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### Understanding the concept of *Anupana* (vehicle): A Review

Dr. Anushka Goyal<sup>1</sup>, Dr. Shruti Joshi<sup>2</sup>, Dr. Chhaju Ram Yadav<sup>3</sup>

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<sup>1</sup> P.G. Scholar, P.G. Department of Kriya Sharir, National Institute of Ayurveda, Jaipur, India

<sup>2</sup> P.G. Scholar, P.G. Department of Kriya Sharir, National Institute of Ayurveda, Jaipur, India

<sup>3</sup> Associate Professor & HOD, P.G. Department of Kriya Sharir, National Institute of Ayurveda, Jaipur, India.

Corresponding Author :- Dr. Anushka Goyal, - P.G. Scholar, P.G. Department of Kriya Sharir, National Institute of Ayurveda, Jaipur, India

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### ABSTRACT

*Ayurveda* is regarded as the science of life. It is famous all over the world because of its unique concepts. Concept of *Anupana(Vehicle)* being one of them. It can be termed as fluid vehicle which are consumed along with or after intake of medicine or food. It enhances the action of *Dravya* that is run within the body. If *Anupana(Vehicle)*: is given with food, it helps in digestion and provide nourishment to body. On the other hand, if it is taken after or with medicine, it makes medicine palatable and helps to carry medicine to target site and also reduce the adverse effects of that particular drug. It assists the action of those medicines in their actions and it is decided in accordance to *Srotas (channels)*, disease, *Dosha* concerned, properties and consistency of the medication. Best *Anupana(Vehicle)* is *Antariksha jala* (rain water) and *Madhu*(honey). An effort has been made to review about understanding the concept of *Anupana(Vehicle)* in detail.

**Keywords:** *Aahara, Anupana(Vehicle), Aushadh, Dravya*



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## INTRODUCTION

*Ayurveda* is the ancient system of medicine in which several drugs are used for preventing and curing the diseases. According to *Ayurveda*, diseases are manifested by vitiated *Dosha*. To get older as healthy individuals, it is necessary that our *Dosha* stay in equilibrium. For the maintenance of equilibrium, *Ayurveda* describes two types of treatment i.e., *Oorjaskara* and *Roganut*<sup>1</sup>. *Oorjaskara* is termed as *Rasayana* or rejuvenating therapy. In *Roganut- Shodhana* (Purification) and *Shamana Chikitsa* (Pacification) is delineated. In *Shodhana Chikitsa*, aggravated *Dosha* are eliminated out of the body. Whereas in *Shamana Chikitsa*, drug is administered along with proper *Anupana(Vehicle)* to pacify *Dosha*. *Ayurveda* features a different way of administration of *Aahara* (Food) and *Aushadh* (Medicine) along with different types of *Anupana(Vehicle)* according to *Roga, Kala, Dosha* etc. that yields totally different therapeutic results. In the clinical practice, the knowledge of specific action of drug with particular *Anupana(Vehicle)* should be taken into consideration. *Anupana(Vehicle)* may be a substance, which is taken alongside or after *Aushadh* or *Aahara*. It enhances the action of *Dravya* that is run within the body. Though the *Anupana(Vehicle)* is administered along with *Aushadh* to improve the taste and to mask the bad odour of the *Dravya*, it is chiefly given for carrying the essential substance to the target place. In modern dictionaries like Monier Williams, *Anupana(Vehicle)* is termed as a fluid vehicle taken

with or after medicine or eating and which aids or assists the action of main ingredient; a synergist; a vehicle to enhance antigenicity –Immunology; in adjuvant therapy- use of another sort of treatment in addition to primary surgical therapy as in Oncology<sup>2</sup>.

### VYUTPATTI

The word *Anupana(Vehicle)* is created by the combination of two words i.e. *Anu +Pana*

*Anu* - After, along, with or near to.

*Pana* – A drink, protection, defense.

### NIRUKTI (DERIVATION)

*Anupana(Vehicle)* is termed as the *Pana* (drink) which is taken before, after or along with *Aahara* (food) and *Aushadh* (Medicine).

### DEFINITION

(a) According to *Acharya Dalhana* - *Anupana(Vehicle)* is the liquid consumed immediately after food or along with it<sup>3</sup>.

(b) According to *Acharya Chakrapani* – In the description of administration of medicinal recipes or food, *Anupana(Vehicle)* stands for the vehicle which means liquids mixed with medicine or food<sup>4</sup>.

