

# Anupaan (Diet Adjuvants)

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**Abstract:** *The ayurvedic texts have highlighted the importance of prevention from disease as first aim of ayurveda, leading a healthy life by following the various principles of Ayurveda. The concept of anupaan is age old. It plays important role in nutrition and treatment and most importantly in prevention of diseases. It brings certain changes in a substance along with which it is administered. To bring to light the importance of anupaan in staying healthy, prevention of diseases and for treatment purpose, a study of classical text of the ayurvedic text is done.*

**Keywords:** Anupana, sahapana, Vehicle, prevention

## 1. Introduction

As the people today are becoming more and more health conscious and the concentration is shifting on healthy life style. Disease prevention and treatment with the help of natural medicine. The knowledge of anupaan as mentioned in Ayurveda becomes integral. Information with regards to its description, importance and utility is found scattered in the literature. An attempt has been made here to compile this knowledge for practical use. The concept of anupana is unique contribution and essential part in the administration of aahara as well as aushadha. The administration of anupana is based on dosha, roga, kala etc., the knowledge of specific activity of the drug with particular anupana should be taken into consideration. Mainly brihatrayiemphazisedanupana with respect to aahara .

### Definition and Synonyms of Anupana (Adjuvant)

Anupana is defined as the pana (drink) which is taken before, after and along with ahara (food) and oushadha (Medicine).

यदाहारगुणैःपानं विपरीतं तदिष्यते।  
अन्नानुपानं धातूनां दृष्टं यन्न विरोधि च॥३१९॥ (c.s.su.27/319)

According to sage charakanupaan is liquid taken after food. The drink should be contrary to te property of food but not so to dhatus.

According to astanghridya that which is taken at the specific time and specific method are known as anupaan. As like oil spreads over water when sprinkled on it so does the drug spreads in whole body when taken with proper anupaan.

### Synonyms of Anupana

Anupaan, vaahan, sahayogi, maadyama, anupeya

### Significance of Anupaan:

अनुपानं हितं युक्तं तर्पयत्याशु मानवम्।  
सुखं पचति चाहारमायुषे च बलाय च॥३२६॥ c.s.su.27/326

Intake of wholesome drink after food saturates the person and digests the food easily for the promotion of life and strength.

### Types of Anupana (Adjuvant)

#### Based on utility:

Aharopayogi: The ancient Acharya's like Charaka, Sushruta and Vagbhatt (brihatrayi) have given the swarooma (nature) of anupana concerned to food only such as; Anupana should be dissimilar to the qualities of food. But it should not be opposite to the qualities of dhatus (body tissues). Such Anupana is always considered asprashashta (superior) Anupana. Consumed with aahar.

#### Aushadhopyogi:

The later Acharya's like Yoga Ratnakara mentioned that, the Anupana is not limited to food, but it is administered with aushadha. Taken with medicine.

#### According to rajnighantu:

In the context of roga divarga, anupana is been classified into: -

Kramana: indicates in delayed.

Pachana: indicates not to be delayed

### AnupanaMatra

It depends upon the involvement of dosha and form of the dravya.

S. No.	Form of dravya	Dosha	Anupanamatra (sharangdharasamhita)
1	If choorna,	Vata	3 pala (120 ml)
2	avaleha, gutika	Pitta	2 pala (80 ml)
3	and kalka want to administered	kapha	1 pala (40ml)

According to anupana kala:

According to chakrapanidattaanupaan can be consumed at-  
Aadhi: for karshan of then body (emaciation)

Madhya: for sthapan (sustain the body)

Anth: for brumhana (for nourishment)

**Best / Shreshta Anupana (Adjuvant)**

सर्वेषामनुपानानां माहेन्द्रं तोयमुत्तमम् ॥४३४॥ s.s.su.46/434

Rain water is considered the best anupana.

Action and properties of anupana:

- 1) Effect on ahara (Food): Bhuktamavasadayati (draws the ingested food inward), Sanghatambhinnati (split the hard mass of ingested food), Kledayati (it moistens food), Mardavatamapaadayati (softens), Sukhamparinamayati (brings easy digestion), jarayati (digests).
- 2) Effect on aushadha (Medicines): Bhaishajyamkshananevaagneshuprasarpati (medicine quickly spreads all over body), Oushadhagunakaram (enhances the properties of medicines), Rasadeenamparamanuvahavibhajati (integration of constitution), Rasadinamdrutamprasarpati (spreads with in fraction), Bheshajyamparibhramayati (helps in circulation of drug).
- 3) Effect on vikara (Diseases): Anupana brings Doshashamana (mitigates doshas), Doshasanghatbedana (separates the combined doshas in body), Pipasahara (over comes thirst), amahara (digests indigested food), shramahara (relieves exhaustion), klamahara (tiredness), roghnabheshajamsahakari (enhances the properties of medicine), and roghalagunawati (gives strength to patients).
- 4) Effect on Swastha (Healthy): It does tarpna (contentment), preenana (satisfies), urjakara (invigorates), brumhana (nourishment), ayu (increases life span), jeevana, balam, drudangata (firmness), sukhaswasthya (healthy), rochana, deepana (appetizer), vrushya (aphrodisiac), varnya (enhances colour and complexion).

