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Research Article

CONCEPT OF ANUPANA IN AYURVEDA

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ABSTRACT

Now a day life have so many worry & hurry, so every man is always in stress, they have no time to take care of themselves. Person will becomes victim to different diseases. To come out from this stressful life; to live long life without becoming the victim of disease, *Ayurveda* have two main principles, “*swasthasya swasthy rakshanam*, & *aturasy roga prashamanam cha*”. “*swasthasya swasthya rakshanam*” to prove this principle fruitful we should be aware of, what type of food we are taking?, what is the required quantity?, what is the correct time to take? After meal what should we take? What are the benefits of after drinks (*Anupana*)? & who should take & should not take the after drinks?

After knowing answer to this all questions, above mentioned principle (*swasthasya swasthya rakshanam*) will be proved fruitful. And the all persons they will live long life happily (without victim to disease).

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INTRODUCTION

What is the ANUPANA (after drink)?

According to *Chark Samhita*, the *Anupana* (post prandial drink) should have the properties opposite to those of the food taken. But at the same time such drinks should not be harmful to the tissue elements of the body.

Water as well as eighty four varieties of alcoholic preparations (described in 25th chapter of *sutrasthana*) are to be examined with a view to certain their wholesome or otherwise & only useful drinks as to be taken.

According to *Astang Hrudaya*, An ideal *Anupana* (after drink) is that which has properties opposite of those of the foods but not incompatible with them such as an after drinks are always valuable.

What are the remedies of Anupana according to different conditions?

1. In condition caused by the aggravation of *vata dosha* unctuous & hot (warm) after drinks (*anupana*) are useful.
2. In the aggravation of *pitta dosha* sweet & cold after drinks (*anupana*) are useful.
3. Similarly, in the aggravation of *kapha dosha* non unctuous & hot (warm) after drinks (*anupana*) are useful.

4. As *anupana* cold water is usually an ideal for all type of meal, specially, it is useful for meal prepared from *Yava* (barley) & *Godhuma* (wheat).
5. Cold water is useful after consuming *Dadhi* (curds), wines, poisons, & honey.
6. Cold water is useful after consuming *Maddya* (wines).
7. Cold water is useful after consuming poisons or poisonous food.
8. Cold water is useful after consuming honey.
9. Warm water is an ideal after foods which are starchy.
10. *Mastu* (whey), *takra* (butter milk), & *amla kanjika* (fermented gruel) are an ideal after dishes prepared from vegetable & *mudga* & other legumens.
11. *Sura* (type of wine) is good to make lean persons stout.
12. Honey water is good to make stout person lean.
13. Juice of meat is good for emaciated.
14. Wines are an ideal after a meal of meat & those who have poor digestive capacity.
15. Milk is best suited just as nectars for those who are; debilitated by,

- Disease,
- Medicines,
- Walking long distances,
- Continuously speaking,
- Sexual intercourse

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- Fasting
- Exposure to sun,
- Other activities which causes emaciation.
- Old age &
- In children's

Water as well as eighty four varieties of alcoholic preparations (described in 25th chapter of *charak sutrasthana*) alcoholic preparations are innumerable depending upon the ingredients, their combinations & methods of preparations, however most wholesome ones out of them are eighty four in number.

Sources of ingredients of alcoholic preparations are:

1. Grains
2. Fruits
3. Roots
4. Heart woods
5. Flowers
6. Branches
7. Barks
8. Sugar

What things (achar) should be avoided after taking drinks?

All persons (healthy & sick) who have taken the after drink they should avoid following things:

- Too much speaking (*bhashya*)
- Walking long distances (*adhva*)
- Sleeping immediately (*shayanam*)
- Exposure to sun (*atapam*)
- Exposure to fire (*vanhim*)
- Travel in vehicle (*yaanam*)
- Swimming (*plavanam*)
- Riding on animals (*vahanam*)

What are the merits or properties of Anupana (after drink)?

Anupana give rise to following merits.

- It bring about refreshment (*anupanam tarpayati*)
- It gives pleasure (*prinayati*)
- It gives nourishment (*brinhayati*)
- It gives satisfaction (*paryaptima abhinirvartayati*)
- It gives invigorates or energy (*karoti urja*)
- It gives contentment (*trupti*)
- Steadiness in the eaten food (*bhuktam avasadayati*)
- Helps in proper movements or break down of food particle inside the abdomen (*anna sangata*)
- Proper liquefaction (moistening) of food particle (*annashaitilya or mardavam apadaayati*)
- Helps in digestion process (*jaranam or jarayati*)
- Proper assimilation (*sukha parinamati*)
- Instant diffusion of food taken (*ashu vyavaayita*)

Who are the not suitable persons?

In the following condition *anupana* is not suitable:

1. It is not good in the disease of organs above the shoulders (*urdhva jatrugadah*)
2. In Dyspnoea (*swasa roga*)
3. In Cough (*kasa roga*)
4. Injury to chest or lungs (*urha kshat*)
5. In rhinitis (*pinas*) &

6. Those who are engaged in singing & speaking (*geeta abhyaasa prasange*)
7. In hoarseness of voice (*swara bhede*)

These are all *kapha dosha prakopa* diseases so, *kapha* is predominance of *jala & pruthvi bhuta*, if they had *anupana*; it may causes to *jala* contents gets dragged in respiratory system may cause for pulmonary embolism.

Who should be avoided?

Drinking liquid or *anupana* (after drink) should be avoided by those who are;

- Over hydrated (*praklinna dehe*)
- Who are suffering from polyurea or diabetes (*mehe*)
- Diseases of the eyes (*akshi roge*)
- Disease of the throats (*gala rogah*)
- In wound or ulcer (*vrana aturah*)

Here not only *kapha dosha prakopa*, *lasika*, *masa*, *meda*, also get vitiated in these diseases so, *kapha* is predominance of *jala & pruthvi bhuta*, if *anupana* they had; it may causes to *jala* contents gets dragged in them & disease become more sever.

CONCLUSION

This is the *Grishma rihitu*, water contents from our body may get lost more along with the other electrolyte. The person who want to alive healthy should prefer the above said *anupana*.

In our body, about 67 to 70 percentage of constituent is the water, the all *sapta dhatu* are predominance of *jala & pruthvi bhuta* except *asthi dhatu*; *anupana* will have major role to nourish all *dhatu* in appropriate way.

While metabolic reaction happening in our body, many toxins, and unwanted waste (many toxic acids) get formed to get clearer this from our kidney, require more water.

From above, I would like to interpret that, the *Ayurveda* is the ancient science, every things said in *Ayurveda* it has their own value, & we know; the *Mithya-ahar-vihar* is main cause for many diseases, now a day all people are in very hurry, busy, so they have no time for prepare their food in houses, they will eat various foods, available in canteen, & hotels.

In this article, the *Anupana* (after drink) is the remedies; according the types of food which type of *anupana* (after drink) will help to digest the hardest food which they have taken.

In which condition *anupana* (after drink) must be taken, who are the not suitable persons viz. *swas*, *kasa urahkshata*, etc in all this condition, if in need they can drink small quantity as per their diseased condition & strength.

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