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Anupana - A key of success in Ayurveda

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ABSTRACT

Ayurveda, a traditional system of medicine has been employed since many years. It has also proven its existence from the time of origin till date. The concept of *Anupana* is a unique one which is very well established in Ayurveda. *Anupana* is explicated along with food stuffs (*Ahara*) as well as medications (*Aushadha*) under different conditions. The speciality of Ayurveda is that the food articles or any medicines can be used for treating different kinds of diseases by changing the *Anupana*. The concept of *Anupana* plays a very significant role in treating the diseases and also helps the drug to act quickly.

Key words: *Anupana, Ahara, Aushada, Ayurveda.*

INTRODUCTION

Ayurveda has a distinctive way of administration of *Ahara* and *Aushada* along with different types of *Anupana* based on the *Dosha, Roga, Kala* etc., which yields different therapeutic effect. Hence in the clinical practice, the knowledge of specific action of drug with particular *Anupana* should be taken into consideration. *Anupana* consists of two words 'Anu' (*Paschat/later*) and 'Pana' (*drinking*). So it is defined as a liquid material, which is taken along with or after the meal and drug. Apart from providing palatability, it is beneficial for transporting the drug to the target site and also helps in better absorption, assimilation and confers sustenance to the body.^[1] Mainly *Brihatrayi* emphasized *Anupana* with respect to *Ahara*, but later in the period of *Sharangadhara*, it

was *Anupana* with *Aushada* which was given more significance. The action of *Anupana* is cited with a simile as, when a drop of oil dropped in vessel containing water spreads quickly, similarly when *Anupana* is administered; it pervades the medicine all over the body quickly.^[2] *Anupana* is having the simplest to the obscure functions in different ways

Significance of Anupana

In contemporary science, the term *Anupana* may be taken as adjuvant, vehicle or carrier through which the action like absorption and the drug interaction are performed. Adjuvant is that which is assisting or aiding, specifically a drug edit to a prescription or to hasten or increase the action of a principal ingredient. It is also elucidated as pharmacological or immunological agent that modifies the effect of other agents.^[3] Vehicle is an inert agent that carries the active ingredient in the medicine.^[4] Carrier is a molecule that when combined with another substance facilitates it to pass through cell membrane as occurs in facilitated diffusion or some other transport mechanism.^[5]

Types

Anupana can be classified based on the utility

1. **Aharopayogi:** *Anupana* advocated with food articles

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2. Aushadopayogi: Anupana advocated with drugs

In the context of Rogadi Varga, Anupana is been classified into;^[6]

1. **Kramana:** Anupana is that which is administered in delay.
2. **Pachana:** Anupana is given in the night, without delaying but immediately.

Requirements of Anupana: Should have properties opposite to food like,

- Rooksha Anupana for Snigdha Ahara
- Amla Rasa Anupana for Madhura Rasa
- Seetha Anupana for Ushna
- Should not act as antagonist to Dhatus

Anupana Dravya:^[7]

Several Anupana Dravya are quoted in classics like Sheetala Jala (cold water), Ushna Jala (Hot water), Asava (Fermented liquids), Arista (wines), Phalamla (alcohol prepared from fruits), Dhanyamla (alcohol prepared from grains), Ksheera (milk) and Rasa (meat soup).

Shreshta Anupana: The rain water is considered as the best Anupana.^[8]

Dosage of Anupana^[9]

Dose of Anupana depends on Doshas

- Vatha Rogas - 1 Pala
- Pitta Rogas - 2 Pala
- Kapha Rogas - 3 Pala

Anupana selection criteria^[10]

The Anupana has to be selected based on different factors like Vyadhi, Kala, Dravya and Ahara. Anupana selected on above basis yields fruitful result in treatment.

Anupana Kaala^[11]

The Anupana in the context of Ahara Sevana is divided into three categories based on Kaala i.e. Adipana is intake of liquid substances prior or before to the meals. This brings about Karshana of the body

and hence can be indicated in Sthoulya. The liquid material which is taken in between the food is called Madhyapana and it helps to sustain the body, while Antapana is the Anupana taken at the end of the meals and this does Brumhana.

Functions of Anupana

Sushruta ^[12]	Charaka ^[13]	Vagbhatta ^[14]
Dosha Shamana (mitigates the Doshas)	Tarpayati (nourishment)	Urja (enthusiasm)
Rochana (improves taste)	Preenayati (pleasing)	Dhruti (steadiness)
Brimhana (stoutens the body)	Urjayati (enthusiasm)	Jarana (helps in digestion)
Vrushya (aphrodisiac)	Bruhmayati (stoutening the body)	Parinaama (helps in digestion of food)
Doshasanghata Bhedana (subsides doshas)	Bhuktam Avasadayati	Vyapti (pervades all over)
Tarpana (nourishment)	Annam-Sanghta Bhinnati (helps in breakdown of food articles)	Trupti (satisfaction)
Mardavakara (softening)	Mardhavam Apadayati (softening)	Sthira Sharirata (gives strength to the body)
Shramahara (relieves fatigue)	Kledayati (moistens)	
Klamahara (relieves	Paryapti	

exhaustion)	<i>Abhinivartayate</i>	
<i>Deepana</i> (kindles digestion)	<i>Sukha Parinamati</i> (helps in digestion of the food)	
<i>Pipasa Chedana</i> (relieving thirst)		
<i>Balya and Varnakara</i> (bestows strength and colour)		

