

ANUPANA FOR RASASHASTRA'S SAPTADHATUS: A REVIEW

Dr. Banani Das*¹ and Dr. Priyanka Singh²

¹Professor and HOD, Dept. of Rasashastra and Bhaisajya Kalpana, Shri Babu Singh Jay Singh Ayurvedic Medical College, Farrukhabad, U.P.

²Assistant Professor, Dept. of Prasuti Tantra and Stree Roga, Shri Babu Singh Jay Singh Ayurvedic Medical College, Farrukhabad, U.P.

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*Corresponding Author

Dr. Banani Das

Professor and HOD, Dept.
of Rasashastra and
Bhaisajya Kalpana, Shri
Babu Singh Jay Singh
Ayurvedic Medical College,
Farrukhabad, U.P.

ABSTRACT

The science known as Ayurveda has been used for 5000 years all across the world. This science is well-liked because to its original theories and approaches to treatment. Ayurveda's speciality section, Rasashastra, uses certain minerals, metals, and organic substances for therapeutic purposes. Before being ingested, these compounds will undergo a number of purification and burning procedures to eliminate any toxicity. Rasoushadhis are well-known for their small dosage and quicker impact. These medications ought to be used with the appropriate adjuvants, such as Anupana, which can boost the medication's efficacy and produce positive effects. The seven major Dhatus in Rasashastra are Suvarna, Tamra, Rajata, Naga, Vanga, Yasada, and Loha. These Dhatus are often employed in Bhasma form for healing. These ought to be used in conjunction with a certain Anupana that is specifically advised for treating a variety of ailments in order to maximise their effectiveness. Therefore, the topic of this article is the traditional Anupanas that must be applied when giving Bhasmas.

KEYWORDS: Anupana, Saptadhatu, Rasashastra, Dhatus, Rasoushadhis.

INTRODUCTION

The science that has been known for more than 5000 years is called Ayurveda. The Ayurvedic branch of Rasashastra makes use of a variety of metals, minerals, and organic substances. Shodana, Marana, Satvapatna, and other techniques are applied to these chemicals in order to purge them of impurities and boost their efficacy. Ayurveda's primary

goal is to treat the illness's underlying cause rather than just its symptoms. We use a variety of ideas and theories to achieve it. One such novel idea in Ayurveda is anupana. Anupana is the term for a substance that is either consumed before, during, or after taking food or medicine. It can increase the potency of medicine, helps the drugs to reach their target tissue, nourish the body, etc. So it is important that the drug should be consumed with proper Anupana to get a better result. Rasashastra gives prime importance to Anupana, hence it is mentioned for almost all medicines as they can potentiate them and also have their own therapeutic efficacy. Incase of Bhasmas, Anupana also acts as an antidote to reduce their toxicity. Bhasmas are important as a treatment perspective in Ayurveda and they are the main ingredients in almost all Rasoushadhis. Bhasmas are nanoparticles which can be easily absorbed through the cell membranes, hence they are used as single drugs. These Bhasmas are indicated in various diseases with change in their Anupana, and which is not practised commonly now a days. Here in this articles the Anupanas for commonly used Bhasmas are mentioned which can be used in our daily practice.

MATERIALS AND METHODS

The third chapter of Ayurveda Prakasha lists the Saptadhatus of Rasashastra, which are Suvarana Rajata, Tamra, Vanga, Yasada, Naga, and Loha. These are mostly utilised as ingredients in different combinations and as Bhasmas as standalone medications. By altering their Anupana, these Bhaskas are suggested in a variety of ailments and can operate more quickly when given with the correct Anupana. Classical sources mention the Anupanas of Bhasmas in detail, indicating their indications for different ailments.

S.N.	Dhatu	Anupana	Indications
1	Suvarna Bhasma	Bhringaraja Swarasa ^[1]	Vajeekara
		Dugdha	Shakti Vardhaka
		Punarnava	Netraroga
		Gritha	Jarahara
		Vacha	Buddhivardhaka
		Katuka	Daha
		Kumkuma	Kantivardhaka
		Sadyodugdha	Yakshma
		Lavanga + Shunti+ Maricha	Unmada, Tridosahara
		Madhu + Amalaki	Grahani
		Sankhapushpishwaras a	Ayuprada
		Vidarikanda	Putrada
2	Rajata Bhasma	Sharkara ^[2]	Daha
		Vara	Vatapittavikara
		Trisugandha	Meha

