

# ACTS AS A NATURAL COOLANT

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## NCBI : WATER , HYDRATION AND HEALTH

Staying hydrated has proven benefits for your mental and physical health. The National Academies of Sciences, Engineering, and Medicine recommends that men 19 and older consume 3.7 liters of water per day (15.5 cups) and women 19 and older consume 2.7 liters daily (11.5 cups).

Water comprises from 75% body weight in infants to 55% in elderly and is essential for cellular homeostasis and life. Nevertheless there are many unanswered questions about this most essential component of our body and our diet.

Although everyone experiences thirst from time to time, it plays little day-to-day role in the control of water intake in healthy people living in temperate climates.

A pink coloured water in Kerala is prepared by sappanwood or pathimugam shaving with boiling water. Traditionally, it appreciates the ability to cool the body, especially in the summer.

According to Ayurveda it is classified as Karpurapi Varga in Bhavaprakash Nighantu and Chandanadi Varga of Dhanvantari Nighantu. It is astringent, bitter, sweet in taste (rasa), hard after digestion (vipaka), and cold (Virya). **As it has the cooling action and drying properties, it helps to remove pitta and Kapha.**

**Sappanwood is a sheet Virya herb, which is a cool energy herb. It controls pitta (bile) and Vata (air). It is also known as the Katu Vipak herb. Vipak refers to the after-digestion (digestion/cooking/effect of rasa) flavors after mixing with digestive juices. It is the long-term effect of the herb. Katu Vipak herb increases hydration in the body.**

**The available information supports that sappan wood water have cooling properties.**

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/>

[https://www.moolihai.com/health-benefits-of-caesalpinia-sappan-wood/#:~:text=It%20is%20astringent%2C%20bitter%2C%20sweet,to%20remove%20pitta%20and%20Kapha.&text=Sappanwood%20is%20a%20sheet%20Virya,\)%20and%20Vata%20\(air\).](https://www.moolihai.com/health-benefits-of-caesalpinia-sappan-wood/#:~:text=It%20is%20astringent%2C%20bitter%2C%20sweet,to%20remove%20pitta%20and%20Kapha.&text=Sappanwood%20is%20a%20sheet%20Virya,)%20and%20Vata%20(air).)