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## An Ayurvedic Review on Importance of Anupana

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### ABSTRACT

Ayurvedic medicine is one of the world's oldest holistic healing systems. Its primary emphasis is on prevention of disease and maintenance of health. Anupana is one of the unique concept of ayurveda which plays an important role in treatment. It helps in digestion of food thus leading to pacification of doshas and maintaining health. It also facilitates the absorption of the drug. It acts as a vehicle which carries the drug to their target site. An effort has been made to review about the importance of anupana in detail.



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## INTRODUCTION

Administration of medicines in ayurveda is a science by itself and anupana or sahapana plays an integral part of treatment. Anupana is a fluid vehicle taken with or after medicine which assist the action of main ingredient, a synergist, vehicle to enhance the action of main ingredient. Benefits of anupana includes one given with food helps in proper digestion, absorption while taken with medicine makes drug palatable and helps carry drug to target sites by increasing absorption and bioavailability at target site. According to the way of administration of medicine, we can find out different therapeutic effect in common circumstances. Hence knowledge of specific action of drug with particular anupana is taken in to consideration while planning for drug administration. Information with regard to its description, importance found scattered in the literature. Hence this article deals with the importance of anupana.

Nirukti

Derived from two root words;

अनु + पान

Which literally means after drink<sup>1</sup>.

Definition

अन्नात् अनुपश्चात् पीयत इति अनुपानम्

Anupana is the liquid consumed immediately after food or along with the food<sup>2</sup>.

Synonyms<sup>3</sup>

- Anupana - Means the one which is consumed along with or after the bhesaja.
- Vahana - Means the one which carries.
- Sahayogi - Means the one which brings together.
- Maadhyama - Means the one which acts as media or the one which is taken in the middle.
- Anutarsha - Means the one which is beneficial in thirst.

- Anupeya - Means the one thing which is taken along with or after food.
- Anupaneeya- Means the one which is taken along with food.

#### Properties

यदाहार गुणैः पानं विपरीतं तदिष्यते ।

अन्नपानं धातूनां दृष्टं यन्न विरोधि च ॥(cha.su.27/319)

Properties of anupana that it should have opposite qualities to food and similar qualities to doshas.

विपरीतं यदन्नस्य गुणैः स्यादविरोधि च ।

अनुपानं समासेन सर्वदा तत्प्रशस्यते ॥(AH.SU.8/51)

Opposite properties of food but not incompatible with them is an ideal anupana.

Charaka	Susruta	Vagbhata
Tarpayati(nourishment)	Dosha shaman(mitigates the doshas)	Urja(enthusiasm)
Preenayati(pleasing)	Rochana(improves taste)	Dhruti(steadiness)
Urjayati(enthusiasm)	Brimhana (stoutens the body)	Jarana(helps in digestion)
Brumhayati(stoutening the body)	Vrishya(aphrodisiac)	Parinama(helps in digestion of food)
Bhuktan avasadayati	Doshasanghata bhedana(subsides doshas)	Vyapti(pervades all over)
Annam sanghatam bhinati(helps in breakdown of food articles)	Tarpana(nourishment)	Trupti(satisfaction)
Mardavam apadayati(softening)	Mardavakara(softening)	Sthira sarirata(gives strength to the body)
Kledayati(moistens)	Shramahara(relieves fatigue)	
Paryapti abhinivartayate	Klamahara(relieves exhaustion)	
Sukha parinamati(helps in digestion of food)	Deepana(kindles digestion)	
	Pipasa chedana(relieving thirst)	
	Balya and varnakara(bestows strength and colour)	

### **Anupana dravya**

- sheetalajala
- Ushnajala
- Asava (Fermented liquids)
- Arista (wines)
- Phalamla
- Dhanyamla
- Ksheera
- Rasa

“Rain water is considered to be the best anupana<sup>4</sup>”.

