



“UNDERSTANDING THE CONCEPT OF ANUPANA IN THE PRESENT SCENARIO”

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Abstract: The concept of Anupana is crucial in Ayurvedic treatment. Without proper knowledge and application, Ayurvedic therapy remains incomplete. The role of Anupana is not limited to Aoushadha (medicine) for treating ailments; it also plays a significant role in Ahara (diet) for maintaining health. This makes the concept highly important and worthy of thorough study and practical application.

Keywords:

Ayurveda, Aupana, AoushadhaAupana,AharaAnupana

INTRODUCTION:

Ayurveda is an ancient Indian system of medical science that emphasizes a holistic approach to the health and the wellness. The term Ayurveda is derived from the Sanskrit word which means Life Science and helps to promote overall wellness & balance in their lives; In this regard a unique concept called “Anupana” has been explained. Anupana, a concept in Ayurveda, refers to the vehicle or medium that carries the medicinal properties of a drug to the body at the same time it helps to digest the food accordingly.

NEED OF THE STUDY:

By exploring Anupana, researchers and healthcare practitioners can unlock the full potential of Ayurvedic medicine, leading to better treatment outcomes, improved patient care, and a deeper understanding of the intricate relationships between medicines, vehicles, and the human body

1. NIRUKTI:

The term "Anupana" is derived from two components: "Anu," which is a special Upasarga meaning "after" or "along with," and "Pana," derived from the root "Pa," meaning "to drink."

2. DEFINITION:

Anupana refers to a liquid taken along with or after food and medicine. Several classical definitions highlight its significance:

2.1 A liquid substance given specifically with Aoushadha is called Anupana.

2.2 A substance consumed along with or after Aoushadha is known as Anupana.

2.3 A dravya (substance) taken along with or after Ahara (food) or Aoushadha (medicine) is termed Anupana.

3. CLASSIFICATION:

Although no strict classification of Anupana is provided, Rasa Tarangini categorizes it into two types:

3.1 Anupana

3.2 Sahapana

additionally, it can be classified based on its administration with Aoushadhadravya (medicine) and Ahara dravya (food).

Examples:

1. **Ahara Anupana** – For Mamsabhojana (meat consumption), Madhya (alcohol) can be used.
2. **AoushadhaAnupana** – GuduchiSatwa with Madhu (honey) in Sleshma Jwara, and Chitrakadi Vati with Takra (buttermilk) in Agnimandya.

3. ANUPANA DRAVYA:

Sushruta Acharya mentions several dravyas suitable for use as Anupana, including Shita jala (cold water), Ushna jala (warm water), Asava, Madhya, Phalamamla, Dhanyaka Hima, Dugdha (milk), and other important substances such as Madhu (honey), Ghruta (ghee), Swarasa (fresh juice), Hima (cold infusion), Sita (sugar), Guda (jaggery), Takra (buttermilk), Taila (oil), and Kwatha (decoction).

4. SELECTION OF ANUPANA:

The selection of Anupana is essential and should be carefully determined:

5.1 For Ahara Anupana: According to Annavidhi Adhyaya, the liquid used as Anupana should have opposite properties (Viparita Guna) to the Ahara dravya. For example, since Mamsa (meat) is Guru (heavy) and difficult to digest, Madhya (alcohol) is recommended as Anupana due to its opposite properties, aiding digestion.

5.2 For AoushadhaAnupana: The choice depends on the Dosha involved in the disease. The Anupana should have similar properties to the medicine:

- **Vata disorders:** Snigdha (unctuous) and Ushna (hot) Anupana
- **Pitta disorders:** Madhura (sweet) and Shita (cold) Anupana
- **Kapha disorders:** Ruksha (dry) and Ushna (hot) Anupana

5. THE BEST ANUPANA:

Jala (water) is considered the best Anupana because it is the source of all Madhuradi Rasas and is Satmya (compatible) for all living beings. Additionally, water acts as a universal solvent, making it superior to other Anupanas.

