**ANUPANA, THE VEHICLE AT ITS BEST!**

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**INTRODUCTION**

Ayurveda is not only the science of treating the ailing...but is the science of hale and hearty living....concept of Anupana is also mentioned in both the conditions.

Anupana are described along with food stuffs as well as medications under different conditions. They are having the simplest to the obscure functions in different ways. The concept of anupana is very much established in Ayurveda, let us have a glimpse of that.

**Anupana**

Niruki
Those substances which are drunk along with or after medicine or food intake is known as Anupana.

Anausah pXca\  vaa ipyato [it Anupanama]\ ||

Definition

r%td\  raogaGna  BaOyajyama\ BaoYajasyaanupliyato yacca sahayanakI syaad\ Anuapanama\ tducyato | (rsatrMigaNaI)
Whatever which reduces the ailment by augmenting action of medicine, when taken along with it is known as anupana (Rasatarangini).

**ABSTRACT**

Concept of Anupana is one of the best gifts provided by Ayurveda for us. It plays a crucial role while taking diet as well medicine. It is the substance taken along with or after medicine or food intake. Anupana provided in its suitable quantity and quality works through the mechanisms of

a) Adjuvant action  
b) Vehicle action  
c) Synergistic action  
d) Appetiser  
e) Digestant

For that present article provided a glimpse on the anupana in details so that one can able to prescribe the exact anupana according to the disease of a person. With above mentioned mechanisms of anupana the present paper also incorporates the requirements and selection criteria of Anupana, doses, effects, indications, contraindications, best Anupanas, types of Anupana, examples of Anupana, actions of Anupana etc.

**KEYWORDS:** Anupana, doses, effects, indications, contraindications.

**History**

Anupana is explained by all Bruhatrayis in detail. In Ashtanga Hridaya it is mentioned in Matrashitya Adhyaya. In Ashtanga samgraha it is mentioned in Sutra sthana-Virudhanna vijnaniya. In Sushrutha samhitha there is a varga known as anupana varga is explained in Sutrasthana. In Charaka sutrasthana, detailed description of different anupanas including asavas mentioned. In the medieval period, Sharangadhar also mentioned anupana. In Kaiyadeva nighantu, a well description of anupana present. In Rasatarangini also anupana explained in relation with Rasaoushadhis.

**Types**

1. Panam  
2. Sahapanam  
3. Anupanam  

In Charaka Sutrasthana, detailed description of different Anupanas including Asavas mentioned. In the medieval period, Sharangadhar also mentioned Anupana. In Kaiyadeva nighantu, a well description of anupana present. In Rasatarangini also Anupana explained in relation with Rasaoushadhis.
1. Panam yadinayat kalama\ SicavaSaat\ pLyato t\ panama\ ]
   (Ashtanga Hridaya) Panam - Taken without time
   specifications according to ones taste.

2. Sahapanam
   yad\ yaaogaona rsaidnama\ ivBa> prmaaNava:
   d`utma\ AngaYau sap-int sahpanama\ td \ lcya\ ]
   Sahapanam -which causes fast distribution to all
   the Dhatus.

3. Anupanam
   yad\ inayakkalama\ ivaiQavaSaat\ ipyato t\
   Anaupanama\ ]
   (Ashtanga Hridaya) Anupanam- Taken at appropriate
   time with specifications.

Requirements of Anupana
1. Should have properties opposite to food
   Eg: Rooksha anupana for snigdha ahara
   Amla rasa
   anupana for madhura rasa
   Shita anupana for ushna
   .
   2. Should not act as antagonist to dhatus

Best Anupana
savao-Yama\ Anaupanaanaama\ mahon`d`ma\
   taoyamau%tmanama\]
The rain water is considered as the best anupana.

Dosage Of Anupana
For Vata Rogas – 1 pala
For Pitta Rogas – 2 pala
For Kapha Rogas - 3 pala

Anupanas mentioned for Doshas
Vata - Sura, Souviraka, Tushodaka, Medaka,
Dhanyamla, Phalamla
Pitta – Mrudvika svarasa, amalakisvarasa,
parushakasvarasvarasa, phanita, ksheera
Kapha – Madhu, Gomutra, Kwatha

Time of administration of anupana
Effect of anupana differs a/c to the time of taking
Anupana taken beforefood-karshana Anupana taken
along with food-sthiratha Anupana taken after food-
brumhana.

