ANUPAN: AN ESSENTIAL PART OF RASA-AUSHADHIES

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ABSTRACT

21st century is an era of technology. There is rapid increase in technological advancement and rapid decrease in natural resources. Human beings are also coping with poor digestive capacity, weak mental power etc. Also drug used to make Ayurvedic Medicines today, are increasingly becoming poor in potency due to change in environmental condition, increase in population, reduced vegetation area, industrialization etc. Although rasaushadhis are mainly made up of rasa dravya (metal & nonmetal) but various plants are used from shodhan to the final preparation of the drug. So, a decrease in in the potency of the drug is observed. Hence there is an ANUPAN (adjuvant), which is having an important role in enhancement of the activity of main drug. Anupan are fluid vehicle which are consumed along with or after intake of medicine. As per Sharangdhar as oil spread quickly on water similarly medicine spread inside the body due to strength of vehicle. Also when anupan is added to the drug, adverse effect of that drug also reduces. In this work literally material compiled, analyzed, assessed, evaluated and interpreted.

KEYWORDS: Anupana, Drug potency, Rogibala, Rogabala.

INTRODUCTION

The word ANUPANA has been derived from combining two words.
Anu + Pana

‘ANU’ means Paschat (taken after)
‘PANA’ means ‘paa’ dhatu with ‘lyut’ pratay

Article Received on 16 April 2017,
Revised on 05 May 2017,
Accepted on 26 May 2017
DOI:10.20959/wjpps20176-9402

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Anupan (carrier vehicle) can be churnas, decoction, honey, water etc. Anupan is a substance that is used to bring the medicine in to the proper place in the body. There are also 11 different time that a medicine can be taken to ensure that medicine goes to proper place where dosha is involved. It is never like you just take an herb because it is good for something that is western herbalogy, not at all Ayurveda. A single herb can be taken with different anupan for different result as well as at different time of administration. A single herb can also be added to different other herb to produce a completely different result.

**Definitions**

1. In chakrapani commentary on Charaka Samhita it is said that.
   “in the context of administration of medicine or food, Anupana stands for the vehicle which mean liquid are mixed with medicine or food.

2. As pe Vangabhattacharya.
   “Anupana is the media which can be given either before, after or along with drug or diet.

3. According to yogaratnakar.
   “if medicine is given by the intelligent physician for curing particular disease along with anupana, it will cure that specific disease definitely by the strength of anupana.

4. As per Rasatarangani.
   “sahapan which is the liquid form taken along with main drug and which can facilitates easy disintegration, absorption and uniform distribution of medicine all over the body hence that liquid form is called as Anupana.

**Action of Anupana**

Acharya Charak has opined that generally anupana should have properties opposite to those of the food taken and such anupan should not be harmful to the dhatu (tissue elements) of the body. If disease occurs by aggravation of vata dosha the anupana should have properties of snigdha and ushna. As such in pitta aggravation disease madhu & sheet and in kapha aggravation disease ruksha & ushna guna anupan must be administered. Proper anupan brings refreshment of body quickly and helps in easy digestion resulting in promotion of longevity, strength, pleasure, softening and liquefying of medicine, digesting, assimilation and instant diffusion of medicine.

Acharya sharangadhara has mentioned that when medicine is administered along with anupana, the medicine spread all over the body rapidly as a drop of oil spreads over water very quickly.
As per Astanghridaya, anupana should have opposite properties of the medicine but not to be incompatible with it. Anupana helps to properly assimilate with medicine in GI Tract. It also softens hard mass of medicine, moistens and digest it.

Yogaratnakar wrote that anupana of any medicine are responsible factor for minimizing the drug dose and to get synergetic effect. If there are some toxic or adverse effect manifested by Ayurvedic formulation, it can be subsided by the influence of adjuvant and drug dose can be minimized.

**Action of Ayurvedic drugs**

In Ayurvedic theory the drug act in the body by different ways according to their Rasa, Guna, Virya, Vipaka & Prabhav, collectively called as Rasapanchaka.

**Rasa (the taste of the drug)**- Every single and formulated drug has a different taste according to their different ingredients. These are six in number and has different properties which are manifested in the body accordingly.

**Guna (Properties)**- It can be inferred through their pharmacological action of the drug on the body. Rasa & Guna are having separate co-existence in the drug, which means rasa can act with its own, uniquely and independently of the guna.

**Virya and Vipaka**- These are directly related to mode of action of the drug. Paka of drug happens at the level of srotas & dhatu. In the absence of virya there is no action after paka of drug. Charaka has mentioned two types of virya whereas Shushruta has mentioned eight type of virya. Below Rasa & Virya and Guna & Virya are directly correlated.

<table>
<thead>
<tr>
<th>Rasa</th>
<th>Virya</th>
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</thead>
<tbody>
<tr>
<td>Madhur, Tikta, Kashay</td>
<td>Sheet</td>
</tr>
<tr>
<td>Amla, Lavana, Katu</td>
<td>Ushna</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Guna</th>
<th>Virya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guru, Sheet, Snigda, Mand, Sthira, Kathin, Pichchhila, Shalakshna, Sthula, Sandra</td>
<td>Sheeta</td>
</tr>
<tr>
<td>Laghu, Ushna, Ruksha, Tikshna, Sara, Mridu, Vishad, Khara, Sukshma, Drava</td>
<td>Ushna</td>
</tr>
</tbody>
</table>

**Vipaka**- After the action of jatharagni rasa of the substance are converted into other assimilable form, the process is called Vipaka. Charaka has described three types of vipaka.
e.g. Madhur, Amla & Katu. But shushruta has described only two types of vipaka e.g. Madhur& Katu.

*Prabhava*- the drug may show special type of properties which is produced by different action other than the action of rasa, guna, virya or vipaka, is known as Prabhava.

Above are the various factors that influence digestion, also some external factor that influence digestion of drugs are.

*Desh*- Drugs show maximum therapeutic effects when their potency augmented by collecting the raw material from appropriate habitat.

*Bheshaj samgraha kala*- Collection of raw drug in appropriate season.

*Shodhan Process*- Proper shodhan with proper drugs has to be done to achieve its (drug) maximum potency.

*Samyoga*- Addition of other ingredients, it also ha svarious effects according to its properties.

*Aushadh sewan kala*- Any drug must be administered in a proper time according to the vitiated dosha.

*Anupana*- Proper adjuvant with synergistic action which means facilitation to a pharmacological response through together us of two or more drugs.

**Correlation between Anupana and mode of action of Ayurvedic drugs**

Ayurvedic drugs acts according to rasa, guna, virya, vipaka or prabhava as described above and should be prescribed according to the vitiated dosha, roga bala and rogi bala. But if we consider about Rasa-aushadhies, these are the medicines which can be prescribed according to the disease. No need to consider about dosha, dushya, desh or kala. It is said that.

“Na Roganam (doshanam) na dushyanam na cha punsam parikshnam
Na deshashya na kalasya karyam rasa chikitsite…”3

This is true as Rasa-aushadhies can produce effects even in very low quantity due to its high potency, but if these medicines are administered with proper Anupan the effect of these medicines can be much better on the body as every medicines changes internal equilibrium of body.
CONCLUSION
Anupan play a major role in potentiating drug (rasa-aushadhis) action through its rasa, guna, virya, vipaka and prabhav as well as improvement of roga bala and rogi bala. With the help of same drug we can treat many disease with the help of different anupan. Anupan can easily intervene mode of action of main drug. Other than this anupan also helps in palatability, easy administration and prevent irritation and can also control adverse drug effect. So from the above study we can say anupan are very essential part for Rasa-aushadhies.

REFERENCES