

AYURVEDIC REVIEW ARTICLE ON ANUPANA**Dr. Ashish Mokul^{1*}, Dr. Rajesh Mhaske² and Dr. Ragini Patil³**

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ABSTRACT

Ayurveda being a holistic technology is treasure of measures of lifestyles, health and diseases. The essential ideas of ayurveda laid down lots years lower back are being explored and analyzed nowadays for higher information and their realistic software. the main intention of ayurveda is “swasthasyaswasthyarakshanam, and aturasyavikaraprashamanam cha”. Anupana is an essential idea of ayurveda which plays an vital position in preserving the coolest fitness in addition to health of diseased person. It helps in digestion of meals consequently leading to pacification of doshas and retaining fitness. It also helps the absorption of the drug. in step with ayurveda extraordinary anupana are prescribed for distinct varieties of meals. on this way anupana performs an crucial function in retaining correct fitness.

KEYWORDS: Anupana, Ayurved, Ahara.

INTRODUCTION

1) Definition- The word anupana is formed by the combination of two words i.e. anu+pana. The word Anu means after, along, with, near to and Pana means a drink. Hemadri has defined anupana as the liquid which is consumed after the intake of medicines. Further Adhamalla has given its importance through a simile that like the oil drop which spreads very quickly over water, the same way drug reaches every organ quickly with the help of anupana.

Dalhana and Hemadri are firmly of the opinion that anupana is the one which is consumed after the food. Anupana is the best digestant.

2) Properties of Anupana Charaka explains properties of anupana that it should have opposite qualities to food and similar qualities to its Dhatus. The anupana which has opposite properties to food (ahara), but not incompatible with them is an ideal anupana.

3) Benefits of Anupana

Anupana provides satisfaction to the body readily helps in food digestion provides good lifespan nourishes the body gives energy to the body increases bulk of the body brings out complete action of drug settles down the food which is consumed breaks the large food mass into smaller particles imparts softness, moistens, digest and helps in proper assimilation of food properly channelizes the action of the medicinal drug provides a healthy feeling by proper digestion of food helps in proper assimilation of the digestion food relishing, weight - promoting, aphrodisiac disintegrates the mass of dosha produces satiety and softness removes fatigue and exhaustion stimulates digestive power pacifies doshas, quenches thirst, brings happiness promotes strength and complexion imparts stability to the body helps in spreading of food material.

4). Mechanism of Action of Anupana

Anupana facilitates the absorption of the drug just like oil spreads quickly on the surface of water.

5). Uttam (best) Anupana Dravyas

*cold and hot water

* asava and arishta

*vegetable soup

* sour fruit-juice

sour gruel

* milk

*meat-soup

* honey

After considering disease, time and food items taken, after-drink should be given accordingly to a person in proper quantity. Of all after-drinks the best one is water.

6)Anupana According to Different Types of Ahara Anupana According to Different Types of Ahara S.No Condition (Awastha)/ Vyadhi AnupanaDravyas/ the Qualities5

- * Vata Snigdha (unctuous) & Ushna (hot)
- * Pitta Madhura (Sweet) & Sitala (cold)
- * Kapha Ruksha (dry) & Ushma (hot)
- * Ksaya Mamsarasa (meat soup)
- * Upavasa (observed fasting), Adhwa (travelled), Bhasya (speech), StriKlanta (intercourse), Maruta (wind), Atapa (sunlight), Karma (purificatory measure) Paya (milk)
- * Karshya (lean person) Sara (wines) . Sthoula (obese) Madhudaka (honey water)
- * The rainwater is the best anupana as per many classical references. However, the rainwater should be collected before it falls to earth and used soon after collection.
- * Alpagni (mild appetite), Anidra (loss of sleep), Bhaya (fear), Soka (sorrowness), Klama (mental fatigue) Madya (wine) Mamsarasa (meat soup)
- * In fatty substances except bhallataka and tuvaraka oils Hot water
- * Anupana after taking oils in hot season Yusha
- * Anupana after taking oils in cold season Kanji
- * Honey, food of rice flour, in curd, ivasa (rice cooked in milk), alcoholism and poisoning Cold water
- * Those having eaten Sali rice, green gram etc and also in battles, wayfaring, the sun, heat, poisoning and alcoholism. Milk or meat-soup
- * In masa Sour gruel or curd-water
- * For alcoholics who eats all types of meat Wine
- * Those who donnot drink but eats meat Water or juice of sour fruits
- * For emaciated persons is sura (beer) For the obese should be honey-water (water mixed with honey)
- * Healthy persons Different types of after-drink in the midst of meal
- * In raktapitta (intrinsic haemorrhage) Milk and sugarcane juice
- * In poisoning Asavas of arka, Selu and sirisa
- * Awned cereals juice of sour jujube fruits
- * Pulses Sour gruel
- * Meat of strong-legged and wild animals Pippalyasava
- * Meat of scatterers Asava of kola and badara
- * Meat of peckers Asava of laticiferous trees
- * Meat of cave-dwellers Asava of kharjura and narikela
- * Meat of snatchers Asvagandhasava

