



Ayurvedic Water Guide

A minimal guide to balancing hydration through Ayurveda

General Principles

- Sip water slowly rather than chugging.
- Prefer warm or room-temperature water over ice-cold water.
- Adjust water temperature based on season and body signals.
- Notice how water affects digestion, mood, and energy.

Vata – Air & Ether

Qualities: light, cold, dry, mobile

Best water: warm to hot

Tips:

- Start mornings with warm water.
- Avoid ice drinks, especially on an empty stomach.
- Keep hydration steady throughout the day.

Pitta – Fire & Water

Qualities: hot, sharp, intense

Best water: cool or room temperature

Tips:

- Sip cool water during the day.
- Increase intake in hot climates or intense activity.
- Avoid very hot water.

Kapha – Earth & Water

Qualities: cool, heavy, stable

Best water: warm to hot

Tips:

- Drink warm water in the morning.
- Add lemon or ginger for stimulation.
- Avoid excessive intake at night.

Reflection Space

How does your body feel after drinking water at different temperatures?

A large, empty rectangular box with a thin black border, intended for a student to write their reflection on the question above.