Introductory knowledge of Annapana Varga - A Literary Review

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ABSTRACT

The word Anna refers to Ahara, means the one which is consumed to nourish the bodily tissues. In other words the nutrients which can be taken to maintain the body in healthy state are called as Anna. Carbohydrates, proteins, salts, water, vitamins, minerals, anti-oxidants etc. macro as well as micro nutrients play an important role in the nourishment of the body. Ayurveda itself is the only branch which tells about the healthy life style, code of conducts, spiritual practices, medicines along with Ahara Upayogi Vargas. The Vargas includes - Jalavarga, Dugdhavarga, Madhuvarga, Tailavarga, Shukadhanayavarga, Shamidhanyavarga, Phalavarga, Shakavarga, Mamsavarga, Mamsavarga etc. which all mainly take part in the maintenance of good health as well as to attain the salvation i.e. Moksha which is ultimate aim of Ayurveda.

Key words: Annapana, Ahara, Macro Nutrients, Micro Nutrients, Ayurveda.

INTRODUCTION

Now a days food habit is completely changed due to modernisation, life style modifications, hectic schedule, Because of this the food consumption is also affected, which ultimately leading to malnutrition and life style disorders, and various life threatening diseases. Improper food intake leads to the decline in immunity, and lack of immunity is the store house for number of diseases. Life style disease refers to diseases that results because of choices people make in their life. They are mostly in the developed countries where people indulge toward eating unhealthy foods, having sedentary life style, and unhealthy lifestyle like smoking and drinking alcohol. The main aim of Ayurveda[1] is to attain Moksha and to maintain the healthy state of the mind as well as body, one should adopt the proper consumption of food articles, code of conducts i.e. Ahara and Viharas called Charyas, as mentioned in Ayurvedic classical texts. Ahara Dravyas are mainly categorised in two ways viz; Food (Ahara Dravyas) and Drinks (Drava Dravyas). The first one deals with hard or masticating food articles like Mamsa, rotis, chapatis, cereals, vegetables etc. while the second one deals with liquids like water, milk etc. When combined these two words Anna + Pana = Annapana[2] popularly used for Ahara Dravyas.

DISCUSSION

According to Charaka Samhita he mentioned Ahara Dravyas and Drava Dravyas in one chapter. There are total 12 Vargas mentioned by him viz; Shukadhanay, Shamidhanya, Mamsavarga, Shakavarga, Phalavarga, Haritavarga, Madyavarga, Jalavarga, Gorasvarga, Ikshuvarga, Kritannavarga, Aharopayogivarga.[3]

Whereas Sushruta enumerated Drava Dravya and Anna Dravya separately. The Drava Dravya includes;
Jalavarga, Ksheeravarga, Dadhivarga, Takravarga, Ghritavarga, Tailavarga, Madhuvarga, Ikshuvarga, Madyavarga, Mutravarga. The Anna dravya includes; Shalivarga, Kudhanyavarga, Vaidalavarga, Mamsavarga, Phalavarga, Shakavarga, Pushpavarga, Kandavarga, Lavanavarga, Ksharavarga, Dhatuvarga, Ratnavarga, Kritannavarga.

But Vagbhata\(^\text{[5]}\) carefully analysed Charaka and Sushruta’s view and put it in his own way; the Dravadravya includes; Jalavarga, Ksheeravarga, Ikshuvarga, Tailavarga, Madyavarga, Mutravarga. Where as the Annavarga includes; Shukadhanyavarga, Shimbidhanyavarga, Krutannavarga, Mamsavarga, Shakavarga, Phalavarga. Apart from this, in place of Haritavarga and Aharopayogivarga, Kutharadigana is mentioned.\(^\text{[6]}\) In this Varga, Katu Pradhana Dravyas are mentioned and to this he has given the name Haritavarga.

But in Asthanga Hrudaya\(^\text{[7]}\) a bit difference can be seen like; the description about Mutravarga in Dugdhavarga and he extended one more Varga called Aushadhi Varga in this he has elaborated the Lavana, Kshara etc. Aharopayogi Dravyas.

