

ANUPANA

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Introduction

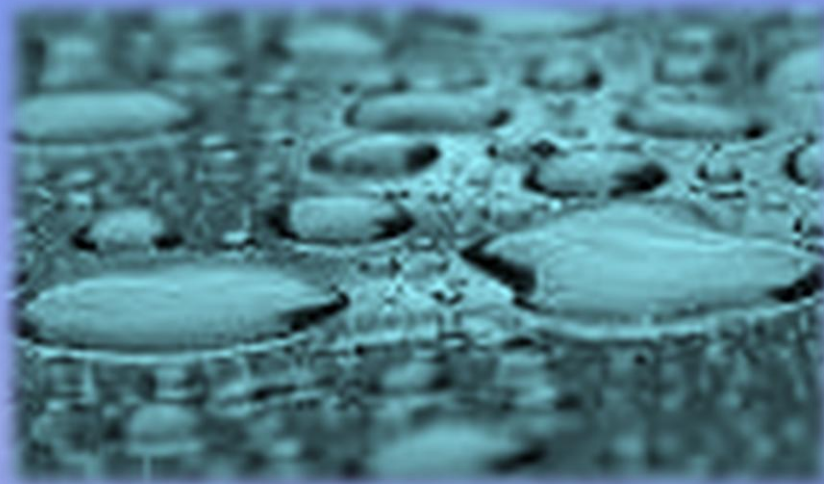


Introduction..



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.....

Introduction..



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.....



Introduction...

The concept of anupana is very much established in Ayurvedalet us have a glimpse of that.....



Anupana

Nirukthi

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

अनुसह पश्चात् वा पियते इति अनुपान।

Definition



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)

History



Through samhithas.....

- ❁ 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

📖 History



📖 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



यद् योगेन रसदिनम् विभक्त परमाणवः द्रुतम् अङ्गेषु
सर्पन्ति सहपानम् तद् उच्यते।

(Rasa tharangini)

**Sahapanam -which causes fast distribution to all the
dhatus**

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 dhatus

Best anupana

सर्वेषाम् अनुपानानाम् महेन्द्रम् तोयमुत्तमम्।



The rain water is considered as the best anupana

Dosage of anupana



Dose of anupana depends on doshas

For vatha rogas- 1 pala

pitha rogas- 2 pala

kapha rogas-3 pala

Anupanas mentioned for doshas

Vata-

sura,souviraka,thushodaka,medaka,dhanyam
la,phalamla

**Pitha-mrudvika svarasa,amalaki
svarasa,parushaka svarasa**

Kapha-madhu,gomutra,kwadha

Time of administration of anupana

■ 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)

- **Tripti-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**

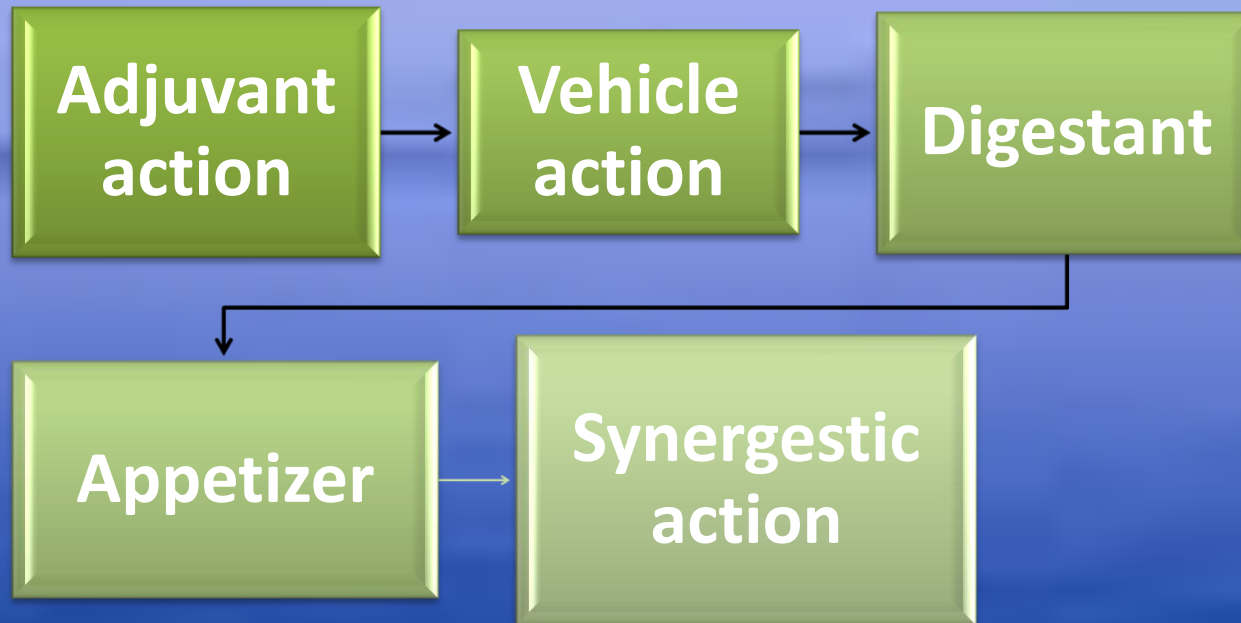
Susrutha says....

