

## ANUPANA, THE VEHICLE AT ITS BEST!

**Kadam Krishna<sup>\*1</sup> and Jadhav Viraj<sup>2</sup>**

<sup>1</sup>Ph.D. Scholar, Asst. Professor, Department of Rog Nidan Vikriti Vigyan, Government Ayurved College, Nanded, Maharashtra, India.

<sup>2</sup>Associate Professor, Department of Rachna Sharira, Rani Dullaiya Smriti Ayurved P.G. College, Bhopal, Madhya Pradesh, India.

**\*Correspondence for Author: Dr. Kadam Krishna**

Ph.D. Scholar, Asst. Professor, Department of Rog Nidan Vikriti Vigyan, Government Ayurved College, Nanded, Maharashtra, India.

Article Received on 04/06/2016

Article Revised on 24/06/2016

Article Accepted on 14/07/2016

### ABSTRACT

Concept of Anupana is one of the best gifts provided by Ayurveda for us. It plays a crucial role while taking diet as well medicine. It is the substance taken along with or after medicine or food intake. Anupana provided in its suitable quantity and quality works through the mechanisms of

- Adjuvant action
- Vehicle action
- Synergistic action
- Appetiser
- Digestant

For that present article provided a glimpse on the anupana in details so that one can able to prescribe the exact anupana according to the disease of a person. With above mentioned mechanisms of anupana the present paper also incorporates the requirements and selection criteria of Anupana, doses, effects, indications, contraindications, best Anupanas, types of Anupana, examples of Anupana, actions of Anupana etc.

**KEYWORDS:** Anupana, doses, effects, indications, contraindications.

### INTRODUCTION

**Ayurveda is not only the science of treating the ailing...but is the science of hale and hearty living....concept of Anupana is also mentioned in both the conditions.**

Anupana are described along with food stuffs as well as medications under different conditions. They are having the simplest to the obscure functions in different ways. The concept of anupana is very much established in Ayurveda, let us have a glimpse of that.

#### Anupana

##### Nirukti

Those substances which are drunk along with or after medicine or food intake is known as Anupana.

**Anausah pXcaat\ vaa ipyato [it Anaupanama\ ||**

##### Definition

**t%td\ raogaGna BaOYajyama\ BaoYajasyaanaupIyato yacca sahayakarI syaad\ Anuapanama\ tducyato | (rsatrMigaNaI)**

Whatever which reduces the ailment by augmenting action of medicine, when taken along with it is known as anupana (Rasatarangini).

### History

Anupana is explained by all Bruhatrayis in detail. In Ashtanga Hridaya it is mentioned in Matrashitiya Adhyaya. In Ashtanga samgraha it is mentioned in Sutra sthana-Virudhanna vijñaniya. In Sushruta samhitha there is a varga known as anupana varga is explained in Sutrasthana. In Charaka sutrasthana, detailed description of different anupanas including asavas mentioned. In the medieval period, Sharangadhara also mentioned anupana. In Kaiyadeva nighantu, a well description of anupana present. In Rasatarangini also anupana explained in relation with Rasaoushadhis.

### Types

- Panam
- Sahapanam
- Anupanam In Charaka Sutrasthana, detailed description of different Anupanas including Asavas mentioned. In the medieval period, Sharngadhara also mentioned Anupana. In Kaiyadeva nighantu, a well description of anupana present. In Rasatarangini also Anupana explained in relation with Rasaoushadhis.

### 1. Panam yadinayat kalama\ \$icavaSaat\ pIyato tt\ panama\ ||

(Ashtanga Hridaya) Panam - Taken without time specifications according to ones taste.

### 2. Sahapanam

yad\ yaaogaona rsaidnama\ ivaBa> prmaaNava: d`utma\ AngaoYau sap-int sahpanama\ td\ jcyato ||  
Sahapanam -which causes fast distribution to all the Dhatus.

### 3. Anupanam

yad\ inayatkalama\ ivaiQavaSaat\ ipyato tt\ Anaupanama\ |  
(Ashtanga Hridaya) Anupanam- Taken at appropriate time with specifications.

