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## Review Article

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### Water cure Therapy: A Review

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#### ABSTRACT

This water therapy, also known as Indian, Chinese, or Japanese water Therapy, is claimed to have a wide range of health benefits, or at least no adverse effects. Advocates of water therapy claim that application of water therapy at first will cause multiple bowel movements until the body adjusts to the increased amount of fluid. Without spending money and medicine, tablet, injections, diagnosis, doctor fees etc. Just by drinking –pure water you will find that many diseases can be cured lick hyper tension, anaemia, obesity etc... One from water therapy, advocated by some alternative medicine proponents, is the consumption of a gutful of water upon waking in order cleans the bowel. A litter to a litter- a- half is the common amount ingested. This water therapy also known as Indian, chaines, and japans water therapy is claimer to have a wide range of health benefits or at least no adverse effects.

**Keywords:** water, blood pressure, enzymes, reabsorption and absorption

#### ARTICLE INFO

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#### 1. Introduction

Without spending money on medicine, tablets, injections, diagnosis, doctor fees, etc. - just by drinking pure water - you will find that many diseases can be cured. It may be

hard to believe it, until you have experienced it for yourself. Let us see the list of diseases being cured by this therapy: Headache, blood pressure / hypertension, anaemia, rheumatism, general paralysis, obesity, arthritis, sinusitis,

tachycardia, giddiness, cough, asthma, bronchitis, pulmonary tuberculosis (TB), meningitis, kidney stones, urogenital diseases, hyperacidity, gastroenteritis, dysentery, constipation, diabetes, eye diseases, ophthalmic haemorrhage & ophthalmic (reddish eye), irregular menstruation, leukaemia, uterine cancer, breast cancer, laryngitis.

**History:** History of water therapy included the sea-water treatment of Richard Russell, the contemporary version of which is the water therapy. This however was never known or marketed as water cure in the sense that became synonymous with hydropath, now hydrotherapy. Rather, Russell's efforts have been credited with playing a role, along with broader social movements, in the populist "sea side mania of the second half of the eighteenth century", which itself was of some significance, with some activities reminiscent of modern day spas. Indeed, in Europe, the application of water in the treatment of fevers and other maladies had, since the seventeenth century, been consistently promoted by a number of medical writers. In the eighteenth century, taking to the waters became a fashionable pastime for the wealthy classes who decamped to resorts around Britain and Europe to cure the ills of over-consumption. In the main, treatment in the heyday of the British spa consisted of sense and sociability: promenading, bathing, and the repetitive quaffing of foul-tasting mineral waters. The spa movement itself became especially popular during the 19th century when health spas devoted to the "cure" were well-known medical institutions for the upper-class, especially those with or chronic illness. Spas and other therapeutic baths are somewhat synonymous with the term balneotherapy. Many scientific studies into the effectiveness of balneotherapy are said to suffer from methodological flaws, admitting no firm conclusions.

## 2. Action of water

- In the early morning after you get up from bed (without even brushing your teeth), drink 1.5 liters of water, i.e., 5 to 6 glasses. It's better to premeasured 1.5 liters of water. Let us all know that our ancestors call this therapy "Usha Paana Chikitsa." You may wash your face thereafter.
- It is essential to note that nothing else - neither drinks nor solid foods of any sort - should be taken within 1 hour before and after drinking this 1.5 litres of water.  
It is also to be strictly observed that no alcoholic drinks should be taken the previous night.
- If required, boiled and filtered water may be used for this purpose.

### Is it possible to drink 1.5 liters of water at one time

To begin with, one may find it difficult to drink 1.5 liters of water at one time, but one will get used to it gradually. Initially, while practicing, you may drink four glasses first and the balance of two glasses after a gap of two minutes. Initially you may find the necessity to urinate 2 or 3 times within an hour, but it will become normal after some time. Through research and experience, the following diseases have been observed to be cured with this therapy within the number of days indicated below:

Constipation 1 day  
Acidity 2 days  
Diabetes 7 days  
BP & Hypertension 4 weeks  
Cancer 4 weeks  
Pulmonary TB 3 months

Note: It is advised that persons suffering from arthritis or rheumatism should practice this therapy thrice a day, i.e., morning, midday and night, 1 hour before meals for one week, and twice a day subsequently till the disease is cured. We make an earnest request that the above method should be read and practiced carefully.

## 3. Practice of water therapy

Water therapy is practiced by drinking 4-6 glasses of lukewarm water early in the morning upon rising from sleep even before brushing the teeth. The first question that comes to one's mind is why this large quantity of water has to be drunk at one shot. A closer look at the average length of the human intestine which is anywhere from 6 to 8.5 meters in length depending on size and age of the person it occupies, amplifies the need to drink this large volume. As popularly thought of, this quantity of water need not be drunk at one go. One can take half an hour to take 4-6 glasses of water. A large quantity of water taken after an overnight fast of nearly 8 hours (sleeping hours) rehydrates the body as well as exerts high pressure on the rectum softening the faeces and completely expelling the faeces from the body. This aids in natural cleaning of the enzymes secreted during the previous day plus restoring the balance of the body. It helps in relieving and delaying the onset of diabetes, hypertension, arthritis and other diseases caused by water imbalances. It is especially useful for skin disorders.