तर्पणम् मार्दवकरम् श्रमभ्रमकरम् सुखम्
दीपनम् दोषसमनम् पिपासाच्छेदनम् परम्
बल्यम् वर्णकरम् सम्यक् अनुपानम् तद्
उच्यते।

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 digestible 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 carries'.
- It is a substance used for the administration of medicine.

Vehicles...

- 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

Sarngadhara says.....

यथा तैलम् जले क्षिप्तम् क्षणेनैव प्रसर्पति

अनुपान बलादङ्गो तथा सर्पति 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

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 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 co operation**
- **This results in a total effect greater than the sum of their independent actions**

Synergistic 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

 Udara	-thakra
 gulma	-badara kashaya
 vibandha	- sura madya
 vatha roga	- prasanna
 vit sanga	-dadhi manda
 arsas	-dadimambha
 ajirna	-ushnambu

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-tilatailam
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 katutravam -honey
saptasaram kwadha -ghrithm

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 systemwise action according to anupana

Eg: Agnikumara rasam

- amajvara -honey
- kaphajvara -ardraka swarasa
- pinasa -ardraka svarasa
- agnimandya -lavanga kashaya
- sophā -dasamoola kashaya
- grahani - sunti kashaya
- atisara -musta kasaya
- 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**





शाकमुद्गदि विक्रुतौ मस्तु तक्रु 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 प्रणायि
भवन्ति। तथा अम्ल योगे मधुरेणा ऋसा 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 वारि
यवगोधूमयोर् हितम्।



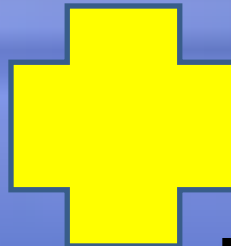


Application of cold water in wheat foods

- 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 decreases 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 digestible than milk
- It contains high fractions of lactic acid
- Lactic acid formations during digestion is responsible for heartburn
- Curd is culpited for heartburn in most of the people
- While taking with cold water, reduces the risk of heartburn

मद्यम्+हिमम् वारि





Alcohol and cold water

- ▶ 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 soothing effect to the mucous membranes of stomach

अनुपानम् हिमम् वारि दधि मये विषे क्षौद्रे.....





Honey and cold water

- ✚ 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

सुरा क्रिशानाम् स्थुलानम् अनुपानम् मधुदकम्।

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**kiddykrisp
breakfast
cereals**



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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 praksepa by the name 'mempodi'**
- Prakshepa is similar in action of anupana**
- still there is a controversy between praksepa and anupana**

Anupana prasamsa

दोषवत् गुरु वा भुक्तमतिमात्रमथापि वा
यथोक्तेनानुपानेन सुखमन्नम् प्रजिर्यति।(su.su)

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.

