

# 11 Amazing Healing Benefits of Drinking Water in a Copper Vessel

It was found that in ancient times our ancestors used to store water in containers made of copper. Here's why.

Unik Dhandhi Updated: May 04, 2020 13:30 IST



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## Highlights

- Copper is an essential trace mineral that is vital to human health
- Our ancestors used to store water in containers made of copper
- Copper from the container leached into the water & helped in purification

Water is the most essential element to sustain life on this planet. 70 per cent of human body is made up of water. You may have not known this but in ancient times, our ancestors and even our grandmothers followed the practice of storing water in containers made of copper. Their aim was probably to safeguard drinking water but

there's more to the story. In today's modern world where we have UV filters and RO purifiers to purify water, the storage of water in metal containers may sound old-fashioned and not needed. However, this age-old practice referenced in ancient texts of Ayurveda is now supported by several scientific studies. Storing water in a copper vessel creates a natural purification process. It can kill all the microorganisms, molds, fungi, algae and bacteria, present in the water that could be harmful to the body and make the water perfectly fit for drinking. In addition, water stored in a copper vessel, preferably overnight or at least for four hours, acquires a certain quality from the copper. Copper is an essential trace mineral that is vital to human health. It has antimicrobial, antioxidant, anti-carcinogenic and anti-inflammatory properties. It also helps neutralize toxins. Unlike some nutritional elements, the body cannot synthesize copper, so you need to get it from dietary sources. The best dietary sources of copper include seafood, organ meats, whole grains, lentils, nuts, seeds, chocolate, cereals, potatoes, peas and some dark green leafy vegetables. Drinking 2 to 3 glasses of water that has been stored in a copper vessel is another easy way to supply your body with enough copper. According to Ayurveda, drinking copper-enriched water first thing in the morning on an empty stomach helps balance all three doshas (Kapha, Vata and Pitta). This also ensures proper functioning of different organs and several metabolic processes.

## **In addition to that, here are 11 reasons why drinking water from a copper vessel is beneficial for you:**

### **1. Helps the digestive system perform better**

Copper has properties that help kill harmful bacteria and reduce inflammation within the stomach, making it a great remedy for ulcers, indigestion and infections. Copper also helps cleanse and detox your stomach, regulates the working of your liver and kidneys, and proper elimination of waste and ensures the absorption of nutrients from food. "When water is stored in a copper container, the mineral gets leached into it. This copper leached in the water helps in breaking down of food particles in our and improves our digestion," suggests Bangalore-based Nutritionist, Dr Anju Sood.

(Also Read: 3 Simple Yoga Poses After Dinner That Can Boost Digestion)



*Benefits of drinking water from copper vessel: Copper also helps cleanse and detox your stomach*

**2. Aids weight loss** To lose weight quicker, try drinking water stored in a copper vessel regularly. Apart from fine tuning your digestive system to perform better, copper also helps your body break down fat and eliminates it more efficiently, thereby, helping your body keep only what it will use and throw out the rest.

(Also Read: Consume These 3 Drinks Just Before Bedtime to Lose Weight Fast)



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**3.Helps heal wounds faster**Known for its immense anti-bacterial, anti-viral and anti-inflammatory properties, copper is a great tool for healing wounds quickly. Apart from that, copper is also known to strengthen your immune system and aid in the production of new cells. But its healing properties don't cease with helping the body externally; copper is also known to help wounds heal within the body, especially in the stomach

**4. Slows down ageing**If you are worried about the appearance of fine lines on your face, copper is your natural remedy. Packed with very strong anti-oxidant and cell forming properties, copper fights off free radicals, one of the main reasons for the formation of fine lines.

