

A Review on Importance of Anupana in Ancient Texts

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ABSTRACT

Ayurveda being a holistic science is treasure of measures of life, health and diseases. The fundamental principles of ayurveda laid down thousands years back are being explored and analyzed nowadays for better understanding and their practical utility. The main aim of ayurveda is “swasthasyaswasthyarakshanam, and aturasyavikaraprashamanam cha”. Anupana is an important concept of ayurveda which plays an important role in maintaining the good health as well as health of diseased person. It helps in digestion of food thus leading to pacification of doshas and maintaining health. It also facilitates the absorption of the drug. According to ayurveda different anupana are prescribed for different types of food. In this way anupana plays an important role in maintaining good health.

KEYWORDS: Anupana, Sahapana

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INTRODUCTION

1) Definition- The word anupana is formed by the combination of two words i.e. anu+pana The word Anu means after, along, with, near to and Pana means a drink. Hemadri has defined anupana as the liquid which is consumed after the intake of medicines¹

1. Further Adhamalla has given its importance through a simile that like the oil drop which spreads very quickly over water, the same way drug reaches every organ quickly with the help of anupana². Dalhana and Hemadri are firmly of the opinion that anupana is the one which is consumed after the food. Anupana is the best digestant

2) Properties of Anupana Charaka explains properties of anupana that it should have opposite qualities to food and similar qualities to its Dhatus⁴. The anupana which has opposite properties to food (ahara), but not incompatible with them is an ideal anupana.

3) Benefits of Anupana

Anupana provides satisfaction to the body readily helps in food digestion provides good lifespan nourishes the body gives energy to the body increases

bulk of the body brings out complete action of drug settles down the food which is consumed breaks the large food mass into smaller particles imparts softness, moistens, digest and helps in proper assimilation of food properly channelizes the action of the medicinal drug provides a healthy feeling by proper digestion of food helps in proper assimilation of the digestion food relishing ,weight -promoting, aphrodisiac disintegrates the mass of dosha produces satiety and softness removes fatigue and exhaustion stimulates digestive power pacifies doshas, quenches thirst, brings happiness promotes strength and complexion imparts stability to the body helps in spreading of food material.²

4). Mechanism of Action of Anupana

Anupana facilitates the absorption of the drug just like oil spreads quickly on the surface of water.³

5). Uttam (best) Anupana Dravyas

- * cold and hot water
- * asava and arishta
- * vegetable soup
- * sour fruit-juice

- *sour gruel
- * milk
- *meat-soup
- * honey

After considering disease, time and food items taken, after-drink should be given accordingly to a person in proper quantity. Of all after-drinks the best one is water⁴

6) Anupana According to Different Types of Ahara Anupana According to Different Types of Ahara S.No Condition (Awastha)/ Vyadhi Anupana Dravyas/ the Qualities⁵

- * Vata Snigdha (unctuous) & Ushna (hot)
- * Pitta Madhura (Sweet) & Sitala (cold)
- * Kapha Ruksha (dry) & Ushma (hot)
- * Ksaya Mamsarasa (meat soup)
- * Upavasa (observed fasting), Adhwa (travelled), Bhasya (speech), Stri Klanta (intercourse), Maruta (wind), Atapa (sunlight), Karma (purificatory measure) Paya (milk)⁶
- * Karshya (lean person) Sara (wines) 7. Sthoula (obese) Madhudaka (honey water)
- * The rainwater is the best anupana as per many classical references. However, the rainwater should be collected before it falls to earth and used soon after collection.
- * Alpagni (mild appetite), Anidra (loss of sleep), Bhaya (fear), Soka (sorrowness), Klama (mental fatigue) Madya (wine) Mamsarasa (meat soup)
- * In fatty substances except bhallataka and tuvaraka oils Hot water
- * Anupana after taking oils in hot season Yusha
- * Anupana after taking oils in cold season Kanji
- * Honey, food of rice flour, in curd, ivasa (rice cooked in milk), alcoholism and poisoning Cold water
- * Those having eaten Sali rice, green gram etc and also in battles, wayfaring, the sun, heat, poisoning and alcoholism. Milk or meat-soup
- * In masa Sour gruel or curd-water
- * For alcoholics who eats all types of meat Wine
- * Those who do not drink but eats meat Water or juice of sour fruits
- * For emaciated persons is sura (beer) For the obese should be honey-water (water mixed with honey)
- * Healthy persons Different types of after-drink in the midst of meal
- * In raktapitta (intrinsic haemorrhage) Milk and sugarcane juice
- * In poisoning Asavas of arka, Selu and sirisa

