot water may offer additional health benefits. Coffee and caffeinated teas can dehydrate the body, especially at high doses, but they also offer some

health benefits in moderation. Research published in 2017 linked coffee consumption to a longer life. Other research has found a link between moderate coffee consumption and a reduced risk of Parkinson's disease, some cancers, type 2 diabetes, some liver disease, and heart health problems. Tea may reduce the risk of stroke, heart disease, type 2 diabetes, and liver disease. Some studies have linked tea to a reduced risk of cancer, but the results vary.



Fig. F3: consumption of coffee and tea.

What Happens When You Drink Cold Water

- When you drink cold beverages your blood vessels shrink, your digestion becomes restricted and hydration is hindered.
- Instead of working to digest the food and absorb the nutrients to create energy, your body is expending energy to regulate your temperature. This can lead to water loss.
- Drinking cold water after a meal creates excess mucus in your body, which can lead to a decrease in immune system function, making it easier to catch colds and illnesses.
- If you eat food while drinking cold beverages or immediately after, the water temperature solidifies fats from the foods we've just eaten and the body in turn finds it hard to digest the unwanted fats from our bodies. Some people say that drinking ice water is beneficial because it burns more calories.



Fig. F4: Ice cold water.

Benefits to drinking warm Water

Here are some benefits to drinking water that is room temperature or warmer:

- Faster+increased hydration
- Natural digestive enzymes are stimulated and therefore your digestion is enhanced
- Food breaks down more easily
- Your bowels move better (warm water with lemon in the morning is great for this!)
- It purifies your blood and increases your body's natural detoxification processes via your skin, kidneys and lymphatic system. Once you get into the habit of drinking water at room temperature or warm, you will notice a dramatic improvement in your digestion and the way your body feels while eating and after the meal. Some people have also reported reduction in sugar cravings. So, the next time you eat out ask your server to “Hold the Ice!”

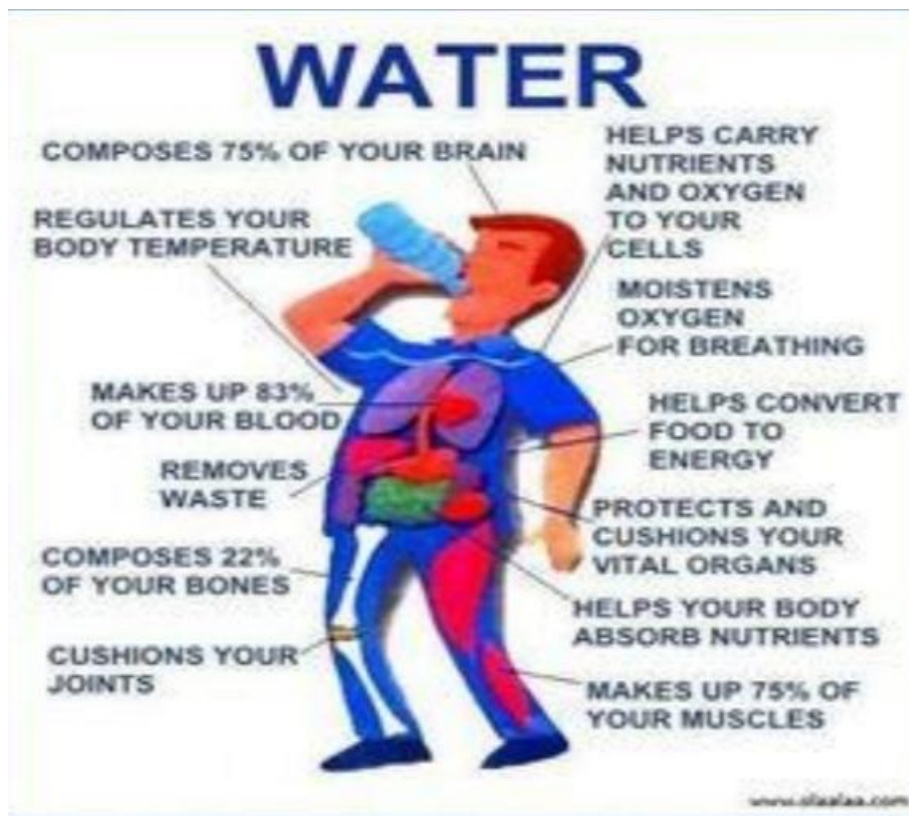


Fig. F5: Benefits of warm water intake.