7. ANUPANA GUNA, KARMA, & BENEFITS:

7.1 For Ahara Anupana: Sushruta explains that the proper use of Anupana provides benefits such as Rochana (appetizer), Bruhmana (nourishing), Vrushya (aphrodisiac), Bhedana (purgative), Tarpana (satiating), Mardavakara (softening), Shramahara (fatigue-relieving), Klamahara (refreshing), Sukha Pachana (easy digestion), Deepana (digestive stimulant), Dosha Shamana (dosha pacification), PipasaChedana (thirst-quenching), Balya (strengthening), and Varnakara (enhancing complexion). If used appropriately and in moderation, Anupana provides nourishment, easy digestion, and strength, ultimately promoting longevity. This is also emphasized in Charaka, Sushruta, and Ashtanga Samhitas.

7.2 For AoushadhaAnupana: Anupana plays a vital role in pharmacology. It acts as a vehicle for medicine, enhancing its absorption and efficacy. Just as oil spreads quickly over water, Anupana allows medicine to spread rapidly throughout the body, reaching the target site efficiently.

For instance, Takra used with Arsha Kutara Rasa aids in the disintegration, dissolution, and absorption of the main drug, ensuring its effectiveness at the target site.

8. IMPACT OF ANUPANA:

A single drug can be used for different conditions by altering the Anupana. The main drug absorbs the properties of the Anupana, enhancing its potency and therapeutic effect.

Examples:

8.1 Gandhaka with different Anupanas:

- Gandhaka with Nimbu Rasa – Used in Visuchika
- Gandhaka with Guda – Used in Prameha
- Gandhaka with HaritakiChurna – Used in Ajirna

8.2 Dosha-prakopaka, heavy, or improper food can be effectively digested with the appropriate Anupana, preventing associated health issues.

9. TIME OF AHARA ANUPANA ADMINISTRATION:

The effect of Anupana depends on its timing:

- Taken **before food** → Leads to Krushata (weight loss)
- Taken **with food** → Leads to Sammyata (balanced state)

- Taken **after food** → Leads to Bruhmana (weight gain)

10. AOUSHADHAANUPANA DOSAGE:

Sharangadhara prescribes specific doses of Anupana for Churna, Avalehya, Gutika, and Kalka based on Dosha dominancy:

- **Vata disorders** – 3 Pala (144 gm)
- **Pitta disorders** – 2 Pala (56 gm)
- **Kapha disorders** – 1 Pala (48 gm)

11. EFFECTS OF NOT USING ANUPANA:

Sushruta states that the absence of Anupana can cause improper digestion and stagnation of food in the digestive tract, leading to discomfort and conditions like Udara Shoola (abdominal pain).

12. CONTRAINDICATIONS OF ANUPANA:

Anupana should be avoided in individuals suffering from JatrurdvagataRoga (ENT disorders) such as Shwasa (dyspnea), Kasa (cough), and Urhakhshata (chronic respiratory conditions), as it may lead to unwanted dryness in the throat and chest region.

DISCUSSION:

1. OPTIMIZING DRUG DELIVERY

Understanding Anupana helps optimize drug delivery by selecting the most appropriate vehicle for a specific medicine, ensuring maximum absorption and efficacy.

2. ENHANCING BIOAVAILABILITY

Anupana plays a crucial role in enhancing the bioavailability of medicines. By choosing the right Anupana, healthcare practitioners can increase the amount of medicine absorbed by the body.

3. MINIMIZING ADVERSE EFFECTS

Studying Anupana helps minimize adverse effects by identifying potential interactions between the medicine and the Anupana. This ensures safer treatment options.

4. PERSONALIZED MEDICINE

Anupana is essential for personalized medicine, as it allows healthcare practitioners to tailor treatment plans to individual patients based on their unique characteristics such as age, health status, and digestive capacity.

