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# A Study on the Limitations for *Anupana*

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## ABSTRACT

Ayurveda has a speciality that it can cater both healthy and sick people by using same raw drugs. *Anupana* is a wonder tool which helps to enhance drug action, change mode of action, helps to get rid of undesired effects, enhance bio availability and makes the medicine palatable as well as target oriented. *Anupana* is used for both medicine as well as food. Even though there are so many advantages of proper *Anupana*, there are many practical difficulties while selecting *Anupana* in day to day practice. Various reasons like availability, palatability, difficulty in preparations are few to name. Patient comes with such difficulties in every day practice which forces a *Vaidya* to use anything available and comfortable to the patient. This definitely results in action of medicine as well as food. This article aims to find out such hassles and ways to overcome it.

**Key words:** *Anupana, Food, Medicine.*

## INTRODUCTION

Ayurveda was the first available medicine to mankind since thousands of years. Due to popularity among educated or health conscious people who have over the period of time understood that Ayurvedic medicine is the most easily accepted by the human body. Though *Anupana* has a many fold action, it is the most neglected factor now a days. This negligence may be due to lack of knowledge and time to prepare and consume or to carry with. People think that they need not follow any rules as such because they think that it will act slowly and it has no undesired effects. Sadly, young generation of *Vaidyas* is unknowingly

encouraging this thought. It's time to take action now before it is too late and we should not wait to get this concept back again from the western people. When we speak about medicine one should not forget diet. Many people are turning to Ayurveda for diet advice. As diet is one of the *Upstambha*, providing nourishment to all body factors, utmost care is to be taken while selecting *Anupana* for food also. Though all the *Vidhi Vidhana* are followed, best raw material is used, but not served with proper *Anupana*, food will not give favourable results.

## REVIEW ON ANUPANA

Vivid description of *Anupana* in *Veda, Upanishadas, Purana, Ramayana, Mahabharat, Jainism, Samhita* and recent period of *Rasa Shastra* is available.

## Etymology and Definition

- *Anu + Pana*
- *Anu* - which follows
- *Pana* - drink

*Anupana* is the liquid which is consumed after the diet or food.<sup>[1]</sup>

The one which is not opposing *Dhatu*s is called as *Anupana*.<sup>[2]</sup>

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Anu - after, along, along side, near to, with etc.

Pa - to drink, sip, swallow, to drink up

*Anupana* is defined as a fluid vehicle in medicine, drink taken with or after the medicine, drink after eating, and drink to be had near at hand.<sup>[3]</sup>

#### Indications for *Anupana*

Those who fast, walk a lot, speak a lot, indulge in intercourse quite frequently, suffering due to excessive work, get exposed to wind and sun a lot *Anupana* has to be used. Milk is best for them. Those who want to get plump body *Sura* is best and for those who desire a lean body Honey water is best. Those who are suffering from indigestion, insomnia, grief, fear, and *Klama*, *Madhya* with *Mamsa* is best.<sup>[4]</sup>

#### Contraindications for *Anupana*

One who is suffering from upper clavicular diseases, hiccups, cough, asthma, urakshata; those who are singers, speakers and students should avoid water as an *Anupana* after food. If water is consumed by these people after food then unctuousness reduces increasing dryness and thus leading to *Dosha* increase which causes diseases.<sup>[5]</sup>

*Sushruta* adds to the above as one who is suffering from hoarseness of voice, too much secretions is the mouth, *Anupana* should be avoided.<sup>[6]</sup>

*Vagbhata* in *Ashtanga Samgraha* says that patients suffering from *Prameha*, eye disorders, diseases of throat, injured and whose body is with lot of *Kleda* should avoid taking *Anupana*.<sup>[7]</sup>

The one who is suffering from disorders of upper clavicular part; one who is suffering from diseases like *Hikka*, *Shwasa*, *Kasa*, *Urakshata*, *Pinasa* etc.; one who sings a lot, talks a lot and patients of *Swarabheda* should avoid taking (water as) *Anupana* after food. Those who are suffering from *Prameha*, eye disorders, diseases of throat, injured and whose body is with lot of *Kleda* should avoid taking *Anupana*.<sup>[8]</sup>