(Also Read: 5 Easy Anti Ageing Tips: It's More Than Just Wrinkles)



*Benefits of drinking water from copper vessel: copper fights off free radicals*

**5.Helps maintain heart health and beats hypertension**Heart disease is one of the most common ailments and copper helps minimize your risk of developing the disease. According to the American Cancer Society, copper has been found to help regulate blood pressure, heart rate and lower one's bad cholesterol and triglyceride levels

**6. Mitigates the risk of cancer**Another disease that is quickly becoming

extremely common, cancer, can be debilitating for both the patient and their family. How does copper help? Well, copper has very strong antioxidant properties that helps fight off free radicals and negate their ill effects – one of the main reasons for the development of cancer

**7. Protects you from infections**Copper is known to be oligodynamic in nature (the sterilizing effect of metals on bacteria), and can destroy bacteria very effectively. It is especially effective against E.coli and S.aureus, two bacteria that are commonly found in our environment and known to cause severe illnesses in the human body

**8. Regulates the working of the thyroid gland**Health experts believe that one commonality among people with thyroid diseases is that they usually have low levels of copper in their body. While this is most commonly seen in people with hyperthyroidism (excessive thyroid hormone), those with hypothyroidism (low levels of thyroid hormone) may also suffer from this deficiency

**9. Beats arthritis and inflamed joints**Copper has very potent anti-inflammatory properties. This asset is especially great to relieve aches and pains caused due to inflamed joints – like in the case of arthritis and rheumatoid arthritis. Apart from that, copper also has bone and immune system strengthening properties, making it the perfect remedy for arthritis and rheumatoid arthritis.

(Also Read: 6 Essential Ayurvedic Herbs To Reduce Arthritis Pain)

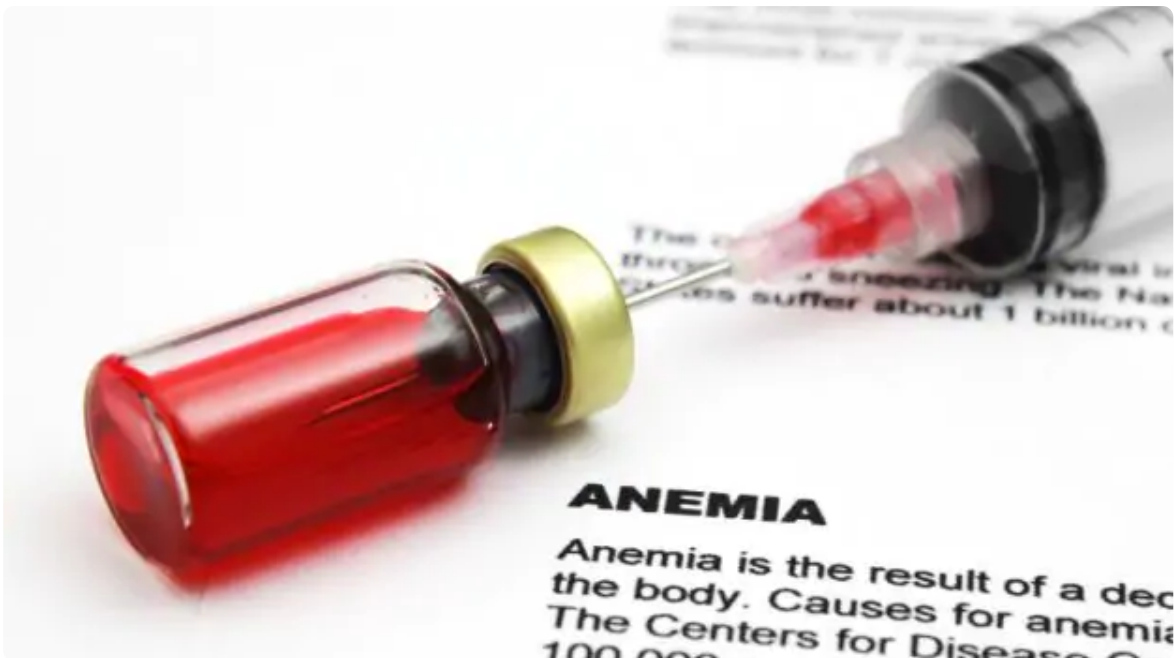




*Benefits of drinking water from copper vessel: Copper has very potent anti-inflammatory properties*

**10 Boosts skin health and melanin production** Copper is the main component in the production of melanin (a pigment that mitigates the color of your eyes, hair and skin) in our bodies. Apart from that copper also aids in the production of new cells that help replenish the top most layers of your skin leaving you with smooth and supple skin. **11. Beats anemia** The most amazing fact about copper is that it is required in most processes that occur in our body. Right from cell formation to aiding in the absorption of iron, copper is an essential mineral for the functioning of your body.

(Also Read: Load Up On These Fruits To Boost Your Haemoglobin)



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