5. REVITALIZING TRADITIONAL MEDICINE

The study of Anupana helps revitalize traditional medicines by providing a scientific understanding of the ancient practices and principles Ayurveda.

6. IMPROVING PATIENT COMPLIANCE

Anupana can improve patient compliance by making medicines more palatable and easier to administer, leading to better treatment outcomes.

7. ADVANCING PHARMACEUTICAL RESEARCH

Research on Anupana can inform the development of new pharmaceutical products, such as novel drug delivery systems and formulations.

8. INTEGRATING TRADITIONAL AND MODERN MEDICINE

The study of Anupana facilitates the integration of traditional Ayurvedic medicine with modern pharmaceutical practices, promoting a more holistic approach to healthcare.

CONCLUSION:

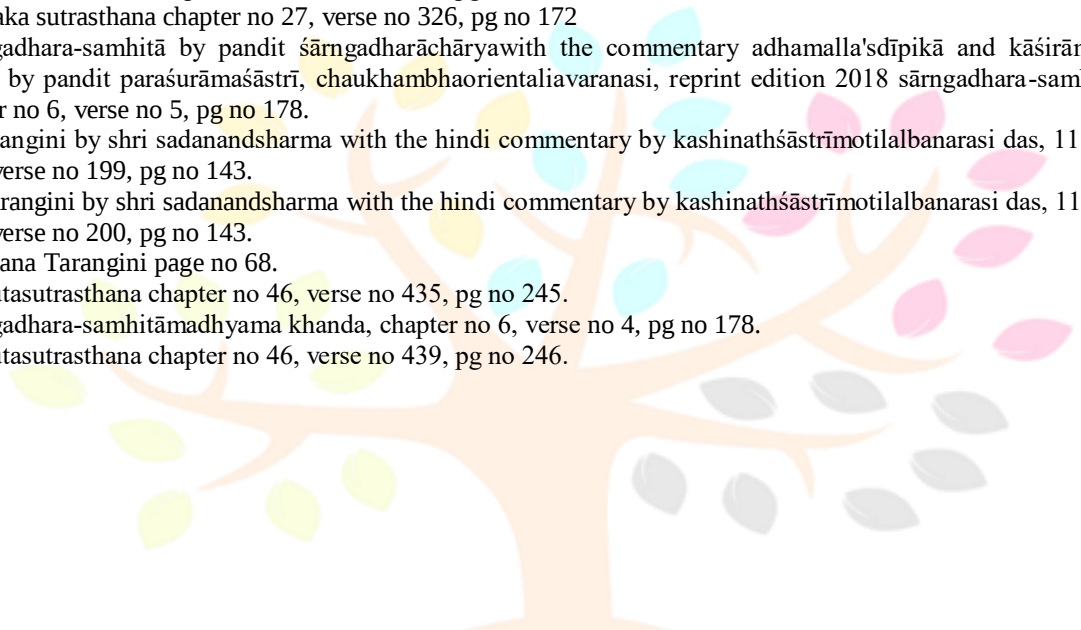
1. Anupana is an essential concept in Ayurveda, It has both preventive and curative applications.
2. Solid substances like Sita and Churna are also considered as Anupana.
3. Ahara Anupana and Aoushadha Anupana serve distinct purposes; Ahara Anupana should have opposite properties to the consumed food, while AoushadhaAnupana should have similar properties to the medicine.
4. Anupana acts as a vehicle aiding its delivery to the target site. strengthening the medicine.
5. Anupana enhances drug absorption, reducing dosage while increasing efficacy.
6. The therapeutic potential of Rasaoushadhi can be expanded by using different Anupanas.
7. Anupana neutralizes possible toxic effects caused by improper food and medicine consumption.
8. Classical Text like Charaka,Shushruta,Vaghata are focused on Ahara Aupana but Sharangdhara, Rasatarangini are focused on Aoushadha Anupana.

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