- * Awned cereals juice of sour jujube fruits
- * Pulses Sour gruel
- * Meat of strong-legged and wild animals Pippalyasava
- * Meat of scatterers Asava of kola and badara
- * Meat of peckers Asava of latticeferous trees
- * Meat of cave-dwellers Asava of kharjura and narikela
- * Meat of snatchers Asvagandhasava
- * Meat of tree-dwellers Asava of sigru
- * Meat of hole-dwellers Phalasava
- * Meat of the one-hoofed Triphalasava
- * Meat of the multi-hoofed Khadirasava
- * Meat of bank-roamers Asava of Singataka and kaseruka 33. Meat of shelled and footed animals Asava of Singataka and kaseruka
- * Meat of swimmers Asava of sugarcane juice
- * Fish of rivers Asava of lotus stalk
- * Fish of sea Asava of matulunga
- * Sour fruits Asava of the tubers of kamala and utpala
- * Astringents fruits Asava of dadima and vetra
- * Sweets fruits Khandasava added with trikatu
- * Tala fruit etc. Sour gruel
- * Pungent fruit Asava of durva, nala and vetra
- * Pippalyadi (vegetables) Asava of gokshura and vasuka
- * Kusmandadi Asava of darvi and karira
- * Cuccu (vegetables) etc. Lodhrisava
- * Jivanti (vegetables) etc. Triphalasava
- * Vegetable of kusumbha Triphalasava
- * Mandukaparni etc Asava of sour fruits
- * Rock salt etc. Surasava and sour gruel
- * Everywhere. Water is the beneficial after-drink
- * Meals prepared from Godhuma and also after consuming curds, wine, and honey. Cold water
- * Pista (starch), Saaka (leafy vegetables), Mudga (green gram), Takra, Amlakanjika (fermented gruel) Warm water
- * For emaciated Mamsarasa
- * In case of debilitated persons because of diseases, medicines, walking long distance, speaking for long time, sexual intercourse, fasting, exposure to sun, cold and children Paya (milk) is equal to amrita (Nectar) Hot water should be given (Generally) in vata and kapha while cold water in rakta and pitta⁷

7) Qualities of Anupana Taken in Different Times
Anupana dravyas when taken at the start of a meal causes emaciation, in the middle maintains the body

and if taken at the end promotes body weight. So, one should analyze all these before consuming anupana.⁸

8) In anupana 'anu' word does not strictly refer to drinks taken after food or medicine only, rather it signifies the drinks which are taken along with the food or the drugs also covers all drinks which are taken in relation to food. Thus, there is no contradiction in anupana being used in beginning and middle. If liquid is not consumed, the food becomes motionless and non-moistened, which then produces distress. So one should take anupana with food and medicine.⁹

9) Contraindication of Anupana Udaka (water) as anupana is contraindicated in person suffering Vatajasiroroga, hikka, swasa, kasa, urahskhata (chest injury), hoarseness of voice, over hydration, polyurea, eye diseases, throat diseases, wound or ulcers who indulges in reading, speaking and sexual activities. If these persons drink water it stays in throat & chest, takes away snehansha and further aggravates the conditions.¹⁰

10) Activities Avoided After Taking Anupana After consuming anupana one should not walk, talk, read & write, chant or sing. If one involves in these activities it will vitiate vatadidoṣa in amashaya, settles in throat or chest causes kaphasravana (excessive salivation), agnisada (loss of appetite), chardi (vomiting) etc. Diseases.¹¹

CONCLUSION

Anupana is not merely a vehicle for the medicines consumed but also a very important factor which helps in absorption and assimilation of the same. It is also known to assist and hasten the drug action to obtain better drug efficacy. It is known to counteract the tiksnata/ugrata, kaṣayata/tiktata or any other undesirable property of the drugs with which it is given.

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