- * Meat of tree-dwellers Asava of sigru
 - *Meat of hole-dwellers Phalasava
 - *Meat of the one-hoofed Triphalasava
 - *Meat of the multi-hoofed Khadirasava
 - * Meat of bank-roamers Asava of Singataka and kaseruka,. Meat of shelled and footed animals Asava of Singataka and kaseruka
 - * Meat of swimmers Asava of sugarcane juice
 - *Fish of rivers Asava of lotus stalk
 - *Fish of sea Asava of matulunga
 - *Sour fruits Asava of the tubers of kamala and utpala
 - *Astringents fruits Asava of dadima and vetra
 - *Sweets fruits Khandasava added with trikatu
 - *Tala fruit etc. Sour gruel
 - *Pungents fruit Asava of durva, nala and vetra
 - * Pippalyadi (vegetables) Asava of gokṣura and vasuka
 - * Kusmandadi Asava of darvi and karira
 - *Cuccu (vegetables) etc. Lodhrisava
 - *Jivanti (vegetables) etc. Triphalasava
 - *Vegetable of kusumbha Triphalasava
 - *Mandukaparnietc Asava of sour fruits
 - *Rock salt etc. Surasava and sour gruel
 - * Everywhere. Water is the beneficial after-drink
 - *Meals prepared from Godhuma and also after consuming curds, wine, and honey. Cold water
 - *Pista (starch), Saaka(leafy vegetables), Mudga (green gram), Takra, Amlakanjika (fermented gruel) Warm water.
- Anupana swaroopa

It is the substance which can be administered in the form of drinking like

– jala (cold water), Ushna jala (hot water), ksheera (milk), swarasa (juice), takra (butter milk), ghrita (ghee), rasa(meet soup), aasava (fermented liquids), arishta(wines), phalamla (alcohol prepared from fruits), dhanyamla (alcohol prepared from grains). Rain water is considered to be the best anupana.^[1]

a) Anupana for Aahara: - The ancient Achyarya's like Charaka, Sushruta and Vagbhatta have given the swaroopa (nature) of 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 prashashta (superior) anupana.^[2]

b) Anupana for Oushadha:- The later Achyarya like yoga ratanakar mentioned that, the anupana is not limited to food, but it is administered with aoushadha. The oushadha becomes more potent when given with suitable anupana by considering the avastha (stage) and bala(strength) of the rogi and roga (patient and diseases).^[3]

Synonyms for Anupana^[4]

The different terms implying the meaning of anupana have been mentioned in different contexts and these synonyms of anupana are as follows.

1. Anupana - the one which is consumed along with or after the bhesaja.
2. Vahana- the one which carries
3. Sahayogi- the one which brings together
4. Maadhyama- the one which acts as media or the one which is taken in the middle.
5. Anutarsha- the one which is beneficial in thirst.
6. Anupeya – the one thing which is taken along with or after food.
7. Anupaneeya – the one which is taken along with food.
8. Oushadhang peya – the peya which is used along with medicine.

Anupana Matra

It depends upon the involvement of dosha and from of the dravya⁹

If choorna, avaleha, gutika and kalka

wants to administered then-

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

Anupana kala

According to the Acharya Chakrapanidatta following are the different time periods in which anupana should be taken.^[5]

a) Adhi - for karshanartha (for emaciation); when the anupana taken before food, it is affected by the adhogata vayu and becomes ruksha, hinders the aahara akanksha(appetite) and does the deha karshana(emaciation).