**Aaharadravya and anupana- sushrut Samhita**

S. No.	Aaharadravya	anupana
1	Shashtikashali	ksheera
2	Yava, godhuma, pistannaetc	Sheetaljala (cold water)
3	Mudagaadidhanya	Mansa rasa
4	Masha	Dhanyamala, dahi, mastu
5	Mamsa	madhya

**Anupana according to various aaharakalpna-sharangdhara Samhita**

S. No.	Aaharakalpna	Anupana
1	Avaleha	Ksheera, ikshurasa, yusha
2	sneha	Ushnodaka
3	Shuka, shami, kudhanya	Badaramla
4	Pulses (shimbivarga)	Dhanyamla
5	Sour fruit	Padma and utpalakandaasava
6	Astringent taste food	Dadima and vetraasava
7	Sweet taste food	Trikatu added khandasava
8	Talphala	Dhanyamala
9	Pungent taste food	Durvasava, anal,

		andvetrasava
10	Kushmandaetc vegetables	Dravyasava and karirasava
11	Jivanti, kusumbha vegetables	Triphalasava
12	Saindhava	Surasava and arnala

**Anupana according to rasa (taste)-kashyapaSamhita**

S. No.	Rasa	Anupana
1	madhura (sweet)	Katu rasa
2	Amla (sour)	Lavanamadhura rasa
3	Lavana (salty)	Amla rasa
4	Katu (bitter)	Tikta rasa
5	Kashaya (astringent)	Madhura rasa
6	sarvarasa	ksheera

**Anupana for snehapreparations**

S. No.	Sneha	Anupana
1	Grihta	Ushnajala
2	Taila	Yusha
3	Vasa, majja	manda

**Anupana (adjuvant) according to season-Bhavaprakash-rituharitaki**

Dravya	Kaala	anupana
Haritaki	Shishira	Pippali
	Vasanta	Madhu
	Grihma	Guda
	Varsha	Saindhava
	Sharad	Sharkara
	Hemant	shunthi

**Anupana based on dosha imbalance:**

S. No.	Imbalanced dosha	Anupana
1	Vata	Anupana should be oily and hot
2	Pitta	Anupana should be cold and sweet
3	Kapha	Anupana should be dry and hot properties

अथानुपानकर्मगुणान् प्रवक्ष्यामः- अनुपानं तर्पयति, प्रीणयति, ऊर्जयति, बृंहयति, पर्याप्तिमभिनिर्वर्तयति, भुक्तमवसादयति, अन्नसङ्घातं भिनत्ति, मार्दवमापादयति, क्लेदयति, जरयति, सुखपरिणामितामाशुव्यवायितां चाहारस्योपजनयतीति॥३२५॥

Now we shall explain the action and properties of anupana. anupana in general, bring about refreshment, pleasure, energy, nourishment, satisfaction and steadiness in the food eaten. It helps in broke down, softening, digesting, proper assimilation and instant diffusion of the food taken.

भवति चात्र-

अनुपानं हितं युक्तं तर्पयत्याशु मानवम्  
सुखं पचति चाहारमायुषे च बलाय च॥३२६॥

Administration of wholesome post-prandial drink refreshes instantaneously and helps in individual easy digestion resulting in promotion of longevity and strength.

Contraindications for anupana according to charakanupanaayogya.

नोर्ध्वाङ्गमारुताविष्टा न हिक्काश्वासकासिनः।  
न गीतभाष्याध्ययनप्रसक्ता नोरसि क्षताः॥३२७॥  
पिवेयुरुदकं भुक्त्वा तद्धि कण्ठोरसि स्थितम्।  
स्नेहमाहारजं हत्वा<sup>[१]</sup> भूयो दोषाय कल्पते॥३२८॥

There are certain diseased conditions where anupana is contraindicated after the intake of food in diseases like:

Kasa (cough)

Shavasa (breathlessness)

Urdhwajatrugatavikara (disease which occur above clavicle)

Hikka (hiccoughs)

Atyaadhikageeta (one who sings too much)

Bhashya (excessive talking)

Urahkshata (injury to the chest)

Pinasa, swarbheda, medoroga, galroga, lalapraseka, netraroga

As discussed above anupana, in relation to various bodily condition, aahar and dosha .here in this article the emphasis has been laid down in taking anupana, with relation to aahar mostly so that healthy person remains healthy, to establish the primary aim of Ayurveda.