### Requirements of Anupana

1. Should have properties opposite to food

Eg: Rooksha anupana for snigdha ahara Amla rasa anupana for madhura rasa Shita anupana for ushna.

2. Should not act as antagonist to dhatus.

### Best Anupana

savao-Yaama\ Anaupanaanaama\ mahond`ma\ taoyamau%tmama\ |

The rain water is considered as the best anupana.

### Dosage Of Anupana

For Vata Rogas – 1 pala

For Pitta Rogas – 2 pala

For Kapha Rogas - 3 pala

### Anupanas mentioned for Doshas

**Vata** - Sura, Souviraka, Tushodaka, Medaka, Dhanyamla, Phalamla

**Pitta** – Mrudvika svarasa, amalakisvarasa, parushakasvarasasvarasa, phanita, ksheera

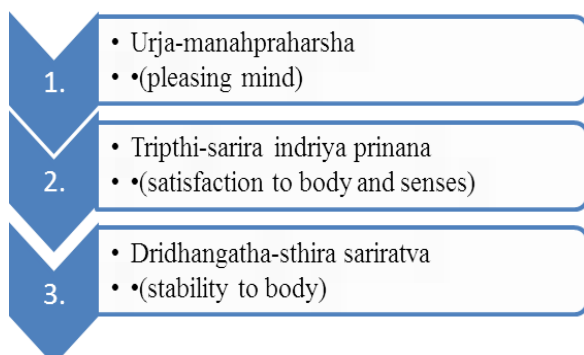
**Kapha** –Madhu, Gomutra, Kwatha

### Time of administration of anupana

Effect of anupana differs a/c to the time of taking  
Anupana taken before food-karshana Anupana taken along with food-sthiratha Anupana taken after food-brumhana.

### Effects of Anupana

According to Vagbhata



### According to Charaka

Gives nourishment Pleasure to mind helps easy movement of food from stomach to intestine fast spread of the food and drug Helps in disintegration of food and drugs, metabolism, distribution and assimilation of food.

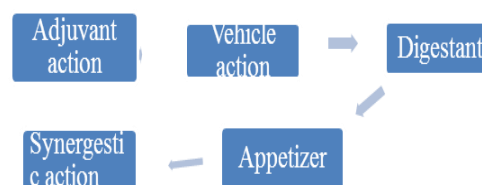
### Susrutha says

tp-Nama\ maad-vakrma\ EamaBa`makrma\ sauKma\ dIpnama\ daoYasamanama\ ippasaacCodnama\ prma\ balama\ vaNya-krma\ samyak\ Anaupanama\ td\ jcyato.

### According to Susrutha

It gives nourishment. Gives taste to food. Gives pleasure to mind. Helps in easy disintegration of food. Increase appetite. Pacifies thirst. Gives strength and colour to body.

### Actions of anupana



### Adjuvants

Assisting or aiding. A substance that aids another, such as an auxiliary remedy. A nonspecific stimulator of the immune response.

### How anupana acts as adjuvant?

Eg: Honey It contain easily digestable fructose It aids easy absorption by active transport It augment the action of medicine by yogavahitva.

### Vehicles

The term vehicles is derived from the latin word 'vehiculum' meaning that 'which carries'.

It is a substance used for the administration of medicine. They form a reservoir of the ingredient. They allow local release of suitable amounts of the active drug.

They provide a safe infra structure and practical application.

Useful for physical actions like soothing, lubricating, cooling etc.

### Vehicle action according to Ayurveda

Sharngadhara says..... yaqaa tOlama\ jalao  
ixaPtma\ xaNaonaOva p`sap-it Anaupana  
balaadngao tqaa sap-it BaoYajama\

### How anupana act as vehicles?

eg: Shilajatu(black bitumen)

Asana kwadha-prameha Gomutra-kumbha kamala

**Digestant and appetiser**

Digestants are drugs which enhance the process of digestion. Appetizers are drugs used for the treatment of loss of appetite. Induce appetite by increasing gastric secretion.

