

# According to Ayurveda, drinking water in which type of vessel will give more benefits, know from the expert

onlymyhealth.com

August 30, 2021



Ayurveda Written by: [Monika Agarwal](#) Published at: Aug 30, 2021 Updated at: Aug 30, 2021



Generally we believe that water does not affect our health. But do you know that some nutrients are also present in water, which comes due to the vessel that stores it. This is the reason why drinking water kept in earthen pots, copper utensils, moon pots, glass glasses etc. is considered healthy for health. That is, in which vessel the water is stored, it also affects your health. You can store water as per your wish. But today we are going to tell how to store water as suggested by Ayurveda. **From which you can get a lot of benefits. According to Dr. Pratap Chauhan, Director, Jiva Ayurveda** Water is the source of chemical energy for the body. It is present in the body as plasma, cytoplasm, serum, saliva, nasal secretions, cerebrospinal fluid, urine and sweat. Not only this, water

is also essential for the absorption of all nutrients and for maintaining life. Without it our cells would not survive. Therefore, it is also important to store water properly. According to him, earthen or copper pots should be used to store water.



## **Drinking water made from clay pot gives many benefits**

---

Whatever food we eat, it becomes acidic in the body and starts producing toxins. The soil is alkaline in nature. When it mixes with this acidic food, it creates a pH balance in the body. Due to which there is no acidity and gastric related problems in the body. Not only this, there are many holes in the earthen pot which helps in keeping the water cool and fresh for a long time. This solves your skin problems. **drinking water** stored in an earthen pot. No chemicals go into the body. Due to which the metabolism of your body remains good. It is best to drink pot water during this season. Because its temperature is absolutely ideal for our body and does not harm your throat. If you are using an earthen pot for the first time, then first wash the pitcher in water for an hour. Use lemon and warm water to wash this utensil.

## **Drinking water from a copper vessel is also beneficial**

---

Copper is an antioxidant-rich element and it protects your body from damage caused by free radicals. Free radicals can put you at risk of cancer. Copper also protects you from harmful causes like UVA and helps to keep your skin better. If your blood pressure remains high, then you can drink water by storing it in a copper vessel. This helps **in controlling your BP** .

Copper **is** also beneficial **in reducing** your **weight** . Because it dissolves the excess fat present in your body. But excess copper can also cause some disadvantages. Do not use copper if you have a bleeding disorder. According to Ayurveda, you should keep only round copper utensils in the kitchen.

## **What should be the temperature of drinking water?**

---

You should consume water only at room temperature and if you drink water from an earthen pot, then you will never feel the need of refrigerator water. Nor will it make you feel hot. Therefore, use either of these two methods to store water. This also gives you the amount of hydration you need.