		Kshara	Gulma
		Adushaswarasa+ Trikatu	Kapha, Kasa
		Bharngi, Vishwa	Swasa
		Shilajatu	Kshaya
		Mamsarasa, Dugdha	Ksheena
		Vara, Pippali	Yakrutpleeharoga
			hara
		Punarnava	Sodha
		Mandura	Pandu
		Gritha	Valipali, Kshudha
3	Tamra Bhasma	Pippali, Madhu ^[3]	Sarvaroga
		1 Ratti of Tamra Bhasma with Shalmali Swarasa, Gritha, Makshika (daily)	Veerya, Pushti, Deepana
4	Naga Bhasma	Sita ^[4]	Vata, Pitta, Sirovyadha, Netraroga, Sukradosha, Pralapa, Daha, etc.
		Haridrachurna + Amalaki Churna ^[5]	Prameharoga
		Asoka Twakkwatha	Raktapradara
		Guduchisatva + Honey	Vatajaprameharo ga
		Raktarsas	Nagakesarachurn a
		Kwatha Of Kapikachumula Or Bija, Balamulakwatha + Jatamamsikwatha	Vrkkasotha
		Kwatha of Prasarini, Balamula, Rasna and Kapikacchumula or Bija	Pakshaghata
5	Vanga Bhasma	Karpoora ^[6]	Daurgandhyahara
		Ksheera,Jatiphala	Pushtiprada
		Tulasipatra	Prameha
		Tankana	Gulma
		Gritha	Panduroga
			hara
		Punarnava	Sodha
		Mandura	Pandu
		Gritha	Valipali, Kshudha
3	Tamra Bhasma	Pippali, Madhu ^[3]	Sarvaroga
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		Haridrachurna + Amalaki Churna ^[5]	Prameharoga
		Asoka Twakkwatha	Raktapradara
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		Raktarsas	Nagakesarachurna
		Kwatha Of Kapikachumula Or Bija, Balamulakwatha + Jatamamsikwatha	Vrkkasotha
		Kwatha of Prasarini, Balamula, Rasna and Kapikacchumula or Bija	Pakshaghata
5	Vanga Bhasma	Karpooora ^[6]	Daurgandhyahara
		Ksheera, Jatiphala	Pushtiprada
		Tulasipatra	Prameha
		Tankana	Gulma
		Gritha	Panduroga
		Yavani + Lavanga	Seetajwara, Amavata
		Sarkara, Ajaji	Atisara, Vamana
		Yavani+Lavanga+Jeer aka+ Sarkara	Soolaroga
		Yavani + Ushnaneera	Vibandha
		Mahishinavaneeta	Prameha
		Yavani+Lavanga+Ush naneera	Ajeerna
		Madhu+Pippali	Kasaroga
		Parada+Gandhaka+ Madhu	Kapharoga
		Chaturjata+Sita	Raktapitta
7	Loha Bhasma	Punarnavachurna+ Godugdha	Balaprada
		Punarnavakwatha	Panduroga
		Nisha+ Madhu Or Pippali + Madhu	Prameha
		Shilajatu	Mootrakrichra
		Vrisha+Pippali+Draks ha+Madhu (Make Vati)	Kasaroga
		Tamboola	Kantiprada, Deepana
		Hingu + Gritha	Soola
		Madhu+Pippali	Puranajwara
		Gritha+Rasona	Vataroga
		Kshoudra+ Trikatu	Swasa
		Maricha+ Tamboola	Seetaroga
		Ardrakaswarasa+ Madhu	Tridosha
		Gritha	Vatajwara
		Madhu	Pittajwara
		Ardrakaswarasa	Shleshma Pitta
		Nirgundi	Seetavata
		Triphala	Valipalinashana
		Kajjali+Madhu+Krish na	Shleshmaroga
		Madhu+Pippali	Raktapitta
		Punarnava+Godugdh a	Balavridhi
		Punarnavarasa	Panduroga
		Haridra+Pippali+Mad hu	20 Types of Prameha

DISCUSSION

Anupana is that substance which is consumed along with Aushadha or Aharadravya. It can enhance the action of Dravya and helps to reach the medicine to its target tissue. Bhasmas are nano particles which can easily absorbed by the cell membranes, when it is administered with proper Anupana, it helps them to reach the blood stream quickly due to their Vyavayi and Vikashiguna and thus provide quick result.

CONCLUSION

Bhasmas of Saptadhatus of Rasashastra are commonly prescribed by the practitioners and it is important to administer it in proper way to get a good result. Hence it should be given with proper Anupana which is clearly mentioned in our classics.

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