



REVIEW OF ANUPANA- ITS UTILITY IN DRUG AND DIET

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Article Received on 30/10/2017

Article Revised on 21/11/2017

Article Accepted on 12/12/2017

ABSTRACT

Ayurveda, science of life with aim 'Swasthasya swastha rakshanam' and 'Aturasya vikara prashamanam' has different approach towards Arogya-sthapana. Anupana concept is one such inseparable concept of Ayurveda in the treatment aspect. Along with main medication the adjuvant with which it is taken plays an important role in the success of treatment. According to way of medicine administration we find different therapeutic effect of it. Hence, knowledge of specific action of drug with particular, Anupana is taken into consideration while planning for drug administration. 'Anupana' is a liquid material, which is taken along with or after the meal or drug. In the context of food, Anupana helps in its better digestion and absorption and provides complete nourishment to the body. It not only helps in palatability but also for carrying the drug to target site by which it increases its absorption in target place.

KEYWORDS: Anupana, meal or drug.

INTRODUCTION

Now-a-days, people are more concerned about their health, protection from the diseases. They believe that the nature alone can help in conquering these afflictions and they sought remedies in it. Administration of medicines in Ayurveda is a science by itself and Anupana plays an integral part of Chikitsa. Anupana is a fluid vehicle taken with or after medicine or eating and which aids or assists the action of main ingredient, a synergist, an adjuvant, a vehicle to enhance antigenicity.

The word Anupana is formed by the combination of two words i.e. 'Anu' + 'Pana'.
'Anu' – 'After', 'along', 'with'; 'Pana' – A 'drink'.

Anupana is defined as the Pana (drink) which is taken before, after and along with aahara and aushadhi. Anupana is a substance which enhances the properties of medicine along with it is taken.

Synonyms-- a) Sahapana b) Rogaghna bhaishajam.

Factors to be considered during selection of Anupana

- Doshha
- Aushadhi
- Roga
- Ahara

Nature of Anupana for Aahara

The liquid which has dissimilar qualities to that of aahara, considered as best Anupana for that particular food, but it is not supposed to be opposite to dhatus.

1) Anupana for Aahara

The ancient Acharyas like Charaka, Sushruta and Vagbhata have given the Swaroop or nature of Anupana concerned to food only such as; Anupana should be dissimilar to the qualities of food. But it should not be opposite to the qualities of dhatus (body tissues). Such Anupana is always considered as prashasta Anupana.

2) Anupana for Aushadhi

The later Acharyas like Sharangdhara, Yoga Ratnakara have mentioned that, the Anupana is not limited to food, but is also administered with aushadhi. The aushadhi becomes more potent when given with suitable Anupana by considering the avastha and bala of the rogi and roga.

NATURE OF ANUPANA FOR AUSHADHI

A Physician should select Anupana which increases disease curing capacity of the medicine with which it is given.

Types

1. **Adipana- Paniya** which is consumed before food.
2. **Madhya pana - Paniya** which is consumed in the middle of food. These two are mainly applicable for ahara.
3. **Paschat pana**-A secondary drug which is consumed after administration of main medication.
4. **Sahapana**- A dravya consumed along with or by mixing with main medication.

SIGNIFICANCE OF ANUPANA

Anupana is not merely a vehicle for the medicine consumed but also a very important factor which helps in absorption and assimilation of the same. It is known to assist and hasten the drug action to obtain better drug efficacy. It is also known to counteract the teekshnata or ugrata, kashayat or teeksntata or any other undesirable properties of a drug with which it is given. Ex- Milk along with bhallataka/shunti, sugar or honey with any of the tikta, kashaya dravyas etc.

The simile given by Acharya Sharangadhara says that, as the drop of oil put on stable water spreads so quickly, in the similar way Anupana helps for quick absorption and assimilation of the drug in the body. If a smaller quantity of water is not consumed frequently during a meal, the food taken will not remain moist. Instead, it becomes dry and does not undergo proper digestion. This may cause many ailments in the body. Here water plays the role of Anupana. Therefore, Anupana is required for proper digestion of the food or the medicine.

