A Review on the concept of *Anupana* in Ayurveda

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**ABSTRACT**

Ayurveda which is the science of life is famous all over the world because of its unique concepts and practising methods. The main aim of Ayurveda is to attain *Dhatusamyakriya*, and through that maintain the *Swasthyata* of the body. *Anupana* is one of the unique concept of Ayurveda which plays an important role in the treatment. *Anupana* is that material which is consumed along with food or medicine. It can increase the palatability of the food or medicine, can improve the digestion and absorption and also act as a vehicle which carries the drug to their target site. Hence this article deals with the importance of *Anupana* in the Ayurvedic practise.

**Key words:** Anupana, Adjuvants, Sahapana, Additives.

**INTRODUCTION**

Ayurveda is the system of medicine which is a part of Indian culture since ancient period. It is the science which is having strong theoretic base and concepts which aims the wellness of human beings both mentally and physically. Ayurvedic treatment can be mainly divided into two parts ie; *Shodhana* and *Shamana*. *Shodhana* includes various procedures which expels the *Dosha* out of the body where as *Shamana* is that procedure in which the *Doshas* will be brought to normalcy by the administration of various *Aushadhas*. These *Aushadha Dravyas* will be administered by proper *Anupana* to attain a good result. *Anupana* is a substance which is taken along with or after the *Ahara* or *Aushadha*. It can improve the palatability and potency of the drug and also act as a vehicle for the drug to reach its destination.

**Nirukti**

The word *Anupana* is formed by ‘Anu’ *Upasarga*, ‘Pa’ *Dhatu* and ‘Lyut’ *Pratyaya*.

- *Anu* means after, along with, near to.
- *Pana* means drink.

**Definition**

According to Ashtanga Sangraha,

Yat Niyata Kalam Vidhivasha Peeyate Tata Anupanam.\(^1\)

i.e. *Anupana* is that drink which is taken at appropriate time with specifications.

**Synonyms**

- *Anupana* - consumed along with or after the *Bheshaja*
- *Vahana* - which carries
- *Sahayogi* - which brings together
- *Maadhyama* - which acts as a media
- *Anupeya* - which is taken along with or after food
Commonly used Anupanas

Acharaya Sushruta mentions about some Dravyas which are commonly used as Anupana and they are Sheeta Jala, Ushna Jala, Asava, Madhya, Yusha, Phalamla, Dhanyamla, Paya and Mamsa Rasa.\(^2\)

Benefits of Anupana

Acharya Sharangadharma mentions that, just as a drop of oil quickly spreads over the water, like that medicine spreads in the body by the effect of Anupana.\(^3\)

Various Acharyas had mentioned the benefits of Anupana in detail.

<table>
<thead>
<tr>
<th>Acharya Charaka(^4)</th>
<th>Acharaya Susruta(^5)</th>
<th>Acharya Vagbhata(^6)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tarpayati</td>
<td>Sukhamannam prajeeryati</td>
<td>Provides Urja</td>
</tr>
<tr>
<td>Preenayati</td>
<td>Rochana</td>
<td>Dridhangata</td>
</tr>
<tr>
<td>Urjayati</td>
<td>Brumhana</td>
<td>Tripti</td>
</tr>
<tr>
<td>Brumhayati</td>
<td>Bhedana of Doshasanghata</td>
<td>Vyapti</td>
</tr>
<tr>
<td>Bhuktamvasadayati</td>
<td>Tarpana</td>
<td>Jarayati</td>
</tr>
<tr>
<td>Anna-sanghatam bhinnati</td>
<td>Mardavakara</td>
<td>Sidhilata of Annasanghata</td>
</tr>
<tr>
<td>Mardavamapadayati</td>
<td>Shrana and klamahara</td>
<td></td>
</tr>
<tr>
<td>Kledayati</td>
<td>Sukham</td>
<td></td>
</tr>
<tr>
<td>Paryaptimabhinirv artayati</td>
<td>Deepana</td>
<td></td>
</tr>
<tr>
<td>Sukhamparinamati</td>
<td>Doshashamana</td>
<td></td>
</tr>
<tr>
<td>Aharasyaupajanayati</td>
<td>Pipasahara</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chedana</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Balya</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Varnyakara</td>
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Classification of Anupana

1. Based on form
   a. Drava Anupana - Anupana in liquid form. eg: Jala, Ksheera, Ushnajala
   b. Shushka Anupana - Anupana in solid form. eg: Sharkara, Sita etc.

