ANUPANA

Preethi Mohan
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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........
Those substances which are drunk along with or after medicine or food intake is known as anupana.

अनूसह पश्चात् वा पियते इति अनुपान।
तत्तद् रोगघ्न भैषज्यम् भैषजस्यानुपीयते
यच्च सहायकारी स्याद् अनुपानम् तद् उच्यते।

Whatever which reduces the ailment by augmenting action of medicine, when taken along with it is known as anupana.

( rasatarangini)
Anupana is explained by all bruhatrayis in detail

In Ashtanga Hridaya it is mentioned in matrasitiya

In Ashtanga samgraha it is mentioned in sutra stana-virudhannavijnaniya.

In Susrutha samhitha there is a varga known as anupana varga is explained in sutrastana
In Charaka sutrastana, detailed description of different anupanas including asavas mentioned.

In the medieval period, Sarngadhara also mentioned anupana.

In Kaiyadeva nighantu, a well description of anupana present.

In Rasatarangini also anupana explained in relation with rasaoushadis.
Types

1. Panam
2. Sahapanam
3. Anupanam
Panam

यदनियत कालम् रुचिवशात् पीयते तत् पानम्।

(Ashtanga Hridaya)

Panam - Taken with out time specifications according to ones taste
Sahapanam

यद्योगेन रसदिनम् विभक्त परमाणवः द्रुतम् अन्गेषु सप्तन्ति सहपानम् तद् उच्यते।

(Rasa tharangini)

Sahapanam -which causes fast distribution to all the dhatu.
Anupanam

यद् नियतकालम् विधिवशात् पियते तत् अनुपानम्।

(ashtanga hridaya)

Anupanam - taken at appropriate time with specifications
Requirements of anupana

- Should have properties opposite to food
  - Eg: Rooksha anupana for snigdha ahara
  - Amla rasa anupana for madhura rasa
  - Seetha anupana for ushna

- Should not act as antagonist to dhatu
The rain water is considered as the best anupana
Dose of anupana depends on doshas

For vatha rogas- 1 pala
pitha rogas- 2 pala
kapha rogas-3 pala
<table>
<thead>
<tr>
<th>Dosa</th>
<th>Anupanas Mentioned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vata</td>
<td>sura, souviraka, thushodaka, medaka, dhanyam la, phalamla</td>
</tr>
<tr>
<td>Pitta</td>
<td>mrudvika svarasa, amalaki svarasa, parushaka svarasa</td>
</tr>
<tr>
<td>Kapha</td>
<td>madhu, gomutra, kwadha</td>
</tr>
</tbody>
</table>
Effect of anupana differs a/c to the time of taking

- Anupana taken before food - karshana
- Anupana taken along with food - sthiratha
- Anupana taken after food - brumhana
Effects of anupana

According to vagbhata

- Urja-manah praharsha
  - (pleasing mind)

- Tripthi-sarira indriya prinana
  - (satisfaction to body and senses)

- Dridhangatha-sthira sariratva
  - (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
तर्पणम् मार्दवकरम् श्रमभ्रमकरम् सुखम्
दीपनम् दोषसमनम् पिपासाच्छेदनम् परम्
बल्यम् वर्णकरम् सम्यक् अनुपानम् तद्
उच्च्यते।
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

- Adjuvant action
- Vehicle action
- Digestant
- Appetizer
- Synergistic action
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
The term vehicles is derived from the Latin word ‘vehiculum’ meaning that ‘which carries’.

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 infrastructure and practical application

Useful for physical actions like soothing, lubricating, cooling etc
Vehicle action according to Ayurveda

यथा तैऱम् जऱे क्षऺप्तम् क्षणेनैव प्रसऩपतात
अनुऩान बऱादन्गे तथा सऩपतात भेषजम्।
How anupana act as vehicles?

eg: Silajathu
(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.
Anupana mentioned along with aharas are having appetising and digestant action
both these actions of anupana seen in food stuffs
Thus it help 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 cooperation.

- 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 Yogarajaguggulu gulika 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

Kaisoraguggulu gutika

- Netra roga - vasa kashayam
- Gulma - varunadi kashaya
- Vrana, kushta - khadira kashaya
- Vatharaktha - manjishtadi kashaya
eg: Narayana churnam

<table>
<thead>
<tr>
<th>Udara</th>
<th>-thakra</th>
</tr>
</thead>
<tbody>
<tr>
<td>gulma</td>
<td>-badara kashaya</td>
</tr>
<tr>
<td>vibandha</td>
<td>-sura madya</td>
</tr>
<tr>
<td>vatha roga</td>
<td>-prasanna</td>
</tr>
<tr>
<td>vit sanga</td>
<td>-dadhi manda</td>
</tr>
<tr>
<td>arsas</td>
<td>-dadimambha</td>
</tr>
<tr>
<td>ajirna</td>
<td>-ushnambu</td>
</tr>
</tbody>
</table>
Indications

Contraindications

Contraindications after anupana intake
Indications of anupana

- Mandakarma (less active in works)
- Manda anala (less appetite)
- Sukumara
- Sukhochitha (always treated with pleasing things)

(susrutha samhitha)
Contra indications of anupana

- swasa
- kasa
- urdhva jatrugatha roga
- urakshata
- pinasa
- Swarabheda (AH)
Contra indications ....