PROPERTIES OF ANUPANA

Properties and action resides in the Dravya in inherent form. Properties of Anupana in context to aahara are described as follows:

- Tarpayati – Refreshing.
- Preenyati – Pleasing.
- Urjayati - provides energy.
- Brihanyati –Nourishing.
- Paryaptimabhiniyatiyati bhukatamvasadayati i,e; Brings satisfaction and steadiness in food consumed.
- Annasanghatbhinnati - Helps in breakdown of food particles.
- Mardavmapadayati - Softens the food.
- Klaedayati - Brings the unctuousness of food.
- Jaryati -Helps in proper digestion.
- Sukhparinamyati - Helps in proper assimilation.
- Aashuvyavayati - Helps in instant diffusion of food.
- Aaharsya upajanyati - Supplies the food to the tissues instantaneously.
- Rochan - Improves the taste.
- Vrishya - Improves the potency.
- Shramhar - Relieves fatigue.
- Deepan - Acts as appetizer.
- Doshashaman - Alleviates Doshas.
- Pipasachchedan - Quenches thirst.
- Varnakar - Improves complexion.

- Triptikar - Brings satisfaction.

Functions of Anupana

Anupana provides - Tarpana
Prinana
Urja
Brimhana.

Helps in digestion, dis-integration and produces softness to the food, provides healthy feeling by proper digestion of food and helpful in generation of bodily strength after proper digestion and assimilation of food.

Contraindications of Anupana

In reference to aaharopyogi Anupana various contraindications have been enumerated in ancient texts, therefore caution should be taken in people with following conditions:

- Difficulty in breathing
- Cough
- Disease above the clavicle
- Diseases of chest
- Injury of chest
- Hoarseness of voice

If the Anupana is given in above condition it causes the Aashaya Dusti. It diminishes the Agni by the Abhishyand properties of Sneha which is located in Ura and kanth and causes Vamana like disorder.

The action contraindicated after Anupana: After the use of Anupana the person should not indulge in following activities:

- Journey
- Exercise
- Too much of study
- Too much of talk
- Too much of sleep
- Too much of singing

Disadvantage of not taking Anupana

If Anupana is not taken in described form then the solid food which is taken will not mix with liquid portion, remains without any movement and causes disorders. Hence proper Anupana should be used after the meals.

ANUPANA ACCORDING TO DOSHAS

As described by Acharya Charaka and Sushruta:

Anupana indicated in vata roga

The Anupana indicated in Vata Roga has the properties like Snigdha & Ushna because the properties of Vata are Ruksha & Sheeta

Anupana indicated in pitta roga

The Anupana indicated in Pitta roga has the properties like Madhura & Sheetal because the properties of Pitta are Amla & Ushna.

Anupana indicated in Kapha roga

The Anupana indicated in Kapha roga has the properties like Ruksha & Ushna because the properties of Kapha are Snigdha & Sheeta.

Quantity of Anupana according to Doshas

In Sharngdhar Samhita, the quantity of Anupana for Churna, Avaleha, gutika etc. is mentioned according to the doshaj vikaras. For e.g.-

- Vata Roga -3 pala (120 ml)
- Pitta roga -2pala (80ml)
- Kapha Roga -1pala (40 ml)

CONCLUSION

Anupana has multi-dimensional effects like nutritive, stimulant, preventive and curative. Anupana is very essential for the digestion and metabolism of aahara as well as aushadhi. Word Anupana literary means “the liquid substance taken after the main course (diet or drug)”. In Brihatrayee the term is specifically used in context to food article but the concept of taking Anupana after the Aushadhi. Depending upon the uses of Anupana it is divided in the Aushadhyogi and Aaharopyogi. Properties, contraindications and disadvantage of not taking Anupana are described in reference to diet not the drug. With food, Anupana helps in its better digestion and absorption and provides complete nourishment to the body. Various contraindications and rules are described which are to be followed while taking Anupana after food. In reference to Aushadhopyogi Anupana, the condition of patient, Dosha predominance, nature of disease, properties of medicine being used etc. are to be kept in mind for best result of treatment. By the proper use of Anupana drug quickly distributes in the body.

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