



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. Our bodies cannot synthesize copper, so you need to get it from dietary sources.

According to [Ayurveda](#), drinking copper-enriched water in the morning on an empty stomach helps balance all three Doshas—Kapha, Vata and Pitta—which then ensures the proper functioning of different organs and several metabolic processes. So keep 2-3 glasses of water in a copper vessel overnight, and drink it in the morning. Do not overdo the process, 2-3 glasses of copper-enriched water is quite enough for a day!

When water is stored in a copper vessel, the copper gently leaches into the water providing it with all its positive properties. And, this water does not become stale and can be kept for longer periods.

What is Ayurveda?

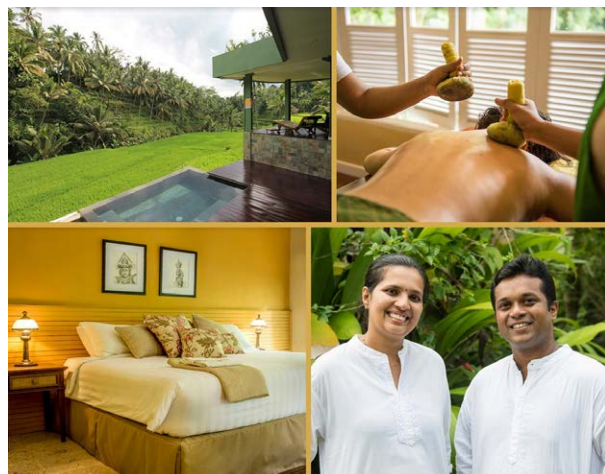
Ayurveda is the time-tested, natural, prevention-oriented and holistic health care system of ancient India. It is free of negative side effects and offers economical solutions to the major current health problems worldwide.

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- Copper is known to be oligodynamic—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 are known to cause severe illnesses in the human body.

- Copper helps cleanse and detox your stomach to ensure proper elimination of waste and harmful products. It also regulates liver and kidney functions and ensures the absorption of nutrients from food.
- Copper promotes the breakdown and elimination of fat cells.
- Copper helps regulate blood pressure and heart rate as well as lowers bad cholesterol and triglyceride levels.
- Copper is the main component in the production of melanin that defines the color of your eyes, hair, and skin. Melanin also helps keep the skin safe from sun damage, speeds up wound healing and covers up scars.
- Copper aids the body's absorption of iron, which plays a key role in fighting anemia.
- Copper also helps produce new and healthy skin cells that replace old dying ones.
- Copper has very strong antioxidant properties that help fight off free radicals and negate their ill-effects—one of the main reasons for the development of cancer.
- Copper is known to be a brain stimulant and have anti-convulsive properties.
- Copper regulates the functioning of the thyroid gland.
- Copper also has bone and immune system strengthening properties, helping to mitigate arthritis and rheumatoid arthritis.



Authentic Panchakarma in Bali

An Ayurveda Panchakarma is a detoxing program with long-lasting health benefits. Oneworld Ayurveda is dedicated to authentic Panchakarma, run by Ayurvedic doctors from India and professional and caring team.

[Reasons to join a Panchakarma »](#)
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Aparna K. BAMS, MD, PhD

Consultant advisor for development of Oneworld Ayurveda and visiting physician

Aparna is one of the few specialists in the world with a PhD in Ayurveda. Born into an Ayurvedic family which operates a traditional Ayurvedic Panchakarma hospital in Kerala, India, she grew up observing her father, the renowned Dr. Padmanabhan [Read more »](#)

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47 thoughts on “Health Benefits of Drinking Water from a Copper Vessel”

1.  *Martin Jones* says:

October 2, 2017 at 7:03 am

Copper is one of the best elements for our body. And it is the only way to derive copper in our body is water. That's why we drink stored water in a copper vessel. This method is used in ancient India. Many families in India are still using this method. I like the explanation of information in this blog.

Reply

 *Oneworld Ayurveda* says:

October 2, 2019 at 6:35 am

Thank you for sharing Martin! hopefully the article helps!

Reply

2.  *Williams Bacayo* says:

November 3, 2017 at 12:09 am

I am often to blogging and i really appreciate your content. The article has really peaks my interest. I am going to bookmark your site and keep checking for new information.

Reply

 *Oneworld Ayurveda* says:

September 27, 2019 at 7:47 am

September 27, 2019 at 7:14 am (Edit)

Hi Williams! Thank you so much, if you love our articles you'll surely love our newsletter too, make sure you will sign up to our newsletter!

