

ROLE OF ANUPANA IN DRUG ADMINISTRATION- A UNIQUE CONCEPT OF ANCIENT SCIENCE

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ABSTRACT

Ayurveda deals with the every aspect of life, it has a unique approach to maintain the health of the individual and to cure the diseases. Ayurveda samhitas explains various concepts to achieve their principal in day to day life, which is very scientific and practical such as dincharya, ritucharya, sadvratta, aharavidhividhana and aushadhasevanavidhana. In ahara and aushadhasevanavidhana, a different method have mentioned for the better consumption of food or medicine, is called as anupana. Anupana is an integral part of ayurvedic treatment, which is taken along with or after the intake of aahara and oushadha, it helps in better digestion and absorption of the aahara and aushadha, to provide complete effect of the individual's health but in the era of modern treatment protocol, the practical utility and importance of anupana does not fully recognized. Therefore the purpose of this article to explain anupana as per classical text and also their importance to act quickly.

KEYWORD: Ayurveda, dincharya, anupana, aushadhakala.

INTRODUCTION

Anupana is a substance which intake along and after the intake of aahara and aushadha. It is an unique contribution and very essential part in administration of aahara as well as aushadha. It is a key factor for proper absorption and administration of the aahara and aushadhadravya. In context for aahara, it provides some changes along with which is administered and provide complete nourishment in the body. And in context of aushadha, the use of proper anupana along with specific drug for specific disease is an equally important to cure the disease. The beauty of anupana is that same aushadha dravya can be used for treating different kind of disease by changing the anupana. The anupana is based on dosha, dushya, kala, rog-avstha, prakruti of rogi and vikruti of specific dosha, which helps in absorption, assimilation and transport of drug in desire site to gives proper effects of the drug.

NIRUKTI AND DEFINATION

Anupana consist of two words: **Anu means after, along, with, near to and pana means drinking.**

Anupana is defined as the pana which is taken after the oushadha or aahara sevana Or the one which reduces the ailment by action of medicine, when taken along with, it is known as anupana

SYNONEMS

Anupana	One which is consumed along with of after the aushadha
Vahana	The one which carries
Anupeya	The one thing which is taken along with or after food
Anupaneeya	The one which is along with the food
Anutarsha	The one which is beneficial in thirst
Sahayogi	The one which brings together

MODE OF ACTION

In the vedic era, and later on in the period of bhrihatrayi and laghutrayi the action of anupana is more significance. Anupana is the integral part of treatment, it bring some changes in oushadha along with which is administered. The action of anupana is compared with the action of oil. As the oil added to water spread quickly on the surface of water, same the anupana facilitate the absorption of the oushadha. Appropriate Anupana enhance the effect of the oushadha and spread quickly and produced its effects. It helps to movement of oushadha or aahara from stomach to intestine, helps in assimilation, metabolism and absorption, send active principal of drug towards active site and provides nourishment to the body and gives pleasure to mind. It acts as vehicle through which it can carried the drug and help in absorption and to increase effects of drug. t works as pharmacological agent that modifies the effect of other active agent of the drug. If there is any undesired

effects of drug is noticed, then anupana can decrease that effects.

PROPERTIES

1.	Tarpayati	Gives refreshment
2.	Preenyati	Gives happiness
3.	Urjayati	Gives energy
4.	Bruhayati	Provide nourishment
5.	Paryaptima bhinivartayati	Gives satisfaction
6.	Bhuktamavasadayati	Helps in movement of food
7.	AnnasanghatBhinatti	Helps in breakdown of food particles
8.	Mardavamapadyati	Helps in softening the food
9.	Kledyanti	Helps in assimilation of food
10.	Jaryanti	Helps in Digestion of food
11.	Suktaparinamiti	Helps in assimilation process
12.	Ashuvyavayitam	Instant diffusion of food
13.	Urjatruti	Nurish the mind
14.	Drudangatam	Gives strength
15.	Rocana	Improves the taste
16.	Vrishya	Improves the potency
17.	DoshasamghataBhedana	Split the doshas
18.	Sramahar	Relives Fatigue
19.	Klamahara	Tiredness and exhaustion
20.	Balya	Gives strength
21.	Dipanam	Act as a appetizer
22.	Dosasamana	Balance the doshas
23.	Pipasacchedena	Thirst
24.	Varnakara	Skin colour

SHRESTHA ANUPANA

The Antarikshajala as considered as the Shrestha Anupana.

