IMPORTANCE OF ANUPANA IN AYURVEDIC MEDICINE

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ABSTRACT
Ayurveda is the most ancient science of life; health and cure, practiced in India for thousands of years based on its own unique fundamental principles. Anupana is one of them. The concept of Anupana is a unique approach of the Ayurvedic medicine. The main aim of Ayurveda is “Swasthasya Swasthya rakshanam” which means to maintain the health of the healthy person and “Aturasya vikara prashamanam cha” means to cure the diseases of the diseased person, concept of Anupana is also beneficial for both conditions. Anupana is a liquid material which is taken Along with or after drug and food. This article is an attempt to the importance of Anupana (vehicle) in the Ayurvedic Practices.

Keywords: Anupana, vehicle, drug, food, Ayurveda.

INTRODUCTION
The word meaning “Anupana” is that a drink taken with or after medicine intake and also it is considered as “A fluid vehicle for medicine”. The main vehicles used are cold and warm water, honey, ghee, butter, sugar, jiggery, milk, etc. The pharmaceutical preparation like swarasa, phanta, kwatha, hima, arka etc is also used as vehicles. One drug particularly rasausadhi, may be used in various diseases with different vehicles. For instance makaradhwaja may be useful in fever when give with ardraka swarasa ( ginger juice) and in internal haemorrhages ( rakta pitta) with vasa ( acorus calamus) swarasa.

Ayurveda is unique in giving importance to Swastha and Atura. Concept of Anupana is also mentioned in both the conditions. Anupanas are described along with food as well as medications. They are having the simplest to obscure functions in different ways. Anupana is a Vehicle or Adjuvant. Vehicle means “which carries”. It is a substance used as a medium for the administration of medicine. Adjuvant means “to aid”. It is a substance used to increase the action of principal ingredient. After the conclusion of these meanings Anupan is a supplementary item added to the main medicine either as a suitable medium or to reduce its bad tastes or to increases its natural power or to modify it.
**Defination of Anupana**

Anupana is the media which can be given either after or along with drug or diet. Anupana is best digestant if taken after food.

**A/c to Acharya Charak**

Generally post-prandial drinks should have the properties opposite to those of food taken but at the same time, such drinks should not be harmful to the tissue element of the body. Charaka mentioned that jalam (water) as well as eighty four type of asavas (alcoholic) preparation as Anupanas. Sharngadhara mentioned dose and mode of Action of Anupana, in this way. If we are administering Anupan along with churna, avleha, gutica, kalka, Anupana dose should be 3, 2, 1 Pala respectively for diseases of vata, pitta, kapha. after administration of medicine with Anupana, as a drop taila spreads in water very quickly, like that Anupana makes the medicine to spread all over the body rapidly.

In Rasatarangini the word sahapana is mentioned. Sahapan means, the liquid form which is taken with main drug and which can facilitates easy disintegration, easy absorption, and uniform distribution of medicine all over the body hence that liquid form is called sahapana.

**A/C to Rajanighantu**

Anupana is a part of medicine which is liquid form. After intake of medicine Anupana should be administered with some time gap. Anupana facilitates good digestion during night.

Usually anupana can be selected on the basis of drug, patient, disease likewise.

1. According to drug- Such as warm water after ghrita.
2. According to patient- Such as alcoholic preparations for debilitated and honey water for obese.
3. According to disease –Such as milk in Raktpitta (internal haemorrhage), Ardrak (gingiber) in jwara (fever).

**Examples of Anupana Used In Diseases**

Anupana is well describe by lolimbiraj in vaidayk vilas- Anupana according to disease have discussed in vaidayk vilas, are as follow-
Sula (pain) – hingu mixed with ghrita
Purana jvara – pipppli mixed with madhu
Vata roga – rasona mixed with ghrita
Svasanak jvara – trikatu mixed with madhu
Sita roga – citraka leaves & maricha
Jvara - musta & parpataka
Grahani - takra
Visa - svarna bhasma
Chardi - laja
Atisara - kutaja
Rakta pitta - vasa
Arsas(piles) - citramula
Krimi - vidanga

Anupan Karma (Action)-

Tarpayati –Bring about refreshment,
Prenayati- Pleasure
Urjayati- Energy
Brumhayati- Nourishment
Paryapti - Spread
Bhukta mavasadayatui- It pushes food downward
Annasanghatam – Break downs food in to small particle
Mardhavam- Softening
Kledayati, jarayati- Digestion

Anupan dravyas-
Sitajala, Usnajala, Madya, Asav, Yusa, Phalamla, Paya, Mansrasa.

The best Anupana dravya-
Rain water is the best among all after drinks or any other kind of water which is habituated to any person, that water itself is beneficial to him. Madhu (honey)- in Ayurveda Madhu is also best Anupana.
Anupana is taken before or middle or after food, it well described in Ayurvedic text such as-

The Anupana which is taken before meals causes emaciation to body and middle it maintain physiological condition of body and after food nourishes and strengthens body.

**Restriction has to be followed after intake of anupana**-
Lang walk, a lengthy conversation, singing, sleeping and reading.

**Importance of Anupana**-
Dosavad, Guru, Atimatra is digested easily by Anupana. When a person does not consume the after-drink the ingested food stays for a long time in the stomach without getting moistened and gives rise to many disease, hence after drinks should be consumed.

**Potentiation effect of Anupan** –
It is mentioned in Yogratnakara that the correct Anupana as per disease will enhance the activity of main drug this indicate potentiation effect of drug.

**How Anupana Acts**-
- Adjuvant action
- Vehicle action
- Digestant/appetiser
- Synergetic action
- **Adjuvant**- “Adjuvans” means to help/to reach a goal.
  Any substance that helps and enhances the pharmacological effect of a drug or increases the ability of an antigen to stimulate the immune system. Eg: mineral oil / alum added to vaccines to enhance antigencity.
- **Anupana as adjuvant**- Taking honey as eg.
  It contains easily digestable fructose.
  Aids easy absorption by active transport.
  Augments the action of medicine by yogavahitwa
- **Vehicle**- “… thatwhichcarries” A transporting agent especially the component of a medication, usually a liquid serving as a medium for dissolving or dispersing the active drug in a suitable form for its administration. Recent developments in this area include vehicles that can carry drugs to a specific organelle inside the cell.
• **Digestant/appetize**- Digestants are drugs which enhances the process of digestion. Appetisers induce appetite by increasing gastric secretion. Anupana mentioned along with aharas are having appetising and digesting action.

• **Synergism- ergo** =work, syn =with” indicates pharmacological co-operation. Facilitation of a pharmacological response by the concomitant use of two or more drugs. Eg manjishtadi kashaya as anupana for kaisoragulgulu. With different anupana same oushadha can be used in many conditions.

• **Scientific explanation of Anupana**-
  Honey contains enzymes for easy digestion and absorption which is more active with cold water. Curd contains high fractions of lactic acid, which causes heart burn. Taking curd with cold water reduces heart burn. Enzymes for carbohydrate digestion secrete more in hot water compared with cold water. yava and godhooma contain a protein called gluten. It is soluble only with cold water, hot water hardens this protein.

**CONCLUSION**

Anupan is very important factor which helps in absorption, assimilation, as well as efficacy of drug. this should be decided according to the constitution of the patient as well as condition of dosa. One drug particularly Narayna churn, may be used in various diseases with different vehicles. For instance, udar roga with takra, gulma with juice of badara, piles with juice of dadim etc.

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