(c) According to *Acharya Vaghbhatta* – *Anupana(Vehicle)* is the media which can be given either before or after or along with drug or diet.<sup>5</sup>

(d) According to *Acharya Priyavrat Sharma* – Consumption of the medicine and food are *Anu Saha Pashchat* (along and after) taken liquids known as *Anupana(Vehicle)*<sup>6</sup>.

(e) According to *Yogaratanakara* – If medicine is

given by the intelligent physician for curing particular disease along with *Anupana(Vehicle)*, it will cure that specific disease definitely by the strength of *Anupana(Vehicle)*<sup>7</sup>.

(f) According to *Adhamalla* commentary on *Sarangdhara – Anupana(Vehicle)* is defined as the vehicle used after administration of main drug<sup>8</sup>.

## DISCUSSION

The reference of the word *Anupana(Vehicle)* is directly not available in Vedic period. But can be traced with the help of different aspects like *Aachamana*, the *Pana* which is taken for some of the regimens to cure the diseases.

- In *Vishnu Puraana*, it is mentioned that while consuming *Ahara*(Food) the *Jala*(Water) has to be taken in between and after the food. In *Garuda Puraana*, *Shaali Choorna Tandula* (Rice) with *Ksheera* (milk).
- In *Samhita Kala*, all the *Samhita* had explained regarding *Anupana* (Vehicle) and its importance.
- In *Ashtanga Hridaya* , *Anupana* (Vehicle) is mentioned in *Matrasitiya Adhyaya*.
- In *Ashtanga Samgraha* it is mentioned in *Sutra Sthana Virudhannavijnaniya*.
- In *Susrutha Samhita* there is a *Varga* known as *Anupana Varga* is explained in *Sutra Sthana*.
- In *Charaka Sutra Sthana*, detailed description of different *Anupana* (Vehicle) including *Asava* mentioned.
- In the medieval period, *Sarngadhara* also mentioned probable mode of action of *Anupana (Vehicle)*.
- In *Kaiyadeva Nighantu*, a well description of *Anupana (Vehicle)* present.
- In *Rasatarangini*, *Anupana (Vehicle)* explained in relation with *Rasaoushadis*.
- Compiled book of *Anupana Darpana*, *Anupana Manjari*, *Anupana Kalpataru* also explains regarding *Anupana(Vehicle)* in detail.

### Synonyms

*Anupana*, *Vaahana* ,*Sahayogi* , *Maadhyama* , *Anutarsha*, *Anupeya* , *Anupaneeya*, *Aushadgapeya* all are termed as synonyms of *Anupana (Vehicle)* in literature.

### Types of *Anupana(Vehicle)*

*Anupana(Vehicle)* may be classified based on the utility:

1. *Aharopayogi Anupana* (Vehicle advocated with food articles)

2. *Aushadopayogi Anupana* (Vehicle advocated with drugs)

1. *Aharopyogi Anupana* (Vehicle) –

The ancient *Acharya's Charaka*, *Sushruta* and *Vagbhatt* have given the *swaroopa* (nature) of *Anupana* (Vehicle) concerned to food only such as; *Anupana* (Vehicle) should be dissimilar to the qualities of food. But *Anupana* (Vehicle) should not be opposite to the qualities of *dhatu*s (body tissues). Such *Anupana* (Vehicle) is always considered as *prashashta Anupana* (Vehicle)<sup>9</sup>.

2. *Aushadopayogi Anupana* (Vehicle - advocated with drugs) - The later *Acharya's* like *Yoga Ratnakara* mentioned that, the *Anupana(Vehicle)* is not limited to food, but it is administered with *oushadha* (medicine). The *oushadha* (medicine). becomes more potent when given with suitable *Anupana(Vehicle)* by considering the *avastha* (stage) and *bala* (strength) of the *rogi* and *roga* (patient and disease)<sup>10</sup>.