Moisture absorption

According to Ayurveda, all kinds of water are not absorbed at the same rate by the body. Regular water takes around 6 hours to get absorbed, whereas water which has been boiled, takes only half that time. What is interesting to note, is that Ayurveda does not insist that you have the boiled water hot. It says that boiling water for ten minutes enriches it with energy and stimulates agni which in turn helps digestion. The very properties of water are said to alter after boiling. It is said to be beneficial to sip on this water all through the day, reheating it is not required as the nature of the water is now warm. Water kept overnight loses these properties though. Boil fresh water every morning for best results.

The right temperature

Hot beverages, such as coffee or tea, are often served at near-boiling temperatures. It is not necessary for a person to risk a burn to gain the benefits of hot water. People who dislike hot water should consider drinking water at or slightly above body temperature. A 2008 study reported an optimal drinking temperature of 136 °F (57.8°C) for coffee. This temperature reduced the risk of burns, but still offered the pleasant sensations of a hot drink.

Why Drinking Hot Water is important for Health?

Hot Water purifies the toxin, helps melting the fat deposits and destroys harmful bacteria in our body. It is the most important catalyst in losing weight and maintaining perfect body figure. It is a miracle liquid remedy that will keep us in shape physically and mentally. To be healthy, one must drink the required quantity of Hot Water in a day. Health is wealth, so we have to keep a healthy body to have a wealthy lifestyle.^[2]

Recommended healthy methods for drinking hot water

1. One or two glasses of hot water, early in the morning, once you wake up and before
2. brushing your teeth – at standing position.
3. One or two glasses of hot water, after brushing your teeth, before having your breakfast.
4. At least three glasses of hot water throughout the morning.
5. One glass of hot water at least 15-30 minutes before meal.
6. At least two glasses of hot water throughout the evening (Best if four glasses).
7. One glass of hot water, before going to sleep.

Raw water

Is it safe to drink raw water?

A person's body is about 60 percent water, and drinking water is essential to a healthful diet. However, what types of water a person drinks has become surprisingly controversial. One of the emerging trends in late 2017 and early 2018 is the sale of "raw water." Raw water is unfiltered, unprocessed, or untreated water that is bottled directly from a natural spring. Some manufacturers are selling this water and marketing it as a safer alternative to chemically treated water, maintaining that their water has natural probiotics that help promote digestion and good health. However, scientists and government officials have expressed concerns over untreated water. Raw water may be an instance where "natural" is not necessarily better. It may also be true that raw water does not offer distinct health benefits over a healthful diet that includes drinking tap or bottled water.

Fast facts on raw water

Bottled water must meet specific standards as determined by the U.S. Food & Drug Administration (FDA). The Centers for Disease Control and Prevention (CDC) and others are concerned that some companies marketing raw water may not be complying with regulations. Many water experts do not recommend drinking "raw" water. It is up to consumers to decide the type of water they want to drink.

What are the potential risks of raw water?

Sanitation officials and water manufacturers add chemicals to drinking water that comes from the tap or bottles to kill any bacteria and parasites that can naturally occur in water. Examples of these include salmonella, E. Coli, and Giardia. These pathogens can cause stomach upset, diarrhea, and vomiting. The oldest and youngest people are especially at risk for developing illnesses related to these contaminants because their immune system may not be strong enough to fight off the pathogens. Because it is untreated, raw water may contain some of these pathogens. While raw water retailers are not bottling contaminated water, it is possible for bacteria, parasites, chemicals, and other pathogens to be in the water.