**Digestant, appetising action of anupana**

Anupana mentioned along with ahara are having appetising and digestant action. Both these actions of anupana seen in food stuffs. Thus it helps in faster digestion

**What is synergism?**

Synergism means facilitation of a pharmacological response by the concomitant use of two or more drugs.

The word 'synergism' is derived from the two Greek words ergo (work) and syn (with) indicates a pharmacologic co operation.

This results in a total effect greater than the sum of their independent actions.

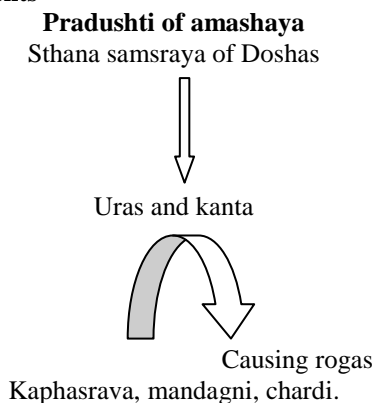
**Synergistic action of anupana**

Rasnadi kwadha is told as anupana for Yogaraja Guggulu Gutika in vata rogas. Here the kashaya augment the action of Yogaraja Guggulu. Thus act as synergist. Thus with different anupana, same oushada can be used in many conditions.

**Common examples**

Kaishora Guggulu Gutika.

**Netraroga-vasakashayam Gulma-varunadi kashaya Vrana, kushta-Khadira kashaya Vatarakta-Manjishthadi kashaya**

**If anupana given in contraindicated patients****Anupana can be avoided in**

Balina  
Khara Bhukshya  
Deeptagni  
Karma nitya (Sushruta Samhita).

**Factors for selection of Anupana**

Dosha

**Ex: Narayana Churnam**

Udara – Takra  
Gulma - Badara kashaya  
Vibandha – Suramand  
Vataroga – Prasanna  
Vitsanga – Dadhi mantha  
Arshas – Dadhi mantha  
Ajirna – Ushnambu  
Mandakarma (less active in works)  
Mandaanala (less appetite)  
Sukumara  
Sukhochitha (always treated with pleasing things)  
(susrutha samhitha)

**Contraindications of Anupana**

Shwasa  
Kasa  
Urdhwajatrugat roga  
Urhakshata  
Pinasa  
Swarabheda  
Netraroga  
Medoroga  
Galroga  
Vrana roga  
Lala Prasek  
(A.H.)

**Contraindications after Anupana**

1. Adhwa(walking)
2. Bhashya (speech)
3. Adhyayana (learning)
4. Geetam (singing)
5. Swapnam (sleeping)

Roga  
Aoushadha  
Ahara.

**Anupana according to Dosha**

**Vata** - Snigdha, Ushna  
Pitta – Madhura, Sheeta  
Kapha – Rooksha, Ushna

**Anupana according to Diet**

Raktha pitta-milk, sugarcane juice  
Visha-arka, sleshmataka, sireesha asavas.

**Anupana according to Medicine****Anupana for Kalka**

honey, ghee, oil-dwigunamatra  
other dravadravyas-chaturguna  
rasonakalkam-tilatailam  
nimbakalka-jalam.

**Anupana for Churna**

Ghrithadidravadravyas  
□ for lehana-dwiguna  
□ for panam-chatruguna  
□ eg-hingvashtakam churnam-ghrithm  
□ sitopaladi churnam-honey, ghrithm

**Anupana for Kashaya**

Ksheeram, Ghrithm, Gudam, Tailam, Mutram etc-12gm  
□ eg-Maha rasnadi kwatha- Eranda tail and Dashmoola  
Katutrayam-honey saptasaram kwatha-ghrithm.

▪ **Rasa preparations**

Anupanas are having more functions in rasa oushadhis. It may consider that anupana removes the toxicity if present. It may decrease the potency and make suitable for the body Almost all rasa oushadhis are having different system wise action according to anupana.

