



## ANUPAN CONCEPT - IN CHARAK SAMHITA- LITERATURE REVIEW.

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**ABSTRACT**

It is a liquid that is advised along with medicine or after medicine. Concept of anupan is limited to medicine even it is advised for food also. Anupan brings about refreshment, Pleasure, energy, nourishment, satisfaction and steadiness in the food eaten. It helps in broke down, softening, digestion, proper assimilation and instant diffusion of the food taken. Best Anupan is Antariksha jala & Madhu. So anupan is one of the important points in treatment in Ayurveda.

**KEYWORDS :** Anupan**ANUPAN****DEFINITION:**

A vehicle, a drink with or after medicine. Some- times also used as antidote.

A drink taken with or after medicine

अनु भेषजेन सह पश्चाद्वा यत् किञ्चिन्मधुक्षीरादि पीयते तत्

a fluid vehicle in medicine.

**EVERY LIQUID EG.-**

Madhu, ghee, etc. which is taken with drug or food or after drug or food intake are called Anupana.

Acharya Charak said that every liquid which intake after Ahar (Food) is Anupana but it is only for directional view. According to Acharya Charka-

|| Annadanu paschat piyate ityanupanam || Ch. Su. 46/419

Anupana itself has meaning in its name-

**ANU-**

After but Acharya Dalhan said that it is an indication for food.

**PAN-** Drinkable liquid.

**OTHER DEFINITION:**

It is a liquid that is advised along with medicine or after medicine. Concept of anupan is limited to medicine even it is advised for food also.

**ANUPANA HAVE SOME SPECIFIC CHARACTERS LIKE -**

- 1. Just opposite nature to food - eg: - hot nature anupan after cold nature food intake.
- 2. Not opposite to Dhatus - eg: - curd after milk
- 3. Just opposite to Doshas - eg: - in case of kaphaj disease we should take hot anupan.
- 4. Same nature to Medicine - eg: - cold anupan after pitta shamak medicine
- 5. Dependable upon disease and time - eg: - in primary case of fever we should take Ushnodak (hot water). Or liquor is good in Vat rogas in winter season but not in summer.
- 6. Medicine spreads rapidly in the body.

If we take anupana before food it creates weakness, in the middle of food it does not creates weakness or heaviness and

if we take after food it creates heaviness in the body. So we can take anupan according to our requirements.

In Ayurveda best Anupan- Madhu and Antriksha jala.

**ACCORDING TO DOSHAS**

Aggravation	Anupan Properties
Vata Dosh	Madhura (sweet), lavana (salty), amal (sour), snigadh (oily) and ushna (hot)
Pitta Dosh	Kasaya (astringent), madhura (sweet), tikta (bitter) and sheeta (cool)
Kapha Dosh	Katu (pungent), tikta (bitter), kasaya (astringent), ruksha (dry) and ushna (hot)

**PROPERTIES OF ANUPAN OF FOOD:**

1. Easy breaking down of hard food particle.
2. Easy digestion and assimilation.
3. Enhance the quality of food.
4. Help to avoid side of food particle.

**EXAMPLE:**

1. Cold water is advised while eating food articles prepared with barley and wheat while consuming curds, wines and honey.
2. Hot water is advised while eating food articles with fat rich butter milk, ghee, oil, fat, vegetable dishes, green gram dishes and legumes.

**MEDICINE SPECIFIC FOR ANUPAN:**

Chavyanprash is along with milk. It balance out the effect of pitta increasing tendency and hot potency of Chavyanprash.

**ACTION AND PROPERTISE OF ANUPAN:**

Anupan brings about refreshment, Pleasure, energy, nourishment, satisfaction and steadiness in the food eaten. It helps in broke down, softening, digestion, proper assimilation and instant diffusion of the food taken.

**CONTRAINDICATIONS AFTER ANUPANA: -**

One should avoid study, singing songs, bad rest and walking after anupana because it creates bad effects on doshas.

