

## **Role of Anupana in Chikitsa - A Review**

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### **INTRODUCTION**

Ayurveda is oldest known literature available today and have been a rich source of knowledge for varied sciences. In Ayurveda, treatment principles are mentioned according to dosha, vata, kapha, pitta, rogiroga among this Anupana is an unavoidable part of Chikitsa.

Anupana is nothing but “AnuSahaPaschatVaPiyateItiAnupanam” it means anything that is prescribed to be taken before, along with or after the medicine/ahar is Anupana. The word meaning Anupana is ‘anu’-along with or after and ‘Pan’ means to drink.

### **Anupana Dravyas**

- SheetaJala, UshnaJala, Madhu, Ghrita, Taila.
- Asava of various drugs like Durva, Chitraka, Pippali, Nyagrodha, Kapitha, Shireeshaphala.
- Ksheera, Mastu, Takra, Udashwit, Mahishapayah, Mamsarasa, Yusha, Manda.
- Dhanyamla, Madhya, Madhvasava, Souveera, Kanji, Chukra, Sura, Ikshurasa, Sharkarodaka, Triphalodaka, Ardrakodaka, Madhudaka
- Lavana, Sita, Guda, Shuntichurna, Hingugrhitavitam, Pippalichurna, Shilajatu, Rasonakakalka, Bhallataka, Nishachurna, Parpatarkwatha, Hema, Laja, Guggulu, Mashavataka.

### **AnupanaMatra**

Based on the doshas involved and form of basis dosage of anupana varies as recorded below:

- According to Sharangadhara, Anupanamatra is 3, 2 & 1 pala for Vataja, PittajaAndKaphajarogas respectively.
- According to Sharangadhara, Anupanamatra is 2 & 1 paladravas are advised to be used with the churna when consumed in the form of linctus or drink respectively.

### **ROLE OF ANUPANA IN CHIKITSA**

#### **Anupana Guna Karma**

- Anupana is having an important role in the efficacy of the treatment as it enhances the action of the drug by acting as a vehicle to make it reach the target.
- The effect of Anupana in the body has been explained that as oil spreads in top of water the medicine spreads in the body with the help of anupana.
- Effect on Ahara- BhuktamAvasadhayati, SanghatamBhinatti, Kledayati, Mardavatamapadayati, Sukhamparinamati, Ashuvyavayitamapnuyati, Doshala-atimatra-Guru Bhuktam Prajeeryati. Deha Paryaptiniabhidharyati, Satmyatamprayacchati

- Effect on Oushadha- Bhaishajyam Kshanenaangeshu prasarpati, Oushadha gunakaram, Rasadeenam paramanavahavi bhajayati, Rasadeen amdrutama genshusarpati, Bheshajam paribrumhayet, Yogavahi-yuktahakarya vardhanamcha. Rasataranginikara quotes Charaka's Anupana Guna karma and comments similar to the effect of Anupana on Anna, its influence on other dravyas too can be considered
- Effect on Roga- Dosha Shamanam, Dosha- Sanghata bhedanam, Pipasamharati, Shrama Klamahram, Rogahna Bhaishajyam sahayakari, Rogaharishakti- gunavati cha.
- Effect on the Rogi/Swastha- TarpayatiPreenayatiUrjayati, Brumhayati, Ayu- jeevabalamkaroti, Drudhangatamkaroti, Sukham-swasthyamdadati, Rochayati, Deepanam Vrushyam, Varnyam.

### Anupana Based on Dosha

| Dosha     | Anupanam                                    |
|-----------|---------------------------------------------|
| Vata      | Singdha, Ushnadravaamla, Kanjika, Manuarasa |
| Pitta     | Sheeta Madhura Shakarodakam Sita            |
| Kapha     | Ruksha UshnaDravam                          |
| Sannipate | Skenoudra ardrakadakam                      |

*Ref. As Sa Su 10/43; Cha Su 27/321 Gang*

### Anupana Based on Roga

| Roga/Vikara  | Anupana                | Roga/Vikara                 | Anupanam                  |
|--------------|------------------------|-----------------------------|---------------------------|
| Jwara        | Musta, Parpata, Kirata | Raktapitta                  | Vala, Ikshurasa           |
| Grahani      | Takram                 | Kruni                       | Vidanga                   |
| Prameha      | Nishamalaka, Triphala  | Ashmari                     | Pashanabhed               |
| Arsha        | Bhallataka, Chitra     | Amavata                     | Mutrayerandataila         |
| Swaraghada   | SamadhuPushkara        | Pleharoga                   | Pippali                   |
| Sheeta       | Tambuladamaricha       | Kasa                        | Kantakari                 |
| Vatavyadhi   | Ajyarasonakaguggulu    | Apasmara                    | VachaBrahmi               |
| Kshaya       | Shilajith, Masa        | Udara                       | Virechakadravya           |
| Puranajwara  | Madhu-Maricha          | Vataeakta, Ardita, Medaroga | Guduchi, Masha, Madhukaka |
| Sthoulya     | Madhudaka              | Pradara                     | Lodhra                    |
| KrushaShrama | Sura                   | Aruchi                      | Matulunga                 |
| Pandu        | Lohakitta              | Vrana                       | Guggulu                   |
| Chardi       | Laja                   | Amlapitta                   | Draksha                   |
| Atisara      | Kutaja                 | Mutrakrucha Netraroga       | ShatavariKushmanda        |
| Unmada       | Puranaghrita           | Kushta                      | Khadisasara               |
| Nidrakshaya  | Mahishaghrita          | Parshwarhula                | Pushkaramula              |
| Shwitra      | Bakuchi                | Gulma                       | Shigrutwacha              |

### CONCLUSION

- Anupana is an unavoidable concept in the treatment principle.
- Anupana has capacity to increase the efficacy of bhesaja.
- Anupana is prescribed along with or after food or medicine regularly in both Swastha & Rogis.

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