



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume - 6, Issue - 10

October 2025



IJIM

INDEXED



International Journal of Indian Medicine



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

A Literary Review on Benefits of Intake of Sips of Water in between Meals

Bande V.

1. Sri Satya Sai University of Technology and Medical Sciences- School of Ayurveda and Siddha Studies, Sehore, Madhya Pradesh, India.

ABSTRACT:

In the human body, water contributes both structurally and functionally supporting biochemical reactions, cellular transport and removal of waste. Current misconception is that, drinking water in between meals slows down digestion process and is not good for health. But Ayurveda mentions, drinking of sips of water in between meals as a part of daily regime to maintain good health and also to maintain normal build of body. Drinking sips of water in between meals is advised by Ayurveda to facilitate overall digestion process in a timely manner, thus promoting overall health and well-being. This study aims to focus on fundamental concepts of benefits of intake of sips of water in between meals from Brihat trayee to lead a healthy lifestyle. For this study Ayurveda texts and modern research work are used to evaluate the concept along with various related websites. It was observed that, intake of sips of water in between meals assists in temperature regulation due to its high heat capacity, cushions tissues, reduces friction, and enables hydrolytic breakdown of nutrients. Helps to relieve constipation, as well as bloating and to expel toxins from body. Water helps to lubricate digestive tract and also avoids over eating.

KEYWORDS: Intake of sips of water in between meals, thermoregulations, lubricant and shock absorber, SSS (Sensory-specific satiety).

CORRESPONDING AUTHOR:

Dr. Vivek Krishnarao Bande

Sri Satya Sai University of Technology and Medical
Sciences- School of Ayurveda and Siddha
Studies, Sehore, Madhya Pradesh, India.

Email: vivek5oct@gmail.com

How to cite this article: Bande V. A Literary Review on Benefits of Intake of Sips of Water In Between Meals. Int J Ind Med 2025;6(10):01-03 DOI: <http://doi.org/10.55552/IJIM.2025.61001>

INTRODUCTION:

In the human body, water contributes both structurally and functionally supporting biochemical reactions, cellular transport and removal of waste. Current misconception is that, drinking water in between meals slows down digestion process and is not good for health. But Ayurveda mentions, drinking of sips of water in between meals as a part of daily regime to maintain good health and also to maintain normal build of body. Digestion begins in the mouth with enzymatic activity in saliva, continues with gastric and intestinal secretions, and culminates in nutrient absorption into the bloodstream. Through blood, nutrients travel to different parts of body. Digestion comes to final stage when the leftover materials are excreted. Drinking sips of water in between meals is advised by Ayurveda to facilitate the above digestion process in a timely manner, thus promoting overall health and well-being.

Aim and objectives

To focus on fundamental concepts of benefits of intake of sips of water in between meals from Brihat trayee to lead a healthy lifestyle.

Materials and Methods

For this study only Ayurveda texts are used to evaluate the concept. The text from Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Ashtang Sangraha, and Ashtang Hridaya and their respective commentaries in Sanskrit as well as Hindi which are easily available are evaluated. Yogratanak was referred. Also various related websites have been searched, and research done till date are evaluated.

Literature review

Ayurveda states that drinking water before meals makes person thin, drinking water after meals makes body heavy and increase cough and restricts digestion of food, and on the contrary drinking sips of water in between meals facilitates digestion maintaining

normal health and overall well-being. As per Yogratanak, meals should ideally consist of two parts food, one part water, and one part left empty for air. Ayurveda also explains that the taste of first bite of food consumed remains and assimilates on tongue so when the taste of next food bite changes our tongue cannot properly sense the new taste which leads to improper digestion of food as acidic pH change is restricted in stomach, hence one should intake sips of water in between meals when there is change in taste of bites of food.

Research review

Proper functioning of digestion requires many elements to work together. Large chunks of food are broken down by liquids, making easier for them to slide down through esophagus and ultimately to stomach. Drinking sips of water in between meal can help in curbing constipation as it helps in softening the stool and hence prevent bloating. It also helps in a better and timely manner of clearing of food from the digestive track, so that the toxins and stool do not remain there for long duration. This is due to the fact that drinking water during meals keeps the digestive track well-lubricated. Also, when we drink sips of water in between meals it helps to pause between bites providing time to check hunger and fullness signals which in turn avoid overeating as water fills up a substantial portion of our stomach. Further water has important nutrients that can suffice for nutritional requirements along with food. Water assists in temperature regulation due to its high heat capacity, cushions tissues, reduces friction, and enables hydrolytic breakdown of nutrients. Drinking water speeds up metabolism by approximately 30% according to Boschmann et al. (2003) for every 500 ml consumed. Studies suggest that alternating bites of food with sips of water may delay

satiety, thereby influencing meal size and in turn promote energy intake.

DISCUSSION:

Intake of sips of water in between meals assists in temperature regulation due to its high heat capacity, cushions tissues, reduces friction, and enables hydrolytic breakdown of nutrients. It helps in relieving constipation, as well as bloating and help to expel toxins from body, keeps digestive tract lubricated also avoids over eating. Alternating bites of food with sips of water may delay satiety, thereby influencing meal size and in turn promote energy intake. As a part of daily regime, Ayurveda texts have already stated that intake of sips of water in between meals facilitate digestion and maintain overall well-being by maintaining sense of taste of tongue, thereby facilitating acidic pH change in stomach between bites of food.

CONCLUSION:

Intake of sips of water in between meals facilitate proper digestion of food and absorption of nutrients maintaining overall health and wellbeing. So current misconception that, drinking of water in between meals slows digestion process and is not good for health can be ruled out and as stated by ancient texts. Hence we can accept intake of sips of water in between meals as a part of daily regime to maintain good health.

REFERENCES:

1. Yadavji. Charak samhita-sutrasthan. Charak samhita chakrapanidatta tika 1992.
2. Sushrut samhita, SGB Ghanekar, Sushrut sutrasthan adhyay 45. Sushrut samhita 2014.
3. Yogratnakar , nityapravruttiprakar, Yogratnakar 2014.
4. Fernando Azpiroz. (2005). Intestinal perception: mechanisms and assessment. Br J Nutr, vol. 93 (S1), S7-S12. doi:10.1079/bjn20041338.
5. Bagher Larijani, Mohammad Medhi Esfahani, Maryam Moghimi, Mohammad Reza Shams Ardakani, et al. (2016). Prevention and Treatment of Flatulence From a Traditional Persian Medicine Perspective. Iran Red Crescent Med J, vol. 18 (4). doi:10.5812/ircmj.23664.
6. Florent Vieux, Matthieu Maillot, Colin D. Rehm, Pamela Barrios, et al. (2019). The Timing of Water and Beverage Consumption During the Day Among Children and Adults in the United States: Analyses of NHANES 2011–2016 Data. Nutrients, vol. 11 (11), 2707. doi:10.3390/nu11112707
7. "Mealtime Hydration's Impact on Digestion": An Editorial Article Nooshin Abbasi.
8. Switching between bites of food and sips of water is related to food intake across meals varying in portion size .Paige M Cunningham¹, Liane S Roe², Kathleen L Keller³, Barbara J Rolls⁴

Source of Support: None declared

Conflict of interest: Nil

© 2025 IJIM (International Journal of Indian Medicine) |

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: www.ijim.co.in Email: ijimjournal1@gmail.com