Effects of Anupana
According to Vagbhata
- Urja-manahpraharsha
- *(pleasing mind)*

- Tripti-sarina indriya prinana
- *(satisfaction to body and senses)*

- Dridhangatha-sthira sarinava
- *(stability to body)*

According to Charaka
Gives nourishment Pleasure to mind helps easy
movement of food from stomach to intestine fast spread
of the food and drug Helps in disintegration of food and
drugs, metabolism, distribution and assimilation of food.

Susrutha says
tp-Nama\ maad-vakrm\ EamaBa`makrm\ sauKma\ dlpmama\ daoYasamanama\ ippasaaCodnma\ prma\ balama\ vaNya-krma\ samyak\ Anaupanama\ td \ lcya.

According to Susrutha
It gives nourishment. Gives taste to food. Gives pleasure
to mind. Helps in easy disintegration of food. Increase
appetite. Pacifies thirst. Gives strength and colour to
body.

Actions of anupana

Adjuvants
Assisting or aiding. A substance that aids another, such
as an auxiliary remedy. A nonspecific stimulator of the
immune response.

How anupana acts as adjuvant?
Eg: Honey It contain easily digestable fructose It aids
easy absorption by active transport It augment the action
of medicine by yogavahitva.

Vehicles
The term vehicles is derived from the latin word’
vehiculum’ meaning that ‘which carrries’.

It is a substance used for the administration of medicine.
They form a reservoir of the ingredient. They allow local
release of suitable amounts of the active drug.

They provide a safe infra structure and practical
application.

Useful for physical actions like soothing, lubricating,
cooling etc.

Vehicle action according to Ayurveda
Sharngadhara says………………. yaqaa tOlama\ jalo
ixaPtma\ xaNaonaOva p sap-it Anaupana
balaadngao tqaa sap-it BaoYa\jama\]

How anupana act as vehicles?
eg: Shila\jatu(black bitumen)
Asana kwadha-prameha Gomutra-kumbha kamala
**Digestant and appetiser**
Digestants are drugs which enhance the process of digestion. Appetizers are drugs used for the treatment of loss of appetite. Induce appetite by increasing gastric secretion.

**Digestant, appetising action of anupana**
Anupana mentioned along with aharas are having appetising and digestant action. Both these actions of anupana seen in food stuffs. Thus it helps in faster digestion.

**What is synergism?**
Synergism means facilitation of a pharmacological response by the concomitant use of two or more drugs.

The word ‘synergism’ is derived from the two Greek words ergo (work) and syn (with) indicates a pharmacologic co operation.

This results in a total effect greater than the sum of their independent actions.

**Synergestic action of anupana**
Rasnadi kwadha is told as anupana for Yogaraja Guggulu Gutika in vata rogas. Here the kashaya augment the action of Yogaraja Guggulu. Thus act as synergist. Thus with different anupana, same oushada can be used in many conditions.

**Common examples**
Kaishora Guggulu Gutika.

Netraroga-vasakashayam Gulma-varunadi kashaya Vrana, kushta-Khadira kashaya Vatarakta-Manjishthadi kashaya

If anupana given in contraindicated patients

**Pradushti of amashaya**
Sthana samsraya of Doshas

Uras and kanta

Causing rogas

Kaphasrava, mandagni, chardi.

**Anupana can be avoided in**
- Balina
- Khara Bhukshya
- Deepagni
- Karma nitya (Susruta Samhita).

**Factors for selection of Anupana**
- Dosha
- Roga
- Aoushadha
- Ahara.

**Anupana according to Dosha**
- Vata - Snigdha, Ushna
- Pitta – Madhura, Sheetu
- Kapha – Rooksha, Ushna

**Contraindications of Anupana**
- Shwasa
- Kasa
- Urdhwajatrugat roga
- Urdhakshata
- Pinasa
- Swarabheda
- Neteraroga
- Medoroga
- Gauroga
- Vrana roga
- Lala Prasek (A.H.)

**Contraindications after Anupana**
1. Adhwa (walking)
2. Bhashya (speech)
3. Adhyayana (learning)
4. Geetam (singing)
5. Swapnam (sleeping)
Anupana according to Diet
Raktha pitta-milk, sugarcane juice
Visha-arka, sleshmataka, siresha asavas.

Anupana according to Medicine
Anupana for Kaka
honey, ghee, oil-dwigunamatra
other dravadhravyas-chaturguna
rasonakalkam-tilatalam
nimbaalka-jalam.

