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A conceptual study on *Anupana*

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Abstract:

Ayurveda a science of Indian origin is existing since such a long time. The concept of *Anupana* is mentioned in the *Ayurveda*. *Ayurveda* is a science of ancient Indian medicine by itself and *Anupana* plays an integral part of *Chikitsa* (treatment). In *Ayurveda*, medicine or any food form can be used for treating different kinds of diseases by simply changing the *Anupana*.

The concept of *Anupana* plays an important role in treating disease. It helps the drug to get easily absorbed, reach the target organ and act effectively.

Introduction:

In Ayurveda, *Bheshaja Avacharanavidhi* has been mentioned. This title includes Anupana, which is nothing but act as a vehicle. It plays an important role in doing *Chikitsa* i.e. Treatment. Since Ancient times, human beings are more concerned about their health, protection from the evils and suffering. In clinical practice as per the disease a particular *Anupana* has to be selected. *Anupana* may be defined as any material, which is taken along with or after the meal and drug. It helps in transporting the drug to the targeted site. It also helps in better absorption, assimilation and excretion.

Vyutpati (origin)

Anupana consists of two words

‘Anu’ (*Paschat*/later) and ‘Pana’ (drinking).

Definition:

It is defined as a material, which is taken along with or after the meal and drug.

Anupana is defined as that, which enhances the properties of medicine when taken.

(Synonyms)¹

- a) *Sahapana* b)
Rogagnabhaishajam

Properties of Anupana:²

It should have properties that are opposite to food.

1. For *Ushna Aahar-Snigdha Anupana*.
2. For *Snigdha Ahara-Rooksha Anupana*

Should not be antagonist to *Dhatus*

Anupana Dravya:³

- *SheetalaJala* (Cold water)
- *UshnaJala* (Hot water)
- *Ksheera* (Milk)
- *Asava* (Fermented liquids)
- *Arista* (Wines)
- *Rasa* (Meat soup)
- *Phalamla* (Alcohol prepared from fruits)
- *Dhanyamla* (Alcohol prepared from grains)

Shreshta Anupana:⁴

The rain water is considered as the best *Anupana*.

Types

On the basis of utility

1. *Aushad Upayogi: Anupana* advocated with drugs
2. *Ahar Upayogi: Anupana* advocated with food articles

Anupana Matra⁵

- Dose of *Anupana* depends on *Doshas*
- *Vata Rogas* - 1 *Pala*
- *Pitta Rogas* - 2 *Pala*
- *Kapha Rogas* - 3 *Pala*

Anupana Kala

According to Acharya Chakrapanidatta, *Anupana* should be taken

- *Aadi*:-For *Karshanartha* (For Emaciation),
- *Madhya*:-For *Sthapanartha* (For Maintenance),
- *Anthya*:-For *Brumhanartha* (For nourishment).

Anupana selection criteria

The *Anupana* has to be selected based on different factors like

- *Vyadhi*
- *Kala*
- *Dravya*
- *Ahara*

Functions of *Anupana*

Charaka—

Tarpayati (nourishment), *Urjayati*,
Bruhnayati, *Preenayati*, *Bhuktam*
Avasadayati, *Annam-Sanghta* *Bhinnati*,
Kledayati, *Mardhavam* *Apadayati*, *Sukha*
Parinamati

Sushruta-

DoshaShamana, *Bruhana*,
Doshasanghata *Bhedana*, *Vrushya*,
Shramahara, *Mardavakara*, *Balya* and
Varnakara

Vagbhata-

Urja, *Jarana*, *Parinaama*, *Vyapti*,
Sthira Shariratva

*Anupana Vs Dosha*⁶

- **Vata:-** *Snigdha*, *Ushna*,
Amlakanjika, *Taila*, *Mamsarasa*
- **Pitta:-** *Madhura*, *Sheeta*,
Shankarodaka, *Ghrita*
- **Kaph:-** *Rukshna*, *Ushna*, *Madhu*,
Triphalodaka
- **Sannipata:-** *Adrodaka* with
Madhu

*Anupana Vs Kaala*⁷:

For *Haritaki*

- *Varsha* –*Saidhava*
- *Sharad*--*Shankara*
- *Hemanta* –*Shunthi*

- *Shishira*--*Pippali*
- *Vasanta*—*Madhu*
- *Greeshma*--*Guda*

Anupana Vs Roga:

- *Shosha-Mamsa rasa*
- *Sthaulya-Madhudaka*
- *Krimi-Vidanga*
- *Unmada-Puran Ghrita*
- *Grahani-Takra*
- *Ajeerna-Ushnodaka*
- *Kasa-Kantakari*
- *Vatvyadhi-Lashana*
- *Jwara-Shadanga Paniya*

*Anupana vs Ahara Dravya*⁸ :

- *Shashtika Shali-Ksheera*
- *Yava Godhuma Pishtanna etc.-*
SheetalJala
- *Mudgadi Dhanya-Mamsa Rasa*
Masha- Dhanyamla

Anupana vs Rasa:

- *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*⁹

- *Avaleha* --*Ksheeraikshurasayusha*
(*Sha. Madhymkhanda*)
- *Sneha-Ushnodaka*

*Anupana Ayogya*¹⁰

People suffering from *Urdhvagata Vata* (ENT Diseases),

- *Hikka* (Hiccups), *Kasa* (Cough),
- *Shwasa* (Breathlessness),

- *Urahkshata* (Chest Injuries),
- *Akshi* (Eye Diseases),
- *Galaroga* (Throat Diseases), And Those Who Engaged In Singing,
- Excessive talking,
- *Adhyayana* (studying) should refrain from intake of *Anupana*

Conclusion:

Anupana is essential for each and every individual to get the desired effect of *Dravya* which is taken in the form of *Ahara* and *Aushadha*. The potency of the medicine gets enhanced and brings about the desired effect when administered with suitable *Anupana*.

Discussion:

The *Anupana* when consumed along with food increases digestion and absorption capacity while at the end of intake of food causes *Bruhana*. 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

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