### Benefits of Anupana(Vehicle)

<i>Charaka</i> <sup>11</sup>	<i>Sushruta</i> <sup>12</sup>	<i>Vagbhata</i> <sup>13</sup>
<i>Tarpayati</i> (nourishment)	<i>Dosha Shamana</i> (mitigates the <i>Dosha</i> )	<i>Urja</i> (enthusiasm)
<i>Preenayati</i> (pleasing)	<i>Rochana</i> (improves taste)	<i>Dhruti</i> (steadiness)
<i>Urjayati</i> (enthusiasm)	<i>Brimhana</i> (stoutens the body)	<i>Jarana</i> (helps in digestion)
<i>Bruhmayati</i> (stoutening the body)	<i>Vrushya</i> (aphrodisiac)	<i>Parinaama</i> (helps in digestion of food)
<i>Bhuktam Avasadayati</i>	<i>Doshasanghata bhedana</i> (subsides <i>Dosha</i> )	<i>Vyapti</i> (pervades all over)
<i>Annam-sanghta Bhinnati</i> (helps in breakdown of food articles)	<i>Tarpana</i> (nourishment)	<i>Trupti</i> (satisfaction)
<i>Mardhavam Apadayati</i> (softening)	<i>Mardavakara</i> (softening)	<i>Sthira sharirata</i> (gives strength to the body)
<i>Kledayati</i> (moistens)	<i>Shramahara</i> (relieves fatigue)	
<i>Paryapti Abhinivartayate</i>	<i>Klamahara</i> (relieves exhaustion)	
<i>Sukha parinamati</i> (helps in digestion of the food)	<i>Deepana</i> (kindles digestion)	
	<i>Pipasa chedana</i> (relieving thirst)	
	<i>Balya</i> and <i>Varnakara</i> (bestows strength and color)	

### Anupana kala (time of anupana)

As per Acharya Chakrapanidatta following are the various time periods within which Anupana (Vehicle) ought to be taken.

**Adi** - for *Karshanartha* (For emaciation)

**Madhya** - for *Sthapanartha* (For maintenance)

**Anta** - for *Brumhanartha* (For nourishment)

### Anupana Ayogya (Persons not suitable for Anupana)

Individuals littered with *urdwagata vata* (ENT Diseases), *hikka* (hiccups), *kasa* (cough), *swasa* (breathlessness), *urakhshata* (chest injuries), *akshi* (Eye diseases), *galaroga* (throat Diseases), and people who engaged in singing, excessive talking, and *adhyayana* (studying) should refrain from

intake of Anupana(Vehicle)<sup>14</sup>.

### Nishiddha Anupana (Contraindication of anupana)

The *ushna jala pana* (intake of warm water)- with *Bhallataka* (*Semicarpus anacardium* Linn) *tail* and *Tuvrak tail*<sup>15</sup>.

### Shrestha Anupana(Perfect anupana)

As per Acharya Vagbhata *jala* (water) is taken into account as best Anupana (Vehicle) to each healthy and diseased person<sup>16</sup>.

### Requirements of Anupana (Vehicle)

- Should have properties opposite to food eg: *Ruksha Anupana* for *Snigdha Aahara*(Oily for dry) *Amla rasa Anupana* for *Madhura rasa*

(sour for sweet) *Sheeta Anupana* for *Ushna* (cold for hot).

- Should not act as antagonist to *Dhatu*s (Blood tissues)<sup>17</sup>

#### **Anupana (Vehicle) mentioned for Dosha**

**Vata** -*Sura* (wines) *Souviraka* (fermented drink), *Tushodaka* (fermented drink), *Medaka* (a spirituous liquor used for distillation) *Dhanyamla*, (fermented medicinal preparation) *Phalamla*.

**Pitta**- *Mrudvika Svarasa* (juice), *Amalaki Svarasa*, *Parushaka Svarasa*. (juice).

**Kapha**- *Madhu* (Honey), *Gomutra* (cow urine), *Kwatha* (Decoction)

#### **The action contraindicated after Anupana (Vehicle)**

Following activities are contraindicated after taking *Anupana (Vehicle)*-

- Journey
- Exercise
- Too a lot of study
- Too a lot of talk
- Too much of sleep
- Too much of singing<sup>18</sup>

#### **Disadvantage of not taking Anupana(Vehicle)**

If *Anupana(Vehicle)* is not taken in delineated type then the solid food that is taken won't combine with

#### **Generalized Anupana(Vehicle) according to disease**

In *Vaidya Jeevan*, *Anupana(Vehicle)* is described according to disease. This type of *Anupana(Vehicle)* are drugs themselves and act synergistically when used as *Anupana(Vehicle)* with main drug.

liquid portion, remains without any movement and causes disorders. thence correct *Anupana(Vehicle)* ought to be used after the meals.<sup>19</sup>

#### **Anupana(Vehicle) according to Dosha**

*Anupana(Vehicle)* indicated in **Vata roga** – The *Anupana(Vehicle)* indicated in *Vata Roga* has the properties like *Snigdha* (oily) & *Ushna* (hot)<sup>20</sup> because the properties of *Vata* are *Ruksha(dry)* & *Sheeta* (cool) as delineated by *Acharyas*<sup>21</sup> *Anupana(Vehicle)* indicated in **Pitta roga** – The *Anupana(Vehicle)* indicated in *Pitta roga* has the properties like *Madhura* (Sweet) & *Sheetal*<sup>19,20</sup> because the properties of *Pitta* are *Amla* (sour) & *Ushna(hot)*<sup>22</sup>.