### Precautions:

With every 4-5 glass of water there is a loss of sodium equivalent to a quarter teaspoon of salt, therefore normotensive individuals especially while exercising vigorously are advised to replace the same quantity<sup>18</sup>. For every 60 minutes of exercise one liter of water is required by the body<sup>16</sup>.

### The problem of thirst:

The stimulus of thirst can be easily ignored. If not heeded to within a couple of minutes the feeling of thirst can easily pass away. The thirst centre in the pituitary is primarily responsible for maintaining homeostasis in the body. The thirst signal depends on the threshold level of water in the body. If one is not acting on the first impulse of thirst the natural tendency of the pituitary is to satiate the thirst by reabsorbing the filtered water from the kidneys. If reabsorbed water does not meet the demands body draws its needs from internal water stored in water rich organs of the body. This results in lowering of the water threshold level until a stage when body can no longer satisfy its own need either from reabsorption from kidney or from the internal water.

### The consequences of thirst:

The reduction in threshold level of water does not affect the body apparently. But over a period of time, the problem resurfaces itself as frequent headaches, changes in enzyme

levels, resulting in chronic disease and even syndromes. This results in shrinkage of water rich organs like brain and endocrine organs. Lack of water is proven to reduce the coenzyme level in the body resulting in lethargy and decreased immunity. Most of the scavenging white blood cells are amoeba like and water is important for their agility. When their agility is lost humans become susceptible to cold and fevers. Dehydration shrinks the brain and also affects how it works. Ninety minutes of steady sweating can make your brain shrink as much as a year of aging according to experts. While the brain quickly returns to normal with a glass or two of water, lack of fluid over days can impact work and school performance. When the body is dehydrated water moves out of brain cells and they shrink. This changes the concentration of important chemicals in neurons by 200 per cent.

#### **How to drink water**

Water should never be gulped in truck loads. It will simply be excreted because the excess fluid volume in the blood will be excreted by the kidneys. If you have to hydrate the body well, drink water sip by sip every 15 minutes.

#### **Evidence based medicine:**

My own experience with water therapy needs mention. I was suffering from mild diabetes (PPG – 230mg/dl; hypertension- 150/100; hypercholesterolemia (250) and elevated creatinine levels (8.1). All these parameters were corrected by following the practice of water therapy coupled with early evening meals before 6.45 pm (i.e., before sunset) with regard to the principle of themes.

#### **Diabetes and water:**

Pancreas is also a water rich organ. The death of islets of pancreas or beta cells is referred to in medical parlance as apoptosis or programmed cell death. The death of beta cells is due to slow poisoning of these sensitive cells due to inflammatory mediators which are not excreted due to lack of water in the body. The early death of these vital cells should be termed as homicide due to wilful neglect of thirst signal.

**Countering influenza and communicable diseases with water:** Evidence of combating the influenza virus by drinking water is uncountable. Here again water has to be taken in sips every 10 minutes. This helps in hydrating the body without allowing the kidneys to excrete water. A bout of cold can be overcome in a single day by drinking water in this way. Most often mass killer diseases like malaria and tuberculosis can be prevented by increasing awareness about drinking water in sufficient quantity, which will shore up first line of defence of the body. Lack of water also reduces blood volume. Severe malaria affects the brain, kidneys and blood; all of them are water rich organs. An age old question often asked is that, even though the mosquito bites many in a population why only a few are infected is solved if the hypothesis can be proved. These people in the population who are by chance better hydrated stand to be better immunized by the host defence to fight the germs injected by the mosquito. What we really understand from this experience is that human body is endowed with tremendous strength to ward off any threat of seemingly innumerable microorganisms present in our environment. Drinking sufficient amount of water will

strengthen the immune system and release the power of the human body to protect itself.

#### **Varuna Mudra (Mudra of water):**

Mudra is the ancient yogic art and science of gesturing and sealing vital pranic energies in the human body for health, well being and spiritual evolution. They are advanced techniques designed to improve neuromuscular coordination, culture human emotions and still the restless mind. Varuna mudra is one of the hastha mudra (gesture of the hand) under the Ashtanga yoga which has an effect on water homeostasis in the body and can be used in circumstances where water is not readily available. Tip of the little finger touches the tip of thumb with other three fingers stretched out. It balances the water content and prevents all diseases which come due to lack of water. There is no specific time duration to practice this mudra. It helps to retain clarity of blood by balancing water content in the body. It is useful for preventing gastroenteritis and muscle shrinkage.