Excess &/or continuous use of *Sura*, *Sauvira*, *Tushodaka*, *Maireya*, *Madhulaka*, *Shukta*, *Kuvala*, *Badaramla* etc. as an *Anupana* leads to *Raktapitta*.<sup>[9]</sup>

#### Restrictions after taking *Anupana*

Those who take *Anupana* should avoid travelling, shouting, reading loudly, singing, sleeping too much talking or talking loudly, too much of talking, going into sun or near fire, immediate travelling to avoid further increase/imbalance of *Doshas*.<sup>[10]</sup>

#### Best *Anupana*

Water is the best *Anupana* as it is the chief source of all the tastes; as it is accustomed to all living beings and possesses the properties of maintaining life.<sup>[11]</sup>

#### Selection of *Anupanas*

*Anupana* taken with diet should have the properties opposite to that of food taken but should not be incompatible when taken along with it. *Anupana* taken with medicines should be complimenting to the medicines consumed.<sup>[12]</sup>

A person, who is obese, should be given honey water as an *Anupana*.<sup>[13]</sup>

#### Vessel for *Anupana*

Any liquid kept in a vessel acquires properties of the vessel used; hence a specified vessel has to be taken. In unavailability of the specified one, mud pot is best.<sup>[14]</sup>

#### Methodology

This is a Literary study on limitations and problems faced while prescribing *Anupana*.

#### Source of data

Literary data was collected from *Samhita Granthas* like *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Samgraha*, *Ashtanga Hrudaya*, *Laghu Trayee* and *Adhunika Granthas*.

#### OBJECTIVES

To understand the limitations of *Anupana* with reasons.

To discover the solutions for restrictions / limitations while prescribing *Anupana*.

#### Study design

The references regarding the restrictions and contra indications for *Anupana* will be collected from various

classical texts of Ayurveda and other contemporary sciences and the logic behind those restrictions will be critically analyzed. The probable solutions for those restrictions will be discovered.

## DISCUSSION

### Discussion on Anupana

While prescribing *Anupana* a *Vaidya* has to assess so many factors like *Prakruti*, *Vikruti*, age, strength, time, place, *Satmya*, *Vihara*, *Satva*, type of medicine or food. Main intention is to select an *Anupana* which act against food or disease, not *Dhatu*s. But after this the patient shows incapacity to procure that specific *Anupana* many a times and asks is it ok if I take it with water? The reason behind this is difficulty in preparing *Anupana* like *Tandulodaka* / *Kashaya* / *Ksheerapaka* at work place or while travelling. Many a times they say that it takes lot of time in preparation or arranging it. Anyway it's the action of medicine which is going to work on the disease, *Anupana* is a simply vehicle so it's fine with any liquid.

In case of both food and medicine, *Anupana* used before, along with or afterwards it, has different actions. Milk, when it is taken regularly without following specific time just as a drink, it can be called as '*Pana*' but the same if consumed after use of *Rasayana* it becomes '*Anupana*' for that compound. Though milk can be prescribed easily for most of the people, few are allergic to it or don't like smell of it. For these people milk can be boiled with certain herbs like ginger, cardamom or turmeric according to the disease or climate.

A patient of *Pitta Prakruti* can be advised for *Sheeta Anupana* but if he / she is having *Ama* one has to use the *Anupana* which is *Sheeta* but at the same time *Ama Pachana*. This is best understood as cold water/ drinks immediately after heavy, sweet food leads to further increase in thirst.

Liquids like buttermilk treated with herbs also can be used in conditions like *Atisara*, *Grahani* especially.

Amongst all the *Anupana*, water is widely used everywhere as it is easily accepted by everyone's body due to its properties.

### Why not cold water?

Certain disease like *Shwasa* where *Anupana* is contraindicated, it has to be taken as excess use, especially cold water. This increases *Kapha* in the body and thus increase the disease. In these conditions hot water or water boiled with ginger can be used.

### Be careful with the amount of water you drink

Diseases where *Kleda* is in excess like *Kushtha*, *Prameha*, *Atisara* can't be given *Anupana* in excess. Patients suffering from these diseases should be advised for water treated with *Deepana*, *Pachana Dravyas* like *Shunthi*, *Dhanyaka*, *Jeeraka* which are very easy to prepare at home. This will help to pacify their thirst as well as not do the *Kleda Vriddhi*.