### **Types**

Anupana can be classified based on the utility:

- 1. Aharopayogi (anupana advocated with food articles)**
- 2. Aushadpayogi (anupana advocated with drugs)**

### **Anupana Matra**

Dose of Anupana depends on Doshas

- VataRogas - 1 Pala
- Pitta Rogas - 2 Pala
- KaphaRogas - 3 Pala

### **Anupana kala**

According to Acharya Chakrapanidatta, Anupana should be taken

- Aadi: For Karshanartha (For Emaciation)

- Madhya: For Sthapanartha (For Maintenance)
- Anthya: For Brimhanartha (For nourishment)

#### Indications

- Anupana is indicated in several diseases which are mentioned in Manda karma(less physical activities).
- Mandagni (low digestive power)
- Ill health
- Who are of tender physique

#### Contra indications of anupana after intake of food

There are certain diseased conditions where anupana is contraindicated after the intake of food like<sup>5</sup>:

- Kasa(cough)
- Swasa(Breathlessness)
- Urdhwajatrugata vikara(Diseases which occur above clavicle)
- Hikka(hicough)
- Atyadhika geeta(one who sings too much)
- Bhashya(Excessive talking)
- Urah kshata(Injury to the chest)



### Anupana according to avastha

Avastha	Type of anupana
Vata dosha	Snigdha,usna
Pitta dosha	Ruksha,seta
Kapha dosha	Ruksha,usna
Kshaya	Mamsa rasa
Upavasa,adhwa,bhasya,stri klanta,maruta,atapa karma	Paya
Krsa	Sura
Sthula	Madhudaka
Alpagni,Anidra,bhaya,soka,klama	Madya

### Anupana based on vyadhi

Disease condition	Anupana	Action
Vatavyadhi	Rasona &ghrita	Vataghna & rasayana
Shola	Hingu&ghrita	Deepana,pachana,rochana
Prameha	Trikatu&Madhu	Rasayana &vatanulomana
Grahani	Takra	Deepana,pachana,grahi
Ajeerna	Ushnodaka	Amapachana,deepana
Agnimandya	Madya	Deepana

### Anupana according to food items

Ahara dravya	Anupana
Dadhi,madhu,godhuma,yava and food which cause burning sensation during digestion	Shita anupana
Pishtanna which are hard to digest	Ushna anupana
Who are debilitated with fasting,long walk,speaking,after consumption of shastika Sali	Ksheera
After consuming dadhi,kirchrika,kilaka	Mastu or cold water
After eating foods prepared with pulses,vegetablesand coarse grains	Dhanyamla,mastu or takra
Mamsa	Madya

#### Selection of anupana based on kala

- The anupana in the context of ahara sevana is divided in to three categories based on kala ie, Adipana is intake of liquid substance prior or before to the meals.
- This brings about karshana of the body and hence can be indicated in sthoulya.
- The liquid material which is taken in between the food is called madyapana and it helps to sustain the body, while anupana is the anupana taken at the end of the meals and this does brumhana.

#### Selection of anupana based on dravya

- Each dravya has its own qualities like ushna, teekshna guna etc. hence proper anupana has to be selected to combat the vitiated doshas.
- For instance: sheeta jala (cold water) has sheeta guna, so this has to be given as anupana to bhallataka taila and tuvaraka taila, which possess usna virya, predominant of tikshna and ushna guna.
- Thereby it is clear that, anupana should possess the opposite qualities to that of the dravya administered along with that,so that the intensity of it is reduced slightly. Hence, sheeta jala is administered along with bhallataka and tuvaraka taila.

#### Selection of anupana based on ahara

- Anupana which is taken along with or after the meal is beneficial in digestion, assimilation and transporting the food materials.
- In general, cold water is ideal always after consuming madhu (honey), dadhi (curd), yava (barley), godhuma (wheat), ksheera (milk), mamsa rasa (meat soup) is beneficial for those who partake food prepared from shali (rice), mudga (green gram).

Anupana is essential for each and every individual to get the desired effect of dravya which is taken in the form of ahara and ausadha.

#### CONCLUSION

Concept of anupana is a unique contribution and essential part in administration of ahara as well as aushadha. The potency of the medicine get enhanced and brings about the desired

effect when administered with suitable anupana enlightens the importance of anupana. The anupana when consumed along with food increases digestion and absorption capacity while at the intake of food increases digestion and absorption capacity while at the end of intake of food causes brmhana. Thus, suitable anupana should be selected for different individuals and different conditions to obtain maximum benefit.

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