Anupana vs Kaala (*Bhavaprakash Nidana Haritakyadi Varga*)

Dravya	Kaala	Anupana
<i>Haritaki</i>	<i>Varsha</i>	<i>Saindhava</i>
	<i>Sharad</i>	<i>Sharkara</i>
	<i>Haemant</i>	<i>Shunti</i>
	<i>Shishira</i>	<i>Pippali</i>
	<i>Vasanta</i>	<i>Madhu</i>
	<i>Greeshma</i>	<i>Guda</i>

Anupana vs Dosha (*AS.Su.10/Cha.Su.27*)

Dosha	Anupana
<i>Vata</i>	<i>Snigdha, Ushna, Amla kanjika, Taila, Mamsarasa</i>
<i>Pitta</i>	<i>Madhura, Sheeta, Sita, Sharkarodaka, Ghrita</i>
<i>Kapha</i>	<i>Ruksha, Ushna, Madhu, Triphalodaka</i>
<i>Sannipata</i>	<i>Adrodaka with Madhu</i>

Anupana vs Roga

Roga	Anupana
<i>Shosha</i>	<i>Mamsa rasa</i>
<i>Sthaulya</i>	<i>Madhudaka</i>
<i>Krimi</i>	<i>Vidanga</i>
<i>Unmada</i>	<i>Purana Ghrita</i>
<i>Grahani</i>	<i>Takra</i>
<i>Ajeerna</i>	<i>Ushnodaka</i>
<i>Kasa</i>	<i>Kantakari</i>
<i>Vatvyadhi</i>	<i>Lashuna</i>
<i>Jwara</i>	<i>Shadanga Paniya</i>

Anupana vs Dravya (*Bhava Prakasha Madhyam Khanda*)

Dravya	Vikara	Anupana
<i>Guduchi</i>	<i>Vata vikara</i>	<i>Ghrita</i>
	<i>Pitta vikara</i>	<i>Sita</i>
	<i>Kapha vikara</i>	<i>Madhu</i>
	<i>Vibhanda</i>	<i>Guda</i>
	<i>Vatarakta</i>	<i>Eranda taila</i>

Anupana vs Dravya Varga (*Su.Su46/433*)

Dravya Varga	Anupana
<i>Dhanvajanam</i>	<i>Pippalyasava</i>
<i>Samudranam</i>	<i>Matulungasava</i>
<i>Vaidalanam</i>	<i>Dhanyamla</i>
<i>Kushmandadinam</i>	<i>Darvikarirasava</i>
<i>Mandukparnyadinam</i>	<i>Mahapanchmulasava</i>

Parsahanam	Ashvagandhasava
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Anupana vs Ahara Dravya (Su. Su.46)

Ahara dravya	Anupana
Shashtika Shali	Ksheera
Yava Godhuma Pishtanna etc.	Sheetal Jala
Mudgadi Dhanya	Mamsa Rasa
Masha	Dhanyamla

Anupana vs Dravya (Bhava Prakasha Madhyam Khanda Ikshuvarga)

Dravya	Vikara	Anupana
Guda	Vata vikara	Shunti
	Pitta vikara	Haritaki
	Kapha vikara	Aadraka

Anupana vs Rasa (Ka.Ka.5)

Rasa	Anupana
Madhura	Katu rasa
Amla	Lavana, madhura rasa
Lavana	Amla rasa
Katu	Tikta rasa
Tikta	Amla rasa
Kashaya	Madhura rasa
Sarva rasa	Ksheera

Anupana vs Kalpana (Su.Su.46)

Kalpana	Anupana
Avaleha	Ksheera ikshurasa yusha (Sha. Madhyam khanda)
Sneha	Ushnodaka

Anupana vs Yoga (Ch.Ch.13)

Yoga	Rogagnata	Anupana
Narayana churna	Udara	Takra
	Gulma	Badrambu
	Anadhya Vata	Sura
	Vataroga	Prasanna
	Vitsanga	Dadhimanda
	Arsha	Dadimambu
	Parikartika	Vrukshamla
	Ajirna	Ushnambu

Anupana Ayogya ^[15]

There are certain diseased conditions where *Anupana* is contraindicated after the intake of food in diseases like *Kasa* (cough), *Shwasa* (breathlessness), *Urdhwajatrugata Vikara* (diseases which occur above clavicle), *Hikka* (hiccough), *Atyadhika Geeta* (one who sings too much), *Bhashya* (excessive talking), *Urah Kshata* (injury to the chest).

CONCLUSION

Concept of *Anupana* is a unique contribution and essential part in administration of *Ahara* as well as *Aushadha*. The potency of the medicine gets enhanced and brings about the desired effect when administered with suitable *Anupana*. The *Anupana* when consumed along with food increases digestion and absorption capacity while at the end of intake of food causes *Brumhana*. Thus, suitable *Anupana* should be selected for different individuals and different conditions to obtain maximum benefit. Care should be taken in selecting *Anupana* suitable for ourselves for getting all the beneficiaries from intake. Also it is a concept that is gifted to us from Ayurveda.

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