

Review Article

Anupan – Utility and Importance

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ABSTRACT:

Ayurveda is very oldest science and it has been applied from last many years. It's existence also proven by various theories of ayurveda like panchabhoutic sidhant, samanya vishesh sidhant etc. In ayurveda there are many concepts which are different and unique than other pathy. Anupan is one of them. Concept of 'Anupan' is explicated with *Aahara* and *Aushadha* in different condition, especially in ayurveda food particle or any medicine can be used for treating different kinds of disease by changing the *anupan*. The concept of anupan plays a very significant role in treating the disease and also helps the drug to act quickly.

KEY WORDS: *Anupan, Aahar, Aushadh and Vehicle*

INTRODUCTION:

In ayurveda the particular way of administration of *aahar* and *aushadh* along with *anupan*. *Anupan* is based on *dosha, kal, rogavstha, sthan of roga and prakruti of rogi* which benefits to decrease the disease. Hence the knowledge of specific action of drug with *anupan* in clinical practice is very important.

Anupan consist of two words. *Anu* means *Paschat* or later and *Pan* means drinking. That's why, it is defined as "a liquid material is taken with or after the meal or drug". Anupan had done not only transport of drug to desired site but also it helps in absorption, assimilation.

Synonyms for Anupana:-

The different terms implying the meanings of Anupana have been mentioned in different contexts and these synonyms of *Anupana* are as follows.

1. *Anupana* - Means the one which is consumed along with or after the *bheshaja*.
2. *Vahana* - Means the one which carries
3. *Sahayogi* - Means the one which brings together
4. *Anutarsha* - Means the one which is beneficial in thirst.
5. *Anupeya* - Means the one thing which is taken along with or after food.
6. *Anupaneeya* - Means the one which is taken along

with food.

Significance of Anupan:

Mainly in *Bhrihatrayi*, acharyas gave attention towards anupan with respect to *aahar* but later in the period of *Sharangdhara* it was anupan with *aoushadhi* which was given more significance. To understand the concept of anupan acharya gave an example that, when a drop of oil dropped in water vessel spreads quickly, similarly *anupan* spreads all over the body and it also send active principle of drug towards expected site.

1. It acts as vehicle or carrier through which it can carried the drug and help in absorption and to increase effect of drug
2. It is also explain as pharmacological agent that modifies the effect of other agent.
3. If there is any undesired effect of drug is available, then anupan can decrease that effect.

Types of Anupan:

Anupan can be classified based on the utility,

1. *Aharopayogi: Anupan recommended with food particle.*
2. *Aoushdhupayogi: Anupan recommended with*

drugs.

- *Kramana* - *Anupan* is that which is administered in delay
- *Pachana* - *Anupan* is given in the night without delaying but immediately.

Shrestha Anupan:

The rain water is considered as the best Anupan.

Anupan Dravya:

Several *anupan dravyas* are quoted in classic like,

- *Ushna Jala*
- *Asava* (Fermented Liquids)
- *Arishta* (Wines)
- *Phalamla* (Alcohol prepared from fruits)
- *Ksheera* (Milk)
- *Mansarasah* (Meat Soup)

Anupan kala:

The *anupana* in the context of *aahara sevana* is divided into three categories based on kala.

Table No.1: Anupan kala

| Sr. No. | Types | According to Meal | Karma |
|---------|-------------------|-------------------|----------------------|
| 1 | <i>Adipana</i> | Before Meal | <i>Karshan Karma</i> |
| 2 | <i>Madhyapana</i> | During Meal | To stay healthy |
| 3 | <i>Antapana</i> | After Meal | <i>Bhruhana</i> |

Dosage of Anupan:

Dose of *Anupana* depends on *dosha*

- *Vata Rogas*- 1 Pala
- *Pitta Rogas*- 2 Pala
- *Kapha Rogas*- 3 Pala

Properties of Anupana:

Anupana give rise to merits like-*Tarpan* (bring about refreshment), *preenan* (gives happiness), *urjayati* (gives energy), *brihan* (gives nourishment), *paryaaptima abhinirvartayati* (gives satisfaction) *bhukat amvasadayati* (brings Steadiness in food

consumed), *Annasangh atbhinnati* (helps in breakdown of food particles in the abdomen), *mardavmapadayati* (soften the food), *kledayati* (brings the assimilation of food), *jaryati* (helps in digestion process), *sukha parinamyati* (helps in proper assimilation), *aashu vyavayati* (helps in instant diffusion of the food taken), *aaharsya upajanyati* (supply the food to the tissues), *rochana* (improves the taste), *vrishya* (improves the potency), *shramhar* (relieve fatigue), *dipaniya* (act as appetizer), *doshashaman* (alleviates three *doshas*), *pipasachchedan* (relieves thirst), *varnakar* (improve colour of skin) and *truptikar* (gives satisfaction).

