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Ganga: Redefining an Ancient Ayurvedic Concept as Pure Water and Its Link to Glacial Melt

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Abstract:

In the Ashtanga Hridaya, "Ganga" is described as pure, life-giving water from the sky, tied to the Ganges River. This study redefines "Ganga" as an ideal of water purity, comparing it to glacial meltwater from Gangotri, the Ganges' source. Using chemical data, isotopic analysis, and scripture-based purity tests (silver reactivity and rice absorption), we propose that Gangotri's water fits this ancient description, unlike the polluted Ganges downstream. This links Ayurvedic wisdom to modern science, suggesting "Ganga" reflects glacial water's purity.

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