Healing Effects of Drinking Hot Water
By Ileana Gonzalez, ayurvedic practitioner

According to Ayurveda to keep your body healthy and sturdy, it is very much important to cleanse your physiology of toxins and impurities. These impurities or toxins are referred as 'ama' in Ayurveda. The congestion of 'ama' within tissues and circulatory channels disturbs the biochemistry and communication within them and result into various health related disorders. Poor digestion is one of the major causes of 'ama' build-up within the tissues.

So, to keep your body away from the harms of 'ama' build-up, internal cleansing and detoxification is very much necessary. And sipping hot water throughout the day is most effective and easiest way of detoxification.

Why does Ayurveda recommend drinking of hot water?

On heating or boiling, the water gets charged with heat, which in turn makes it sharper (sookshma) in quality. And this sharpness of water cleanses the channels by penetrating into the deeper physiological levels.

The heat (Agni) intensifies the therapeutic effect of water and makes it easier for the body to drain out the impurities and toxins. Over time, the channels become clear and water travels unobstructed into the body while hydrating the tissues and carrying out the waste.

What are the healing effects of drinking hot water?

When properly absorbed, water has various healing qualities, including:

- Improves digestion by cleaning your body of toxins

- Improves your bowel movement and aids constipation

- Help to eliminate pain resulting due to cramps, muscle spasms, menstruations and has calming effect in headaches as well

- Heightens metabolism and if taken with lemon also helps to break down body fat

- Improvises blood circulation by clearing away the deposits accumulated in the nervous system

- Prevents Premature-Aging of the skin in the women by repairing skin cells and also increases the elasticity and glow of skin

- Aids to reduce fatigue and increase your stamina

So it is rather a surprise for you, how simple drinking water can have these much of health benefits. If you want to become healthier and more exuberant and want to change the way you feel and live but gently, Contact Apurva Ayurveda Healing.

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