*Anupana(Vehicle)* indicated in **Kapha roga** – The *Anupana(Vehicle)* which is indicated in *Kapha roga* has the properties like *Ruksha(dry)* & *Ushna(hot)*<sup>19,20</sup> since the properties of *Kapha* are opposite, i.e., *Snigdha* & *Sheeta(oily & cold)*<sup>23</sup>.

#### **Quantity of Anupana(Vehicle) according to Doshas**

In *Sarangdhar samhita* the quantity of *Anupana(Vehicle)* for *Churna* (powders), *Avalehya* (linctus), *gutika* (tablets) etc. is mentioned according to the *Doshaj vikar*. For eg. -*Vata Roga* -3 pala(120 ml); *Pitta roga* -2 pala(80ml); *Kapha Roga* -1 pala(40 ml)

S.No	Disease	Anupana(Vehicle)
1	<i>Shula(abdominal spasm)</i>	<i>Hingu &amp; ghrita</i> ( <i>Ferula asafoetida</i> & <i>Ghee</i> )
2	<i>Sheeta(cool)</i>	<i>Tambool &amp; Marich</i> ( <i>Betel leaf &amp; Piper Longum</i> )
3	<i>Puran jwara(chronic fever)</i>	<i>Honey &amp; pippali</i> ( <i>Honey &amp; Piper Longum</i> )
4	<i>Prameh(urinary tract disease)</i>	<i>Triphala &amp; sugar</i>

5	<i>Vatvyadhi</i>	<i>Rason &amp; ghrita</i> ( <i>Allium cepa</i> & ghee)
6	<i>Sannipata</i>	<i>Aadraka &amp; madhu</i> ( <i>Zingiber officinale</i> & honey)
7	<i>Swas (Bronchial asthma)</i>	<i>Trikatu &amp; madhu</i>
8	<i>Jwara (fever)</i>	<i>Nagarmotha &amp; pitta papada</i> ( <i>Cyperus rotundus</i> & <i>Fumaria indica</i> )
9	<i>Grahini (Abdominal sprue)</i>	<i>Takra (Butter milk)</i>
10	<i>Arsas (Hemorrhoids)</i>	<i>Chitraka mula</i> (root of <i>Plumbago zeylanica</i> )
11	<i>Visha (Poison)</i>	<i>Swarn patra (gold leaf)</i>
12	<i>Krimi (Worms)</i>	<i>Vidanga (Embelia Ribes)</i>
13	<i>Vamana (Emensis)</i>	<i>Laja (parched paddy)</i>
14	<i>Ajeerna (Indigestion)</i>	<i>Ushnodak(warm water)</i>
15	<i>Atisara (Acute diarrhea)</i>	<i>Kutaj (Holarrhena antidysenterica)</i>
16	<i>Kshaya (emaciation)</i>	<i>Kshira &amp; mansa ras</i> (Milk & meat)
17	<i>Raktapitta Blood disorders)</i>	<i>Vasa (Adhatoda vasica)</i>
18	<i>Kasa (Cough)</i>	<i>Vasa (Adhatoda vasica)</i>
19	<i>Pandu (Anemia)</i>	<i>Punarnava (Boerhaavia diffusa)</i>

### Specific Anupana(Vehicle) indicated with different medication in diseases

In *Brihatrayi*, different types of *Anupana (Vehicle)* are indicated to be used along with main medications. The important ones have been

compiled below in the table. These *Anupana (Vehicle)* assist the action of those medicines in their actions and are decided in accordance to *Srotas*, disease, *Doshas* concerned, properties and consistency of the medication.