Potential benefits of raw water

Supporters of raw water believe that sterilizing and purifying water with chemicals destroys the natural minerals and probiotics present in water. They believe that by drinking raw water, a person can live a healthier life with improved digestion. Those who advocate the use of raw water believe that it contains more electrolytes and minerals than bottled water, including: calcium, copper, lithium, magnesium, potassium, silica, sodium. Supporters also claim that raw water is “alkaline water.” According to its proponents, alkaline water acts as an antioxidant and reduces inflammatory cell damage from oxidation. However, according to the Cleveland Clinic, no current studies exist that support the health and wellness benefits of alkaline water over more acidic water. Some people who drink raw water may prefer the taste or the way drinking raw water makes them feel. However, taste is very personal, and there are no studies available to prove whether raw water tastes better or worse than treated water. There is, however, plenty of research on the dangers of drinking untreated water, which may offer more reasons not to drink it than to drink it.

How much water you need to drink?

You may have heard that you should aim to drink eight 8-ounce glasses of water per day. How much you should actually drink is more individualized than you might think. The Institute of Medicine (IOM) currently recommends that men should drink at least 104 ounces of water per day, which is 13 cups. They say women should drink at least 72 ounces, which is 9 cups. Yet even taking gender into account, the answer to exactly how much water you should drink isn't quite so simple.

Water recommendations

While the eight glasses rule is a good start, it isn't based on solid, well-researched information. Your body weight is made up of 60 percent water. Every system in your body needs water to function. Your recommended intake is based on factors including your sex, age, activity level, and others, such as if you're pregnant or breastfeeding.

Adults

The current IOM recommendation for people ages 19 and older is around 3.7 liters for men and 2.7 liters for women. This is your overall fluid intake per day, including anything you eat or drink containing water in it, like fruits or breastfeeding. Of this total, men should drink around 13 cups from beverages. For women, it's 9 cups.

Children

Recommendations for kids have a lot to do with age. Girls and boys between ages 4 and 8 years should drink 40 ounces per day, or five cups. This amount increases to 56 to 64 ounces, or 7 to 8 cups, by ages 9 to 13 years. For ages 14 to 18, the recommended water intake is 64 to 88 ounces, or 8 to 11 cups.

Women of reproductive age

If you're pregnant or breastfeeding, your recommendations change. Pregnant women of all ages should aim to get 80 ounces, or ten 8-ounce glasses of water each day. Breastfeeding women may need to up their total water intake to 104 ounces, or 13 cups.

Other considerations

You may also need to drink more water if you live in a hot climate, exercise often, or have a fever, diarrhea, or vomiting.

- Add an additional 1.5 to 2.5 cups of water each day if you exercise.
- You may need to add even more if you work out for longer than an hour. You may need more water
- if you live in a hot climate. If you live at an elevation greater than 8,200 feet above sea level, you may also need to drink more.
- When you have a fever, vomiting, or diarrhea, your body loses more fluids than usual, so drink more water. Your doctor may even suggest adding drinks with electrolytes to keep your electrolyte balance more stable.

Why do you need water?

Water is important for most processes your body goes through in a day. When you drink water, you replenish your stores. Without enough water, your body and its organs can't function properly.

Benefits of drinking water include

- keeping your body temperature within a normal range
- lubricating and cushioning your joints
- protecting your spine and other tissues
- helping you eliminate waste through urine, sweat, and bowel movements

Drinking enough water can also help you look your best. For example, water keeps your skin looking healthy. Skin is your body's largest organ. When you drink plenty of water, you keep it healthy and hydrated. And because water contains zero calories, water can be an excellent tool for managing your weight, as well.

➤ CONCLUSION

Drinking hot water will not cure any diseases but, as long as the water is not scalding, the risks are minimal. So people who already enjoy hot water or who want to try a simple method for improving their health should feel assured that they are benefitting from it. Hundred percent of texts had mentioned that warm water has antipyretic action, 86% had mentioned that each; bladder and vital channel cleansing, carminative and digestive properties. Warm water has the action of reducing cough (71%), dyspnea (71%) an obesity (57%) according to the findings of present study. Reducing hiccup, bleeding disorders (piles), rhinitis, flatulence, abdominal pain, alcohol poisoning etc. were other properties of warm water according to the results. Warm water has medicinal properties other than as a normal drink.

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