Reply

3.  *shanawaz* says:

December 3, 2017 at 4:35 pm

hi wanted to know whether moringa leaves powder has any adverse affect on deodinal ulcer patients

Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:38 am

Hello Shanawaz!

There are no proven harmful effects on duodenal ulcers. however I would recommend using it in a cooked form which is the traditional way, you may add the leaves or powder and cook with your soups.

Reply

4.  *Jatin Shah* says:

December 9, 2017 at 4:37 am

Should I warm the water in a steel vessel from copper vessel every morning or should I drink it directly without warming it up?

Reply

 *Sudi* says:

September 24, 2019 at 2:41 am

Don't boil the water to copper vessel...it will be posioned... Be careful

Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:39 am

Hello Jatin, if you are sure your water is not contaminated then you may directly drink it. Ancient Ayurveda texts do not recommend reheating the water kept in copper vessels.

Reply

5.  *William S Heeter* says:

January 3, 2018 at 4:30 pm

Do water pitchers/bottles that are made from 100% pure copper AND have a food grade lacquer on the inside still provide the same AYURVEDA benefits? Or does the coating prevent the benefits?

Reply

 *Timothy P* says:

December 10, 2018 at 6:02 am

This coating has been added to maintain the asthetic characteristics of the copper and will not allow the water to contact the copper. In short, it's not a good thing to have and is unnecessary. A solid copper vessel

with no coating on the inner face may be cleaned with lemon juice and salt with water.

Reply

 *Dr. Aparna* says:

October 2, 2019 at 6:39 am

Hey William,

We believe in the traditional method of making copper vessels, not sure of the recent developments and technologies in copper vessel making. Stick to traditions to be sure

Reply

6.  *William Heeter* says:

January 6, 2018 at 4:40 pm

Many copper vessels/pitchers/bottles/cups have a "food grade lacquer or coating" on the inside. Does this prevent the copper from leaching into the water thus preventing the ayurvedic benefits?

Reply

7.  *Aveek Sarkar* says:

February 20, 2018 at 1:05 am

Can I warm the Copper water and have it in empty stomach in the morning

Reply

 *Dr. Aparna* says:

October 2, 2019 at 6:40 am

Hello Aveek,

I recommend mixing warm water into water kept in a copper vessel if you don't like drinking cold. we don't recommend directly heating the water which is made potent

Reply

8.  *Gemma McCullough* says:

February 27, 2018 at 4:59 pm

Where to purchase copper vessels in Winnipeg and are they very expensive.

Reply

9.  *Venkata Siva Prasad Desaboyina* says:

March 19, 2018 at 11:57 am

Thanks for benefits explained in consumption of water in copper vessel.

Reply

10.  *Venkata Siva Prasad Desaboyina* says:

March 19, 2018 at 12:02 pm

Thanks for benefits explained in consumption of water in copper vessel. I am used to drink hot water 1000ml with a spoon of turmeric powder everyday in the morning when I wake up. Now if use water from copper vessel, Can I make that water warm and consume as usual with turmeric..

Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:42 am

mix your warm turmeric water with copper water as we recommend mixing warm water into water kept in a copper vessel if you don't like drinking cold. we really do not recommend directly heating the water which is made potent

Reply

11.  *Switika.singh* says:

March 25, 2018 at 4:03 pm

I just got copper bottle for myself hope it will improve my health issues.

Reply

 *Amey* says:

September 2, 2019 at 1:57 am

How's your health issue now?

Reply

 *Oneworld Ayurveda* says:

September 27, 2019 at 7:49 am

We really hope that too Switika! Let us know the result!

Reply

12.  *Mary Kopydlowski* says:

March 30, 2018 at 4:32 pm

What is the best copper to buy for cups? Where to buy? How do you clean to keep from hard water inside.
mfhoman007@gmail.com Mary Kopydlowski


Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:43 am

Hi Mary! Copper vessels can be cleaned by rubbing a slice of lemon over it and clean in clear tap water. You may also dip it in buttermilk (diluted yogurt) for 20 minutes and you will find it shiny and clean

Reply

13.  *Herr Dr. med. Winfried Mästele* says:

April 26, 2018 at 1:52 pm

how do I wash the bottle first time before using it?

Thanks for help

Reply

 *Khan* says:

September 26, 2018 at 3:45 pm

Hello doctor,

Food shouldn't be cooked in copper vessels unless there is a coating done to prevent copper reacting with some food ingredients thus making it toxic to consume.

Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:44 am

Copper vessels can be cleaned by rubbing a slice of lemon over it and clean in clear tap water. You may also dip it in buttermilk (diluted yogurt) for 20 minutes and you will find it shiny and clean

Reply

14.  *Gabriela Parada* says:

May 7, 2018 at 7:19 pm

Is it safe to cook in a copper frying pan direct on fire ? I just got a set of copper pans and some glasses

Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:45 am

Hi Gabriela, if cooking ware is sourced from a good manufacturer then it is safe, but as Ayurveda advocates, of all the paths – the middle path is the best, so I recommend drinking from the copper vessel in mornings, and occasionally cooking in copperware.

Reply

15.  *AMRIT* says:

June 11, 2018 at 12:41 pm

Tell me all information about how water is much more good for health . When stored in copper utensils....

Reply

16.  *Jai* says:

June 20, 2018 at 4:16 pm

Woah. I wasn't aware about so many uses of Copper enrich water. Nice Post.

Reply

 *Oneworld Ayurveda* says:

September 27, 2019 at 7:52 am

Thanks Jai! Make sure you check our other posts too!

Reply

17.  *Prem Nidhi Dasa* says:

June 22, 2018 at 3:39 am

Namaste. I am orig.from Germany,living in India,Karnataka permanently. I enjoyed reading your articles.

Reply

 *Oneworld Ayurveda* says:

September 27, 2019 at 7:53 am

Hello Prem! Thank you so much! If you enjoyed reading our articles, makes sure you sign up to our newsletter too!

Reply

18.  *Longnya Sumnyan* says:

June 25, 2018 at 11:59 pm

M using since two weeks , now feeling little balance my health .thanks pls suggest more about benefits of drinking water in copper vessel.

Reply

 *Oneworld Ayurveda* says:

September 27, 2019 at 7:55 am

Hello Longnya! Care to share the changes you had with your health? We will definitely suggest more health benefits in Ayurvedic way!

Reply

19.  *Devanand Krisnan* says:

July 29, 2018 at 7:34 am

I don't know about the benefits but I have started drinking the water since one month and I can feel the positive about my health. ?

Reply

20.  *shaikh zeba* says:

August 12, 2018 at 3:59 pm

can we drink water i mean like regular bottles everytime we want to hv water or just keep overnight nd hv it in the mornings only?

Reply

21.  *ramajineyulu* says:

September 7, 2018 at 6:38 am

Copper has very strong antioxidant properties which help fight off free radicals and negate their ill effects – one of the main reasons for the development of cancer.

This point i am Not understand can you help on this

Reply

22.  *Purvi* says:

February 10, 2019 at 5:17 pm

Can we store hot water in copper vessel?

Reply

23.  *Nirmaljit sharma* says:

July 28, 2019 at 6:02 am

Hello doctor, my brother is finding difficulties to get child...but they consume copper water is that ok for them. Because i heard copper control birth.

Reply

24.  *Veer* says:

September 10, 2019 at 5:27 pm

Please clearly for me I heard that households should not drink copper bottle water before 30 to 35 age .

It's make to chances Impotence .

Please explain about this

Thanks

Reply

 *Dr.Aparna* says:

October 2, 2019 at 6:46 am

Hello Veer, it is always important not to overdo, 500ml of copper activated water in the morning won't do any harm

Reply

25.  *Harshita* says:

September 19, 2019 at 5:15 pm

Is it ok to transfer the water in the glass after storing it in the copper bottle and then drinking from the glass...will it reduce the benefit if we drink from the glass and not from the bottle


Reply

26.  *Dipika says:*

October 4, 2019 at 7:46 am

Can we drink water kept in copper vessel for more than 8 hours? Is it more beneficial?

[Reply](#)

27.  *Pratik Kantharia says:*

November 22, 2019 at 4:04 pm

Hello, I have 'Pitta' problem. Red rashes come on body. And after itching they swells. And after few minutes everthing becomes normal. They comes on any part of the body hands, legs, neck, waist. Dr how should I come over it?

[Reply](#)

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Led by professionals, Oneworld Ayurveda is South East Asia's leading Ayurvedic center offering genuine Panchakarma detox programs. The luxury 12 rooms retreat is surrounded by Bali's most spectacular rice terraces and quaint villages and is welcoming guests since 2016.

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