Sr. No.	<i>Srotas</i>	Disease	Medication	<i>Anupana(Vehicle)</i>
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1.	Pranavaha (Channels carrying the vital life element or air)	Kasa (cough)	a. Pippalyadi ghrita b. Vidangadi leha c. Duhsparshadi lehya	a. Peya/manda (rice gruel /rice water) <sup>25</sup> b. ghrita <sup>26</sup> c. old guda(Jaggery) /til taila(Sesame oil) <sup>27</sup>
		Swasha (Bronchial asthma)	a. hinguadi choorna b. sorvarchaladi choorna c. muktadi choorna	a. neebo rasa/ kanji <sup>28</sup> b. ushanambu <sup>29</sup> (Hot water) c. madhusarpi(Honey,Ghee) <sup>30</sup>
		Rajyaksham (tuberculosis)	a. Pathadichoorna b. Sitopaladichoorna	a. takra <sup>31</sup> (Butter milk) b. madhusarpi <sup>32</sup> (Honey,Ghee)
2.	Rasavaha (Channels carrying the nutritional essence)	Jwara(Fever)	After taking food	Ushna jala <sup>33</sup> but it is contradicated in paittika jwara <sup>34</sup>
		Pandu(Anemia)	a. Haritaki choorna b. Gomutra bhavit Ayoraja c. Navayasa choorna d. Mandoor vataka e. Shilajatu vataka f. Punaranva mandoora	a. Go- mutra (Cow-urine) <sup>35</sup> b. Dugdha (milk) <sup>36</sup> c. Madhusarpi((Honey,Ghee) <sup>37</sup> d. Takra(Butter milk) <sup>38</sup> e. Dadim rasa (PUNICA GRANATUM) <sup>39</sup> f. Takra <sup>40</sup>
		Madatyaya (Alcoholism)	Varshabhyadi peya	Dugdha <sup>41</sup>
3.	Rak tavaha (Channels carrying the blood)	Raktapitta (Blood disorders)	a. Ushiradi churna b. Kiratiktadichurna c. Pathyadichurna	a. Tandulodaka (Rice water) <sup>42</sup> b. Tandulodaka (Rice water) <sup>43</sup> c. Ghrita <sup>44</sup>
		Kumbha kamala (Obstructive jaundice)	a. Swarana makshika	a. Gomutra (Cow urine) <sup>45</sup>
4.	Mutravaha (Channels carrying the urine)	Mutrakrichha (Dysuria)	a. Trivrit tailama b. Falguvadi yoga c. Vyoshadi churna d. Pravala churna	a. Mandoshna jala & dugdha (Luke warm water & milk) <sup>46</sup> b. Sura, jala(wine and water) <sup>47</sup> c. Madhu & gomutra(honey and cow urine) <sup>48</sup> d. Tandulodaka(rice water) <sup>49</sup>
		Mutraghata	a. Mustadi kalka b. Abhayadi kalka c. Ela churna	a. Madoshna jala & dugdha <sup>50</sup> b. Mandoshna jala(Luke warm water) <sup>51</sup> c. Dhatri phala swarasa (Amla juice) <sup>52</sup>
		Ashmari (Stone)	a. Pashanabhedadi churna b. Punarnavadi yoga	a. Jala(water) <sup>53</sup>

				<i>b. Madira &amp; ikshu rasa(wine &amp; sugarcane juice)</i> <sup>54</sup>
5.	<i>Annavaha</i> (Channels carrying the food)	<i>Gulma</i> (Abdominal Tumour)	<i>a. Drakshdi ghrita</i> <i>b. Mishraka sneha</i> <i>c. Pathadi churna</i>	<i>a. Sharkara &amp; madhu</i> <sup>55</sup> <i>b. Madhu (honey)</i> <sup>56</sup> <i>c. Mandoshna jala (Luke warm water)</i> <sup>57</sup>
		<i>Chhardi (Vomiting)</i>	<i>a. Swayamguptadi yoga</i>	<i>a. Tandulodaka (hot water)</i> <sup>58</sup>
		<i>Visuchika (Cholera)</i>	<i>a. Pathyadichurna</i>	<i>a. Mandoshna jala(Luke warm water)</i> <sup>59</sup>
		<i>Arsha</i> (Haemorrhoids)	<i>a. Nishotha churna</i>	<i>a. Trifala rasa</i> <sup>60</sup>
6.	<i>Udakavaha</i> (Channels carrying the water)	<i>Atisara</i> (Acute Diarrhoea)	<i>a. Haritakyadi churna</i> <i>b. Krishna tila</i> <i>c. Panchvalkala yoga</i>	<i>a. Mandoshna jala</i> <sup>61</sup> <i>b. Aja dugdha(Goat milk)</i> <sup>62</sup> <i>c. Madhu(honey)</i> <sup>63</sup>

## CONCLUSION

- *Anupana(Vehicle)* is very much essential part in *Aahara(Food)* moreover as *Aushadha.(medicine)*
- Care ought to be taken in choosing *Anupana(Vehicle)* appropriate for ourselves for obtaining all the beneficiaries from intake.
- It is a concept that is gifted to us from *Ayurveda*.
- For maintenance of proper health proper *Anupana(Vehicle)* after the diet is essential.
- To cure the sickness, the employment of proper *Anupana(Vehicle)* along with specific drug therapy is equally important.
- *Anupana(Vehicle)* has multidimensional effects, it will act as stimulant, preventive and curative.

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