In Chakrapanidatta krit Dravyagunasangraha\(^\text{[8]}\) he explained both Dravadravya and Aharadravya under one category i.e. Dhanyavarga, Mamsavarga, Shakavarga, Lavanadivarga, Phalavarga, Jalavarga, Ksheeravarga, Tailavarga, Ikshuvarga, Madyavarga, Krutannavarga, Bvakshyavarga.

In Shodhala Nighantu\(^\text{[9]}\) the Shaka Varga is included in Karaviradivarga where as Phalavarga in Amradyavarga. Where as in Haritakravyas; Shigru, Sarshapa, Gandira, Jalapippali etc. are explained. The Dravadravya are; Paniyavarga, Ksheeravarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Tailavarga, Madhuvarga, Ikshuvarga, Madyavarga, Mutravarga. Where as the Annavarga includes only seven vargas viz; Shukadhanyavarga, Joornavarga, Shimbidhanyavarga, Trinadhyanyavarga, Krutannavarga, Anupanavarga, Mamsavarga.

In Madanapala Nighantu\(^\text{[10]}\) explained seven Aharadravyas under one category viz; Phalavarga, Shakavarga, Dravavarga, Ikshuadi/Madhuravarga, Dhanyavarga, Krutannavarga, Mamsavarga.

In Raja Nighantu\(^\text{[11]}\) 23 Vargas are explained. But only 2 Vargas are allotted for Aharavargas i.e. Mulakadvarga also called Shakavarga and Amradi Varga mainly deals with fruits.

In Kaiyadeva Nighantu\(^\text{[12]}\) is divided into 9 Vargas but only 4 Vargas are explained related to Ahara and Drava, viz; Dhanyavarga, Dravavarga, Pakwannavarga and Mamsavarga.

In Bhavprakash Nighantu\(^\text{[13]}\) 16 Aharadravya Vargas are explained viz; Amradi Varga / Phalavarga, Dhanyavarga, Shakavarga, Mamsavarga, Krutannavarga, Varivarga, Dugdhavarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Mutravarga, Tailavarga, Sandhanavarga, Madhuvarga, Ikshuvarga.

Lolimbaraja\(^\text{[14]}\) the author of “Vaidya Vasanta” explained 7 Aharadravya Vargas viz; Phalavarga, Phalashakavarga, Patrashakavarga, Dhanoyavarga, Mamsavarga, Dugdhavarga.

In Hrudayadipika Nighantu\(^\text{[15]}\) under Mishraka Varga items other than drugs i.e. diet, Panchakarma, other therapeutic measures have been described.

In Madhav Dravya Guna\(^\text{[16]}\) out of 29 Vargas except Vividhaushadhivarga and Prakeerava Varga, 27 Vargas are related to Ahara and Dravavargas. viz; Lavanavarga, Ikshuvarga, Madhuvarga, Ksheeravarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Tailavarga, Snehavarga, Madyavarga, Kanjikavarga, Mutravarga, Toyavarga, Shalivarga, Kudhanyavarga, Shimbidhanyavarga, Mamsavarga, Matsyavarga, Phalavarga, Shakavarga, Shresthavarga, Rosavarga, Mandavarga, Annavarga, Pana- Bvakshyavarga, Anupanavidhi.

In Dravyaguna Sangraha\(^\text{[17]}\) by Chakrapanidatta explained 15 Vargas. Among them 14 Vargas are related to Ahara and Dravavargas except Mishrakavarga. These are, Dhanyavarga, Mamsavarga, Shakavarga, Lavanadivarga, Phalavarga, Paniyavarga, Kshaudravarga, Tailavarga,
Ikshudivarga, Madyadivarga, Krittannavarga, Bhakshyavarga, Aharavidhi, Anupanavidhi

In Shaligram Nighantu[18] out of 23 Vargas among them only 13 are related to Ahara and Dravavargas. Viz; Phalavarga, Dhanyavarga, Shakavarga, Varivarga, Dugdhavarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Mutravarga, Tailavarga, Madhuvarga, Ikshuvarga.

CONCLUSION

The review indicates that the present mentioned Vargas are Ahara as well as Drava are enumerated by our ancient Acharyas elaborately and very effective manner. These Vargas can be applied in our daily regimens, will leads us to happy and healthy disease free life.

REFERENCES