2. Based on usage
   a. Aharaoopayogi - Anupana in the context of Ahara Sevana. eg: Udaka\(^7\)
   b. Aushadhopayogi - Anupana in the context of Aushdha Sevana. eg: for Snehapan, Ushna Jala as Anupana.\(^8\)

Sreshta Anupana

Rain water is considered as Uttama among all Anupanas according to Acharya Sushruta. The drink which is habituated to a person from birth is also Hitā. Acharya Vagbhata opines that Jala is considered as Sreshta Anupana.\(^9\) Because it is;

- The chief source of all tastes
- Habituated to all living beings
- Posses the properties of sustaining life

Dose of Anupana

Dose and type of Anupana should be decide based upon,

- Nature of Vyadhi
- Kala
- Gunas of Dravyas included in diet.

Sarangadhacharya has mentioned the dose of Anupana for various Kalpanas like Churna, Avaleha and Gutika based on the predominance of Dosha.\(^10\)

- Vata Roga - 3 Pala
- Pitta Roga - 2 Pala
- Kapha Roga - 1 Pala

Selection of Anupana in Ahara and Aushadha

Acharya Charaka and Vagbhatcharya opines that Anupana should have properties opposite to the food
taken and it should not be harmful to the body. In Yogaratnakara it is mentioned that in treatment for good result proper medicine is taken with proper Anupana and it should be able to increase the potency of the drug.

Factors for selecting Anupana

Based on Dosha predominance

- Vatadosha - Snigdha, Ushnaanupana
- Pittadosha - Ruksa, Sheetaanupana
- Kaphadosha - Ruksa, Ushnaanupana
- Kshaya - Mamsa Rasa

Based on Roga

- Shula - Hingga mixed with Ghrita
- Puranajvara - Pippali mixed with Madhu
- Vataroga - Rasona mixed with Ghrita
- Svasanajvara - Trikatu mixed with Madhu
- Seetaroga - Nagavalli leaves and Maricha
- Jvara - Musta and Parpataka
- Grahani - Takra
- Gara Visa - Svarnabhasma
- Chardi - Lajaudaka
- Atisara - Kutaja
- Rakta Pitta - Vasa
- Arsas - Citramula
- UdaraKrimi - Vidangadi Kwatha

Based on Aushadha

Same Aushadha can be given with various Anupana in various diseases. So many such examples can be found in classics and this highlights the importance of Anupana in Chikitsa.

Narayana Churna

Udara - Thakra
Gulma - Badarakashaya
Vibandha - Suramadya

Vatharoga - Prasanna
Vitsanga - Dadhimanda
Arsas - Dadimambha
Ajirna - Ushnambu

Rasa Sindura

Navajwara - Jatapushpapatrarsara, Tulasidalaras, Sringaverarsara, Naginisvarasara
Meha - Guduchisvarasara, Haridra
Asrigdara - Asokakwatha, Balakwatha
Arsas - Balabhayakwatha
Apasmara - Vacharasara
Unmada - Kushmandasvarasara
Swasa - Vibheetakikwatha, Vasaswarasara
Kaamala - Darvikwatha
Panduroga - Lohabhasma
Ajeerna - Madhu, Mustakwatha
Soola - Triphalakwatha

DISCUSSION

All references of Anupana points towards the importance of Anupana in treatment and its action on the body. The probable mode of action of Anupana is, it is administered along with the Dravya and it reaches the blood stream. Due to its Vyavayi and Vikashiguna, it reaches the specific target tissue and acts accordingly.

CONCLUSION

Anupana is that which is administered at proper time and in prescribed method along with or after Ahara or Aushadha to obtain proper results. Anupana not only cures the disease with the main medicine but also enhances the action of it by producing quick action. It can also reduce the Teekshnatva of the main drug. Incase of Ahara, Anupana can nullify the side effects if present and also can improve the process of digestion. Therefore, the selection of proper Anupana for Ahara and Aushadha is important for the maintenance of health and for curing diseases.
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