#### **Water intake and water loss:**

Water is by far the largest single component of the body making up 45-75% of total body mass depending on age and gender. Normally daily water loss equals daily water gain. The body can gain water by ingestion and by metabolic synthesis. The main sources of body water are ingested liquids, (about 1400 ml) moist food (about 700ml) and metabolic water (200ml/day during aerobic cellular respiration and to a smaller extent during dehydration synthesis reaction). Water loss occurs in four ways. Each day the kidneys excrete 1500ml in urine, the skin evaporate about 600ml (400ml through insensible perspiration and 200ml as sweat) and still more in air-conditioned or fan cooled room, the lungs exhale about 300ml as water vapour and GI tract eliminates about 100ml in faeces. Additional water loss occurs in menstrual flow, exercise, diarrhoea, vomiting and even while talking.

#### **Table 1: Typical daily water balance (approx.) for a healthy 70 kg adult**

Input (mL)	Output (mL)
Oral fluids 1400	Urine 1500
Food 700	Lung 400
Metabolic oxidation 400	Skin
Faeces 400, 200	
Total 2500	

Careful analysis of the water balance chart will reveal that it is quite easy to topple the delicate balance in favour of output rather than water input. Chief reasons among tilting the balance in favour of lesser input of water are consumption of less water than required and eating of sugary, oily and dry foods.

#### **4. Risk of excess water intake**

The maximum urine flow rate is about 15ml per minute. When a person steadily consumes water faster than the kidneys can excrete or when renal function is poor, the result may be water intoxication, a state in which excessive body water causes cells to swell dangerously. This kind of a situation is highly unlikely with hydrotherapy for normal individuals as large quantities of water (i.e., 4 to 6 glasses or 240 x 6 = 1440 ml) is consumed only early in the

morning. Normal kidneys can handle more than 0.7 L (24 oz) of fluid per hour<sup>18</sup>. Excess intake is rarely a cause of water excess since the healthy adult kidney can excrete water at the rate of up to 2 mL/min. Hyponatremia associated with excess water intake can result in heart failure and rhabdomyolysis which can lead to heart failure. Colon cleansing based on the concept of auto-intoxication is not the reason for performing water therapy but this therapy is intended to correct the skewed water balance and the resultant drop in thirst centre level of the body which may result in development of diseases. It would be particularly useful to patients on poly pharmacy as the hydrated state enables the kidneys to excrete the drug metabolites faster. Moreover it ensures a peace within one's physical self which is translated to a peaceful mind and peaceful spirit. Indeed the peaceful person generates power. The Benefits of Water Therapy – Advantages of Drinking Water in the Morning this remarkable water therapy originates from ancient Ayurvedic medicine. In Sanskrit, the name for the practice is Usha Paana Chikitsa, which roughly translates to “early morning water treatment.” Drinking water in the morning is simple to put into practice, and virtually free! However, there are some important rules to remember. The basic protocol recommend by experts is as follows:

- Immediately upon waking in the morning, drink 1.50 liters of water, which is equivalent to 5-6 glasses of water.
- Do not eat or drink anything else for 1 hour prior to and after drinking the water.
- Do not consume any alcoholic beverages the night before.

At first, it may be difficult to drink 1.50 liters of water at one time; however, your body will gradually get accustomed to the protocol. When starting out, you may want to make it easier by modifying the protocol slightly, as follows: Drink 4 glasses, then pause for 2 minutes, then drink the last 2 glasses. It goes without saying that the better the quality of water you consume, the better the results you'll experience from water therapy.

#### Uses:

One form of water therapy, advocated by some alternative medicine proponents, is the consumption of a gutful of water upon waking in order to "cleanse the bowel". A litre to a litre-and-a-half is the common amount ingested. This water therapy, also known as Indian, Chinese, or Japanese Water Therapy, is claimed to have a wide range of health benefits, or at least no adverse effects.<sup>[2][3]</sup> Advocates of water therapy claim that application of water therapy at first will cause multiple bowel movements until the body adjusts to the increased amount of fluid.<sup>[2]</sup> While ingesting about a litre-and-a-half of water is generally considered harmless, excessive consumption of water can lead to water intoxication, an urgent and dangerous medical condition.

## 5. Conclusion

It will be prudent of us to relook into the vitals of existence and restore the past glory of human kind by reinstating the missing links rather than looking for newer therapies. Just as two-third of earth is water, two-third of our body is

composed of water. Therefore we cannot neglect thirst and deprive ourselves of this most important life giving ingredient. It would be insufficient to conclude an article on water without commenting on climate change. The rise in day time temperatures due to burning of fossil fuels and more importantly due to reduction in tree cover should not be underestimated. The landscapes of our villages and cities have changed immensely. Large trees well over hundred Unlearns old once dotted the surroundings creating a microclimate and cooled the environment. preserve existing trees to well over fifty years, little can we expect of our efforts to redeem our health. Charles Darwin's words are the best warning to the present day humanity, “it is not the strongest of the species that survive or the most intelligent, but the one most responsive to change”.

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