AYOGYA

As per classical text there are some disease which is contraindicated for intake of anupana, like-urdhwajatrugatvyadhi, kasarog, shwasarog, hikkaarog, pinas, urakshata,

If anupana is given in above conditions, it diminished the agni and causes aashyadushti.

Anupana of Haritaki

Kala	Anupana
Varsha	Saindhava
Sharad	Sharkara
Hemant	Shunthi
Shishira	Pippali
Vasant	Madhu
Greeshma	Guda

Anupana Of Guduchi

	Anupana
Vata vikara	Ghruta
Pitta vikara	Sita
Kaphavikara	Madhu
Vibandha	Guda
Vatarakta	Eranda Taila

Actions Contra-indicated after Anupana

following actions which is contra indicated after intake of anupana are mentioned in classical text-Atibhasya(speech), ati-geeta(singing), swapna(sleeping), Adhya(walking), adhyayana (reading).

Anupana Of Nirgundi

Vyadhi	Anupana
Rogayukta	UshnaJala
Krishta	Ghruta
Kushtha	Go- Mutra

Anupana Of Gud

Dosha	Anupana
Vata	Shunthi
Pitta	Haritaki
Kapha	Adraka

Selection Of Anupana in Ahara and Aushadha

➤ According To Dosha

Dose of anupana is depend on predominance of doshas. Acharya Sharangdhara has mentioned the churna, avaleha and gutika kalpana for anupana.

Dosha	Anupana Matra	Anupana Dravya
Vata	3 pala	Sura, souviraka, tushodaka, medaka, dhanyamla
Pitta	2 pala	Mrudvika, amalakisvarasa, parushakasvarasa, asava, ksheera
Kapha	1 pala	Madhu, go-mutra, kwatha

➤ According To Kala

Types	According to Meal	Karma
Adipana	Before meal	Karshana karma
Madhyapana	During meal	Maintain swasthya
Antapana	After meal	Bruhana

➤ According to Aushadha

Aushadhi	Anupana
Hingwashtakchurna	Ghruta
Pushyanugchurna	Tandulodak
Bhaskarlavanchurna	Mastu, takra, asava, jala
Nimbadichurna	Guduchi kwatha
Kalakpitakchurna	Madhu
Pippalyadighruta	Manda/peya
Dadimadighruta	Dugdha + sharkara
Kshargutika	Ushna jala
Triphalarasayan	Ghruta & madhu
Takrarisht	Jala

➤ According to Rog

Vyadhi	Anupana
Jwara	Kiratikta, musta, parpata
Grahani	Takra
Seeta Rog	Nagavalli mixed with madhu
Aruchi	Matulunga, nimbuswaras
Arsa	Bhallataka, chitraka
Pandu	Shuddhamandoorabhasma
Kshaya	Shuddhashilajatu
Ajirna	Shayan (sleep)
Sthoulya	Madhu + ushnodak
Vataroga	Shudhaguggulu + rason
Amlapitta	Draksha
Mutrakrichha	Kushmandasvarasa, shatavarikwath
Rakta pitta	Vasa swaras, ksheer, ikshuras
Trishna	Shadangpaniya, swarnanirwapijala

➤ According To Rogi

Rogi	Anupana
Krusha	Sura
Shtula	Madhudaka
Niramaya (healthy)	BhuktaMadhye
Kshaya	Mamsa Ras

➤ According To Aahara Dravya

Aahara Dravya	Anupana
Yava, godhuma	Sheetajala
Masha	Dhanyamla, dadhi, mastu
Mamsa	Madhya
Taila	Yusha, amlakaji
Katurasdravya	Vetasrasa, durvanala
Madhurasdravya	Trikatuyuktakhandasava

➤ According To Rasa

Rasa	Anupana
Madhura	Katu
Amla	Lavana
Lavana	Amla
Katu	Tikta
Tikta	Katu and kashaya
Kashaya	Madhura
Sarvarasa	Ksheera

CONCLUSION

Anupana is the very essential part of the Ayurveda treatment. If the anupana is not taking appropriate as per described form (then the solid aahara or oushadha is not mix with liquid portion) so it causes various types of diseases. The probable mode of action of anupana is improve the process of digestion, mix with blood stream and reaches the target tissue and maintainance of health and curing the disease. It can also subsight the sideeffect, toxic effects or adverse effects of the drug, and improve the properties of drug and act quickly. Acharya yogratnakar mentioned that anupana of medicine are responsible factor for minimising the drug dose and provides the very good effect of the drug.

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