Patients who are suffering from diseases of eye, nose, ear, throat, head also are contraindicated for consuming *Anupana*, this can be best understood as these have excess secretions due to *Kapha*, use of different soups which are treated with *Kapha Shamaka Dravyas* like *Masoor*, *Kulatha* with *Musta*, *Shunthi*, *Jeeraka*, *Hingu* can be advised in them.

Patients suffering from *Ama*, *Agnimandya*, *Ajeerna* are to be advised for *Ushna Jala* or *Jala* which is prepared with *Musta*, *Shunthi*, *Jeeraka* which helps for *Ama Pachana* and automatically thirst is relieved.

### I am healthy, then why hot water for me?

Conditions where a *Swastha* person is used to talk a lot, sing, shout, read loudly are prone to have *Vata Prakopa* where use of cold water will lead to *Vata Prakopa*. In these conditions warm water or water with *Madhura Dravya* (simple sugar candy also works) is highly beneficial. This can be followed in people who do lot of exercise and drink cold water. As generally it is seen that after gym or exercise people tend to drink lot of water as it is advised. But by drinking cold water they are inviting *Vata Prakopa*.

People who come from outside hot Sun or those who work near fire, furnace or who sweat a lot can be given *Panaka* made up with *Amla*, *Madhura Dravya*

which help to retain their energy and pacify thirst also.

After use of *Anupana* if a person indulges into activities like exercise, travelling, shouting, talking etc. it is seen that *Vata Prakopa* happens leading to body pain, throat pain, stomach pain.

#### Be careful if you are taking honey with hot water

People who want to lose weight often ask if they can have honey water? Most of the times they take it with hot / warm water. Ayurveda says mixing honey with any thing hot causes *Visha* (toxins) in the body. By doing this they are inviting problems, they can be advised to have it with room temperature water which will give the results.

#### How much amount of water one should consume daily?

Without a second thought the answer comes is 3-4 liters. But being Ayurvedic practitioners one must answer it as it depends on your body type, the work you do and season. Person working in A/C room, no physical activity or in winter doesn't need that much of water where as someone who works near fire, in hot sun or in summer needs more water. This water rather than having plain can be given in the form of *Panaka* or fruit juices etc.

Precaution must be taken while prescribing *Asava-Arishta* as they contain self generated alcohol they are supposed to mix with water and then only consume. If not done they can burn the inner lining of mouth or stomach especially *Pitta Prakruti* person.

#### Milk the power house

For small children, aged, weak people milk is best, as it has *Jeevaneeya*, *Balya*, *Brumhana* action. Milk does *Dhatu Pushti* and also almost everyone likes milk.

#### Does the container matter?

It is seen that liquids are stored in any kind of containers or served also. This leads to interaction between the *Dravya* and the container. To avoid this utmost care to be taken especially while boiling water, milk or storing curd etc. sour *Dravya*. This is

especially when people are prone to use lot of plastic one needs to be careful.

People have so many constricts when they come to an Ayurvedic physician with respect to form of medicine, time, *Anupana*, side effects and so on. But if these points are made clear to them they will take medicine more carefully. Though initially they may find it difficult to carry the medicine, *Anupana* or even prepare it in some instances, they are the one who are going to get benefit.

#### CONCLUSION

Knowledge of *Anupana* indications, contraindications can be utilized in the best way to make people aware of the effects of it. *Anupana* is just not a liquid vehicle which can be used in each and any condition. After a thought full consideration of various factors like *Dosha*, *Desha*, *Kala*, *Vaya*, *Satmya*, type of food / medicine, *Prakruti*, *Bala* it is specially advised specifically. *Anupana* is also a specially designed *Dravya*, as a medicine is for each individual. *Anupana* is required to be given an importance again with food as well as medicine. Though so many advantages are there one should not forget the limitations like lack of time to prepare or carry the *Anupana*; use in hectic life or travelling jobs. If these limitations can be overcome by a patient with the help of *Yukti of Vaidya* it will be easy to use *Anupana* effectively.

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