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## EFFECT OF COMBINATION OF MADHU AND USHNODAK SEVAN ON ASTHIVAHA STROTAS

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### **Abstract:**

*The prevalence of obesity is increasing globally, there are many trends people follow to tackle it but they are following these trends without knowing the long term side effects, one of the trends is to drink honey with warm water which is wrong as per ayurveda and it affects asthivaha strotas so through this study we can see the effects of madhu and ushnodaka lead to production of ama and accumulation of ama at sandhi sthan.*

**Keywords:** Madhu, ushnodaka, ama, amavata, HMF

### **Introduction:**

Obesity is a growing public health problem worldwide. Hence, there are many trends that people follow to combat obesity.

Drinking hot water with honey and lemon is one of the trends. People blindly follow trends and do not think about the long term effects of consumption. Honey is considered a healthy alternative to processed sugar and is considered safe for diabetics. It is also rich in calcium, iron, magnesium, copper, manganese, potassium and zinc. Though it is common to mix honey with herbal tea, lemon tea or a glass of warm milk, Ayurveda advises against directly heating honey or mixing it with warm milk, warm water, warm lemon water or tea

Reason - People do not want to know the science behind the trends and so they blindly follow the trends.

Following trends without knowing better is harmful -

Ayurveda explains that warm honey is a slow-acting poison that causes "ama" or toxicity in the body and turns into poison in the body.

Drinking honey with water can be effective in the short term but if consumed for a long period of time it can have long-term effects on the body.

Hence it is important to educate people about wrong consumption of honey and water otherwise it will harm the body.

### **Objectives:**

To evaluate the effect of long term consumption of honey with warm water on Asthivahastrotas

1. To examine the relationship between long term consumption of honey with warm water and Asthivahastrotas dushti.
2. To evaluate the health promoting effects of proper intake of honey based on Ayurveda.

### **Materials and Methods-**

#### **A) Inclusion Criteria:**

1. Age: 30-60 years
2. Gender: Male and Female
3. People who consumed honey dissolved in hot water for a long period of time more than 6 months

#### **B) Exclusion Criteria:**

1. Chronic diseases
2. Pregnant women and lactating mothers
3. Any type of neoplasm
1. Language: English supplemented with Sanskrit terms where necessary
2. Study Design: Observational Study
3. Study Centre: Affected Medical College
4. Subjects: people who consumed honey with hot water for more than 6 months
5. Sample Size – 60 (Survey Based)

#### **Methods:**

1. Patients were randomly selected using simple randomization technique irrespective of sex, caste, religion and location
2. About 60 patients fulfilling the criteria were selected
3. Verbal and written consent was obtained
4. The selected patients underwent Astivaha Strotas Dushti Lakshana examination
5. A relationship has been observed between long term intake of honey and warm water and Amavata Lakshana

## Literature Review:

Although we often mix honey in herbal tea, lemon tea, or warm milk, according to Ayurveda, honey should not be heated directly or mixed with warm milk, warm water, warm lemon water or drinks

### Tea

The permissible temperature rise of honey is less than 140 degrees, which is much lower than a glass of hot milk.

Therefore, mixing honey with hot milk will change the properties of honey and make it toxic. Because heating anything containing sugar can release 5-hydroxymethylfurfural (HMF), which is considered a carcinogen.

According to Ayurveda, warm honey causes "ama" in the body, or toxicity, a slow-acting poison that changes into a toxic nature in the body.

Acharya Charaka calls this SamskaraVirudha or incompatibility caused by processing (Samskara)

Due to its sticky nature, Ama causes many blockages in cells, tissues, ducts etc, resulting in lack of nutrients required for the functioning of tissues and accumulation of waste products in the body.

All this causes many diseases and weakens one's strength and immunity.

Ama is also called Amavisha as it causes very dangerous symptoms similar to poison.

Ama combines with Vatadosha and occupies Sureshmasthana (Asthisandi), resulting in "Amavata"

Prolonged intake of honey ("Madhu" in Sanskrit) and warm water ("Ushnodak" in Sanskrit) can lead to the generation and accumulation of Ama, leading to dysfunction of Astivaha Strotas and resulting in the generation of Amavata

As per Sushruta Sutrasthana 45/132 Ashtanga HrudayaSutrasthana 5/51-52

Madhura-sweet,

Kashaya Anurasa – astringent sub taste

Rooksha – dry

Sheeta – coolant

Improves appetite and digestive fire (Agnideepanam)

Improves skin complexion (Varnyam)

Improves voice quality – Svarya

Laghu- light to digest

Sukumara – improves softness of skin

Lekhanam -Scrapes the inner side of the channels

Good for heart (hrudya)

Vajikarana – aphrodisiac

Sandhana-heals wounds and fractures quickly

Shodhanam ropanam- Cleanses and heals

Chakshushyam- Good for eyes

Prasadhana – improves skin qualities

Sookshma marganusari-Penetrates deep into body channels

Vishaprashamanam-Natural detox agent

Chakshushya – good for the eyes (vision),

Pitta shleshmahara – Balances Pitta and

Kapha Medohara useful in obesity

Medhara is effective against obesity According to Ayurveda, honey balances pitta and kapha but can increase vata, Consumption of heated honey produces ama and honey increases kapha so regular consumption produces amavata

As we have seen, honey has many properties

People should incorporate honey in its raw unprocessed form in their daily lives

#### **Results:**

The results show that consuming honey with hot water has a benefit on Astivahastrotas in the body, 41 out of 60 people showed Lakshana of Amavata.

#### **Conclusion:**

The conclusion of the review is that the trend of consuming honey with hot water is a serious problem worldwide and is affecting Astivahastrotas. Hence, we need to make people aware of this and prevent it.

#### **References:**

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