- Netraroga
- Medoroga
- Gala vikara
- Vrana roga
- Lala praseka (AH, KN)
Contra indications after anupana

- adhva (walking)
- bhashya (speech)
- adhyayana (learning)
- geetham (singing)
- swapnam (sleeping)
If anupana given in contraindicated patients

Pradushti of amasaya

Stana samsraya of doshas

Uras and kanta

Causing rogas

Kaphasrava, mandagni, chardi
Anupana can be avoided in

- balina
- khara bhukshya
- deepthagni
- karmanitya

(susrutha samhitha)
Factors for selection

- Dosha
- Roga
- Oushadha
- Ahara
According to dosha

- vata-snigdha, ushna
- pitha-madhura, seetha
- Kapha-rooksha, ushna
According to disease

- Raktha pitha - milk, sugarcane juice
- Visha-arka, sleshmataka, sireesha asavas
According to medicine..............

Formulations

Single drugs
Formulations

kalkam, churnam
Kashayam
Sneha preparations
Rasa preparations
Anupana of kalkam

- honey, ghee, oil - dwiguna matra
- other drava dravyas - chaturguna
- rasonakalkam - tilatalam
- nimbakalka - jalam
Anupana of churna

- Ghrithadi drava dravyas
  - for lehana-dwiguna
  - for panam-chatruguna
- eg-hingvashtakam churnam - ghrithm
- sitopaladi churnam - honey, ghrithm
Anupana of kashaya

- ksheeram, ghrithm, gudam, tailam, mutram etc - 12gm

- eg - maharasnadi kwadha - eranda tailam
dasamoola katutrayam - honey
saptasaram kwadha - ghrithm
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 systemwise action according to anupana.
Eg: Agnikumara rasam

- amajvara - honey
- kaphajvara - ardraka swarasa
- pinasa - ardraka svarasa
- agnimandya - lavanga kashaya
- sopha - dasamoola kashaya
- grahani - sunti kashaya
- atisara - musta kasya
- sannipatha jvara-pippali kashaya
- swasam - tilatailam
- kasam - kantakari kasayam
Sneha preparations

- Ghritha-ushnajala
- Thaila-yoosha
- Vasa, majja-manda
Single drugs-anupana

Eg: Haritaki

According to ritu

- grishma - guda
- varsha - lavana
- sarat - sita
- hemanta - nagara
- sisira - pippali
- vasanta - madhu
Eg: Nirgundi

- kushta - gomutra
- krisha - ghritha
- Rogayuktha - ushna vari
According to food

- yava, godhuma-cold water
- masha-dhanyamla, dadhi, masthu
- mamsa-madya
शाकमुद्रदि विक्रुताः मस्तु तक्रं अम्ल कन्जिकम्।
Most commonly used anupana

Example - milk

Indications

Jvara
Daha
Kasa, svasa
Vibadhavarcha
sopha
Someone likes sour taste....but they dislike sweet taste
Someone like sweet taste....but they dislike sour taste

then?

अम्लेन केचित् विहिता मनुष्या मधुर्य योगे प्रणायिये
भवनिते। तथा अम्ल योगे मधुरेणा त्र्सा तेषाम् यथेष्टं
प्रवदन्ति पथ्यम्॥

(Susrutha samhitha)
we can use anupanas to improve the palatability of the drug
palatability gives pleasure to the minds of those who are taking.............
Psychological sensation of pleasure results in better absorption of minerals and nutrients......

( swedish research)

thus we can say anupana improves digestibility and absorption
Certain research points regarding anupana......
अनुपानम् हिमम् वारियवगोधुमयोर् हिंतम्।
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.
अनुपानम् हिमम् वरि दधि......
Cold water in curd digestion

- 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
मधम्+हिमम् वारि
Alcohol and cold water

- Alcohol absorbs slowly in presence of cold water in comparison with warm water.
- Rapid absorption reduces the efficacy of liver, because detoxification takes place at liver.
- Absorption of alcohol from stomach causes irritation of the membrane.
- Cold water gives soothing effect to the mucous membranes of stomach.
अनुपानम् हिमम् वारि दश्नि मधे विषे क्षौद्रे..........
Honey and cold water

- Honey contains 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
सुरा क्रिशानाम् स्थुलानाम् अनुपानम् मधुदकम्।

AND THIS IS ONE WE MADE EARLIER.
What is anupana?

Whether anupana is a liquid medium?

Does it mean praksepa?
Anupana is considered as a liquid medium by Vagbhata, Charaka, Susrutha and Sarngadhara.

Prakshepa is the powder form of either single or combined drugs.

In Kerala, Anupana is considered as prakshepa by the name ‘mempodi’.

Prakshepa is similar in action of anupana.

Still there is a controversy between prakshepa and anupana.
दोषवत् गुरु वा भुकमतिमात्रमथापि वा
यथोक्तेनानुपानेन सुखमन्नम् प्रजियंति।(su.su)

Anupana prasamsa
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.
Thank you!