

Copper Vessel Care Guide

Ancient Metal · Living Tradition · Timeless Craft

The Tamra Jal Ritual

In Ayurvedic tradition, copper is known as *Tamra*. Storing water in a clean copper vessel — a practice often called *Tamra Jal* — is a custom followed in many households for generations.

- Fill your vessel with plain, still water — filtered water is preferable.
- Leave it to rest for at least four to eight hours, or overnight.
- Drink the water at room temperature the next day.
- Use your vessel for plain water only — avoid fruit juice, milk or lemon water.

Cleaning Your Vessel

Lemon & Salt — Halve a lemon, sprinkle the cut surface with salt, and gently rub it over the vessel, inside and out. Rinse thoroughly and dry completely.

Vinegar & Salt — Mix vinegar and salt into a paste, apply, and let sit briefly before scrubbing gently with a soft cloth. Rinse and dry well.

Baking Soda & Lemon Juice — A gentle paste of baking soda and lemon juice lifts tarnish with light scrubbing. Rinse thoroughly and dry completely.

Everyday Care Tips

- Clean your vessel roughly once a week to prevent build-up.
- Hand wash only — never place copper in the dishwasher.
- Avoid harsh detergents or abrasive scrubbers, which can scratch the surface.
- Dry your vessel completely after every wash to slow oxidation.
- A darkened patina is natural — it does not mean your vessel is damaged.

Safety & Moderation

Copper is an essential trace mineral in small amounts, but too much copper in the body can be harmful. A commonly followed traditional pattern is to use a copper vessel daily for two to three months, then take a one-month break. Never store acidic liquids in copper. If you have a known copper metabolism condition, are pregnant, or have any health concerns, speak with your doctor before beginning this practice. This guide is educational and does not replace professional medical advice.