**ANUPAN (ADJUVANT) OF SNEHA:**

1. Ghruta: Warm water
2. Tail: Yusha

## 3. Vasa &amp; Majja: Manda

**DISEASE:**

Sthaulya: Madhuudak or arishtha

Karshya: Sura

Upvasa, alpagni, Anidra, tandra, shoka, Klama-Madhya

Anupan according Drug/medicine in Charak Samhita:

SN	Drug/Yoga/Klapa	Anupan	Reference
1.	Rasayan yogas common anupan	Shasti shali rice with milk /& Ghruta	Ch. Chi. 1
2.	Triphala Rasayan	Ghruta & Madhu	Ch. Chi. 1/3/42
3.	Shilajit Rasayan	Milk	Ch. Chi. 1/3/42
4.	Nagaradi yoga	Hot milk	Ch. Chi.5/91
5.	Drakshadya ghruta	Honey + Sugar	Ch. Chi.5/125
6.	Phaltrikadi kwath	Haridra+ madhu	Ch. Chi.6/40
7.	Mustadi churna	Madhu+ ghruta	Ch. Chi.7/66
8.	Sitopaladi churna	Madhu sarpi	Ch. Chi.8/103
9.	First sarpiguda	Milk	Ch. Chi.11/55
10.	Second sarpiguda	Milk	Ch. Chi.11/57
11.	Vardhaman Nagbala	Milk	Ch. Chi.11/91
12.	Kshar gudika	Hot water	Ch. Chi. 12/45
13.	Kansha Haritaki	Hot water	Ch. Chi. 12/52
14.	Ksahr vati	Souvir	Ch. Chi. 12/164
15.	Narayan churna (Udar)	Takra	Ch. Chi. 13/129
16.	Hapshadhya churna	Dadim rasa/triphala kwath/ Mamsa rasa/ Gomutra/ Hot water	Ch. Chi. 13/134
17.	Nilinadya churna	Ghee	Ch. Chi. 13/137
18.	Kutajadi raskriya	Goat milk/Peya	Ch. Chi. 14/191
19.	Takrarishta	Jala (Water)	Ch. Chi. 15/121
20.	Nagaradya churna	Tandulodak	Ch. Chi. 15/130
21.	Bhunimbadya churna	Guda shiambu	Ch. Chi. 15/133
22.	Duralabhasav	Jala (Water)	Ch. Chi. 15/154
23.	Mulasav	Jala (Water)	Ch. Chi. 15/158
24.	Pindasav	Jala (Water)	Ch. Chi. 15/161
25.	Dadimadi ghruta	Milk+ sugar	Ch. Chi. 16/45
26.	Haritaki	Gomutra	Ch. Chi. 16/48
27.	Navayas churna	Ghee+ madhu	Ch. Chi. 16/70
28.	Mandur vatak	Takra	Ch. Chi. 16/76
29.	Shilajit vatak	Dadim rasa/ Godugdha/Mamsa rasa/ Jala/ Sura/Asav	Ch. Chi. 16/90
30.	Punranava mandur	Takra	Ch. Chi. 16/95
31.	Muktadya churna	Ghruta+ Madhu	Ch. Chi. 17/127
32.	Pipplyadi ghruta	Manda/ Peya	Ch. Chi. 18/37
33.	Kalak & Pitak Churna	Madhu	Ch. Chi. 26/195, 197
34.	Shragethadi churna	Madhu+ Dadhi manda	Ch. Chi. 27/34
35.	Bruhat shatavari Ghruta	Milk	Ch. Chi. 30/67
36.	Pushanuga churna	Tandulodak	Ch. Chi. 30/93

Best Anupan: Antariksha jala &amp; Madhu.

**CONCLUSION:**

Anupan is most important factor from chikitsa view in Ayurveda. Every drug or food should have taken with specific and appropriate anupan. It helps in treating diseases.

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