Table No. 2: Functions of Anupana

| Sr. No. | Functions of Anupan | Charaka | Sushruta | Vagbhatt |
|---------|-------------------------------|---------|----------|----------|
| 1 | <i>Dosha Shamana</i> | × | ✓ | × |
| 2 | <i>Bruhana</i> | ✓ | ✓ | × |
| 3 | <i>Tarpana</i> | ✓ | ✓ | × |
| 4 | <i>Vrushya</i> | × | ✓ | × |
| 5 | <i>Doshasanghata Bhedana</i> | × | ✓ | × |
| 6 | <i>Urjayati</i> | ✓ | × | ✓ |
| 7 | <i>Preenana</i> | ✓ | × | × |
| 8 | <i>Parinaama</i> | × | × | ✓ |
| 9 | <i>Trupti</i> | × | × | ✓ |
| 10 | <i>Annam-Sanghta Bhinnati</i> | ✓ | × | × |
| 11 | <i>Jarana</i> | × | × | ✓ |
| 12 | <i>Bhuktam Avasadayati</i> | ✓ | × | × |
| 13 | <i>Vyapti</i> | × | × | ✓ |

Table No. 3: Anupana vs Kala

| Dravya | Kaala | Anupana |
|-----------------|-----------------|------------------|
| <i>Haritaki</i> | <i>Varsha</i> | <i>Saindhava</i> |
| | <i>Sharad</i> | <i>Sharkara</i> |
| | <i>Haemant</i> | <i>Shunti</i> |
| | <i>Shishira</i> | <i>Pippali</i> |
| | <i>Vasanta</i> | <i>Madhu</i> |
| | <i>Greeshma</i> | <i>Guda</i> |

Table No.4: Anupana vs Roga

| Roga | Anupana |
|------------------|------------------------|
| <i>Unmada</i> | <i>Purana Ghrita</i> |
| <i>Sthaulya</i> | <i>Madhudaka</i> |
| <i>Ajeerna</i> | <i>Ushnodaka</i> |
| <i>Krimi</i> | <i>Vidanga</i> |
| <i>Grahani</i> | <i>Takra</i> |
| <i>Vatvyadhi</i> | <i>Lashuna</i> |
| <i>Kasa</i> | <i>Kantakari</i> |
| <i>Shosha</i> | <i>Mamsa rasa</i> |
| <i>Jwara</i> | <i>Shadanga Paniya</i> |

Anupana Ayogya vyakti (Persons not suitable for Anupana):

There are some conditions where consumption of anupana is contraindicated, therefore caution should be taken in people with following conditions like *Kasa roga* (cough), *Shwasa* (dyspnoea), *Hikka roga* (hiccups), *pinas* (rhinitis), *Urdhwajatrugata vyadhi* (diseases which occur above clavicle), *Urahkshata* (injuries to chest or lungs) and those who engaged in *Atyadhika Geeta* (excessive singing), *adhyayana* (excessive studying) and *ati Bhashya* (excessive speaking). If the Anupana is given in above condition it causes the *Aashaya Dushti*. It diminishes the Agni by the *Abhishyandi* properties of *Sneha* which is located in *Ura* and *kantha* and causes *Vamana* like disorders.

The action contraindicated after Anupana:

After the use of anupana all persons (healthy and sick) should avoid following activities like too much journey, exercise and study, *ati bhashya* (too much talking), too much of singing, *ati adhva gaman* (walking long distances), *ati shayanam* (too much sleeping immediately), *atapa sevan* (exposure to sunlight), *vanhim sevan* (exposure to fire), *yaanam* (travel in vehicle), *ati plavanam* (excessive swimming) and *ati vahanam* (excessive riding on animals).

Disadvantage of not taking Anupana:

If *Anupana* is not consumed in described form then the *Ghana Aahara* (solid food) which is consumed will not mix with liquid portion, remains without any movement and causes various types of disorders. Hence appropriate Anupana should be used after the meals

CONCLUSION:

Concept of *Anupana* is a unique contribution in ayurveda and very essential part in administration of *Ahara dravya* (diet) as well as *Aushadhi dravya* (Medicines). *Anupana* is a factor which helps in absorption, assimilation as well as in the efficacy of

the drug. The effects of the medicine get enhanced and bring about the desired effect when given with suitable anupana. Single drug can be used to treat most of the diseases when given with suitable *anupana*. Anupana has many effects; it acts as nutritive, stimulant, preventive and curative. The concept of anupana plays a very important role in curing the diseases and also helps the drug to act quickly.

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