Anupana for Churna
Ghrithadidravadravyas
for lehana-dwiguna
for panam-chatruguna
eg-hingvashakam churnam-ghrithm
sitopaladi churnam-honey, ghrithm

Anupana for Kashaya
Ksheeram, Ghrithm, Gudam,
Anupana for Churna

Rasa preparations
Anupanas are having more functions in rasa oushadhis. It may consider that anupana removes the toxicity if present. It may decrease the potency and make suitable for the body. Almost all rasa oushadhis are having different system wise action according to anupana.

Eg:
- Agnikumara rasam
  - Ama jvara- Honey
  - Kapha jvara- Ardraka swarasa
  - Pinas- Ardraka svarasa
  - Agnimandya-Lavanga kashaya
  - Sopha- Dasamoola kashaya
  - Grahani- Sutthi kashaya
  - Atisara- Musta kasaya
  - Sannipat Jvara- Pippali kashaya
  - Swasam- Tila tailam
  - Kasam- Kantakari kashayam

Sneha preparations
Ghrita - Ushna jala
Taila - Yoosha
Vasa, majja - Manda

Single drugs-Anupana
Eg: Haritaki ---- According to Ritu
Grishma – Guda
Varsha – Lavana
Sharad – Sita
Hemanta – Nagar
Shishira – Pippali
Vasanta – Madhu

Eg: Nirgundi
Kusha – Gomutra
Trisha - Ghritha
Rogayuktha – Ushnavari

According to food
Yava, Godhuma - Cold water
Masha - Dhanyamla, Dadhi, Mastu
Mamsa – Madya

Saakmaudgadid ivak’utaO mastu tk’ Amla
kiHjakma\ |]

Most commonly used anupana
Example – milk Indications
Jvara, Daaha, Kasa, Shwasa, Vibadhavarcha, Shopha.

Someone likes sour taste….but they dislike sweet taste. Someone like sweet taste….but they dislike sour taste then?.

Amlaona koicat\ ivaihta manuaYya maQauya-
yaaogao p’Niya Bvavint |
tqaa Amla yaaoaqo maQauroNaa ~% pa toYaaM
yaqaoYTM p’ vadint pyyama| (Sushrut Samhita)
We can use anupanas to improve the palatability of the drug; palatability gives pleasure to the minds; Psychological sensation of pleasure results in better absorption of minerals and nutrients…..thus we can say anupana improves digestibility and absorption

Certain research points regarding anupana
Anaupanama\ ihmama\ vaair yavagaao{QaUmayaao\ ihtmam\ |]
Application of cold water in wheat foods
- There is a protein called gluten common for yava and godhuma
- Gluten is responsible for the texture of flour
- Gluten becomes hardened by the application of hot water
- Solubility literally means digestibility
- Eventhough cold water decreses rate of digestion generally , yava and godhuma can be easily soluble and digestable in cold water

Cold water in curd digestion
Anaupanama\ ihmama\ vaair diQa |
- Curd is easily digestable than milk
- It contain high fractions of lactic acid
- Lactic acid formations during digestion is responsible for heartburn
- Curd is culprited for heartburn in most of the people
- While taking with cold water reduces the risk of heartburn

Alcohol and cold water
maVma\ +ihmama\ vaair |
- Alcohol absorbs slowly in presence of cold water in comparison with warm water
- Rapid absorption reduce the efficacy of liver, because detoxification takes place at liver
- Absorption of alcohol from stomach causes irritation of the membrane
- Cold water gives soothering effect to the mucous membranes of stomach

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Honey and cold water
Anupanama\ ihmama\ vaair diQna maVo ivaYao
\ Hao\...  
- Honey contain enzymes for easy digestion and absorption which is more active in cold water

Luke warm water in carbohydrate digestion
Enzymes for carbohydrate metabolism secrete more in hot comparison with cold. So anupana in this contest aims for easy digestion.

Anupana is considered as a liquid medium by Vagbhata, Charaka, Sushruta and Sharngadhara.
- Prakshepa is similar in action of anupana still there is a controversy between prakshepa and anupana

CONCLUSION
- Anupana is very essential part in ahara as well as oushada Care should be taken in selecting anupana suitable for ourselves for getting all the beneficiaries from intake Also it is a concept that is gifted to us from Ayurveda.