Eg: Agnikumara rasam

- Ama jvara- Honey
- Kapha jvara- Ardraka swarasa
- Pinasa- Ardraka svarasa
- Agnimandya-Lavanga kashaya
- Sopha- Dasamoola kashaya
- Grahani- Sunthi kashaya
- Atisara - Musta kasaya
- Sannipata Jvara -Pippali kashaya
- Swasam -Tila tailam
- Kasam- Kantakari kashayam

**Sneha preparations**

Ghritha - Ushna jala  
Taila - Yoosha  
Vasa, majja - Manda

**Single drugs-Anupana**

Eg: Haritaki ---- According to Ritu  
Grishma – Guda  
Varsha – Lavana  
Sharad – Sita  
Hemanta – Nagara  
Shishira – Pippali  
Vasanta – Madhu

**Eg: Nirgundi**

Kushta – Gomutra  
Trisha - Ghritha  
Rogayuktha – Ushnavari

**According to food**

Yava, Godhuma - Cold water  
Masha - Dhanyamla, Dadhi, Mastu  
Mamsa – Madya

Saakmaud\gadid ivak`utaO mastu tk` Amla  
kiHjakma\ ||

**Most commonly used anupana****Example –milk Indications**

Jvara, Daha, Kasa, Shwasa, Vibadhavarcha, Shopha.

Someone likes sour taste....but they dislike sweet taste.  
Someone like sweet taste....but they dislike sour taste then?.

Amlaona koicat\ ivaihta manuaYyaa maQauya-  
yaaogao p`Niya Bavaint |

tqaa Amla yaaogao maQauroNaa ~%pa toYaaM  
yaqaoYTM p`vadint pqyama\ || (Sushrut Samhita)

We can use anupanas to improve the palatability of the drug; palatability gives pleasure to the minds; Psychological sensation of pleasure results in better absorption of minerals and nutrients.....thus we can say anupana improves digestibility and absorption

**Certain research points regarding anupana**

Anaupanama\ ihmama\ vaair yavagaoQaUmayaaor\  
ihtma\ |

**Application of cold water in wheat foods**

- There is a protein called gluten common for yava and godhuma
- Gluten is responsible for the texture of flour
- Gluten becomes hardened by the application of hot water
- Solubility literally means digestibility
- Eventhough cold water decreses rate of digestion generally , yava and godhuma can be easily soluble and digestable in cold water

**Cold water in curd digestion**

Anaupanama\ ihmama\ vaair diQa |

- Curd is easily digestable than milk
- It contain high fractions of lactic acid
- Lactic acid formations during digestion is responsible for heartburn
- Curd is culprited for heartburn in most of the people
- While taking with cold water ,reduces the risk of heartburn

**Alcohol and cold water**

maVma\ +ihmama\ vaair

- Alcohol absorbs slowly in presence of cold water in comparison with warm water
- Rapid absorption reduce the efficacy of liver, because detoxification takes place at liver
- Absorption of alcohol from stomach causes irritation of the membrane
- Cold water gives soothing effect to the mucous membranes of stomach

**Honey and cold water**

Anaupanama\ ihmama\ vaair diQna maVo ivaYao  
xaaOd'o...

- Honey contain enzymes for easy digestion and absorption which is more active in cold water

**Luke warm water in carbohydrate digestion**

Enzymes for carbohydrate metabolism secrete more in hot comparison with cold. So anupana in this contest aims for easy digestion.

saura ik`Saanaama\ sqaulaanaama\ Anaupanama\  
maQaudkma\ || daoYavat\ gau\$ vaa  
Bau>maitmaa~maqaaip vaa  
yaqaao>onaanaupanaona sauKmannama\ p`ijaya-it ||

- Anupana is considered as a liquid medium by Vagbhata, Charaka, Sushruta and Sharngadhara.
- Prakshepa is similar in action of anupana still there is a controversy between prakshepa and anupana

**CONCLUSION**

- Anupana is very essential part in ahara as well as oushada 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.