- b) Madhya - for Sthapanartha (for maintenance); the anupana taken in the middle of the food. This anupana along with the sneha guna (moisture) of pitta maintains the body equilibrium.
- c) Antha or paschat – for bruhanartha (for nourishment).

Anupana Ayogya

People suffering from urdhwagata vata (ENT diseases) hikka (hiccups), kasa (cough), swasa (breathlessness), urahkshata (chest injuries), akshi (eye).

DISCUSSION

Significance of Anupana

Anupana together with Aushadha no longer only acts as a carrier for it but additionally a very important aspect which facilitates in absorption and assimilation of the equal. Anupana acts as an adjuvant or synergist to the drug in treating the sickness. Anupana increases drug palatability by using enhancing flavor, consistency and by way of overlaying the odour of the drug. Some pills produce sick effect if no longer purified nicely, here Anupana may additionally mask or reduce the undesired effect of the drug. Anupana enables in brief distribution and disintegration of medicine molecules and as a result medication gets absorbed right away. Although drug treatments have multiple disease curing belongings, Anupana takes medicine to the right pathway and helps in getting favored movement. Importance of Anupana along side ahara should be understood from its Guna Karma elaborated in Brihatrayis. In line with Charaka Samhita proper administration of Anupana with Ahara brings refreshment of body speedily, facilitates in smooth digestion resulting inside the merchandising of sturdiness, strength, pride and many others., softening and liquefying the tough mass of meals. Susruta Samhita highlighted some particular factors on importance of Anupana related to Ahara, the meals which is faulty or heavy or taken in extra quantity is digested effortlessly with the aid of Anupana Dravyas. If a small amount of water isn't always ate up often at some point of a meal, the meals will not continue to be moist. As a substitute it emerges as dry and reasons many ailments in the frame. Consequently, Anupana is required for proper digestion of the food.

Mode of Action

Mode of motion of Anupana defined by way of Acharya Sarngadhara with a simile that, because the drop of oil placed on stable water spreads so quick, within the comparable way Anupana enables for short absorption and assimilation of the drug in the frame. When we administer the drug treatments in conjunction with proper Anupana, it spreads quick because

of the Yogavahi and Vyavayi residences of the bottom. Honey is the maximum typically used Anupana in Ayurvedic medicinal drug, due to its Yogavahi belongings. every now and then Agryoushadhas or other medicines which pacify the sickness is also used as Anupanas. Anupanas can also be used for sustaining the drug motion as in continual diseases like Tailapana in Vatavyadi. Vishahara homes of Anupana Dravyas also a likely mode of action in Rasa Oushadis.

Benefits of Anupana

If dravya is alpha doshayukta or adoshatyukta, atimatraa (body humors are contaminated with less or moderate or excess vitiation). Anupana brings out the sukhaparinama (mitigation). Acharya Kaiyadeva states that, even though laghu, satmyakara dravyas (light and healthy substances) were consumed in appropriate time, atyambhupana (excess intake of water), vishamashana (untimely intake of food) and swapana viparyaaya(changes in sleeping pattern) results in apaka (indigestion). In such a condition, utilization of Anupana results in sukha Pachana / Jeerana (easy digestion).^[6-8]

CONCLUSION

idea of Anupana is a unique contribution and really vital part in management of Ahara dravya (food regimen) as well as Oushadhi dravya (drug treatments). Anupana is a thing which facilitates in absorption, assimilation in addition to within the efficacy of the drug. The potency of the medicine receives enhanced and brings about the preferred effect while given with suitable anupana. unmarried drug may be used to treat most of the diseases while given with proper anupana. consequently care have to be taken in selecting anupana appropriate for buying all of the beneficiaries from consumption. always remembers anupana have to be decided in step with the constitution of the man or woman in addition to condition of three doshas. Anupana has multidimensional outcomes, it acts as nutritive, stimulant, preventive and healing. The idea of anupana performs a very huge role in treating the diseases and facilitates the drug to behave quick. From above various references it's miles concluded that Anupana is the bottom of Ayurvedic treatment.

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