



A Review on Anupana for Saptadhatus of Rasashastra

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ABSTRACT

Ayurveda is the science which is practiced all over the world since 5000 years. This science is popular because of its unique concepts and treatment methods. Rasashastra is a specialized branch of Ayurveda in which certain minerals, metals and organic compounds are used for the treatment purpose. These substances will be subjected to various purificatory and incineration processes to remove the toxicity before internal administration. Rasoushadhis are famous because of their faster actions and minimal dosage. These medicines should be administered with proper adjuvants i.e.

Anupana which can increase the potency of the medicine to attain good result. In Rasashastra, Suvarna, Tamra, Rajata, Naga, Vanga, Yasada, Loha are the seven important Dhatus which are commonly used in Bhasma form for treatment. These should be administered as a treatment modality with a specific Anupana indicated for various diseases distinctively there by proving to have its maximum effect with it. Hence this article deals with the classical Anupanas which has to be used while administering Bhasmas.

Keywords

Anupana, Saptadhatus, Rasashastra, Dhatus,

Rasoushadhis.

INTRODUCTION

Ayurveda is the science which is known since more than 5000 years. Rasashastra is that branch of Ayurveda in which various minerals, metals and organic compounds are used. These compounds are subjected to various methods like Shodana, Marana, Satvapatna etc. to remove their impurities and to increase their potency. Main aim of Ayurveda is to cure the root cause of the disease than symptomatic treatment. For attaining that, we follow various theories and concepts. Anupana is one such unique concept in Ayurveda. Anupana means that substance which is consumed along with or after the intake of the medicine or food. It can increase the potency of medicine, helps the drugs to reach their target tissue, nourish the body, etc. So it is important that the drug should be consumed with proper Anupana to get a better result. Rasashastra gives prime importance to Anupana, hence it is mentioned for almost all medicines as they can potentiate them and also have their own therapeutic efficacy. In case of Bhasmas, Anupana also acts as an antidote to reduce their toxicity. Bhasmas are important as a treatment perspective in Ayurveda and they are the main ingredients in almost all Rasoushadhis. Bhasmas are nanoparticles which can be easily absorbed through the cell membranes, hence they are used as single drugs. These Bhasmas are indicated in various diseases with change in their Anupana, and which is not practised commonly now a days. Here in this article the Anupanas for commonly used Bhasmas are mentioned which can be used in our daily practice.

MATERIALS AND METHODS

Saptadhatus of Rasashastra are mentioned in third chapter of Ayurveda Prakasha, and they are Suvarana, Rajata, Tamra, Vanga, Yasada, Naga and Loha. These are mainly used as Bhasmas as single drugs and as an ingredient in various combinations. When these Bhasmas are administered with proper Anupana it can act faster and are indicated in various diseases by changing their Anupana. The Anupanas of Bhasmas indicated for various diseases are mentioned in detail in classical texts.

S N	Dhatu	Anupana	Indications
1	Suvarna Bhasma	Bhringaraja Swarasa ^[1]	Vajeekara
		Dugdha	Shakti Vardhaka
		Punarnava	Netraroga
		Gritha	Jarahara
		Vacha	Buddhivardhaka
		Katuka	Daha
		Kumkuma	Kantivardhaka
		Sadyodugdha	Yakshma
		Lavanga + Shunti+ Maricha	Unmada, Tridosahara
		Madhu + Amalaki	Grahani
		Sankhapushpishwarasa	Ayuprada
2	Rajata Bhasma	Vidarikanda	Putrada
		Sharkara ^[2]	Daha
		Vara	Vatapittavikara
		Trisugandha	Meha
		Kshara	Gulma
		Adushaswarasa+ Trikatu	Kapha, Kasa
		Bharngi, Vishwa	Swasa
		Shilajatu	Kshaya
		Mamsarasa, Dugdha	Ksheena
Vara, Pippali	Yakrutpleeharoga		

			<i>hara</i>
		<i>Punarnava</i>	<i>Sodha</i>
		<i>Mandura</i>	<i>Pandu</i>
		<i>Gritha</i>	<i>Valipali, Kshudha</i>
3	<i>Tamra Bhasma</i>	<i>Pippali, Madhu</i> ^[3]	<i>Sarvaroga</i>
		<i>1 Ratti of Tamra Bhasma with Shalmali Swarasa, Gritha, Makshika (daily)</i>	<i>Veerya, Pushti, Deepana</i>
4	<i>Naga Bhasma</i>	<i>Sita</i> ^[4]	<i>Vata, Pitta, Sirovyadha, Netraroga, Sukradosha, Pralapa, Daha, etc.</i>
		<i>Haridrachurna + Amalaki Churna</i> ⁵	<i>Prameharoga</i>
		<i>Asoka Twakkwatha</i>	<i>Raktapradara</i>
		<i>Guduchisatva + Honey</i>	<i>Vatajapramehara</i>
		<i>Raktarsas</i>	<i>Nagakesarachurna</i>
		<i>Kwatha Of Kapikachumula Or Bija, Balamulakwatha + Jatamamsikwatha</i>	<i>Vrkkasotha</i>
		<i>Kwatha of Prasarini, Balamula, Rasna and Kapikacchumula or Bija</i>	<i>Pakshaghata</i>
5	<i>Vanga Bhasma</i>	<i>Karpoora</i> ^[6]	<i>Daurgandhyahara</i>
		<i>Ksheera, Jatiphala</i>	<i>Pushtiprada</i>
		<i>Tulasipatra</i>	<i>Prameha</i>
		<i>Tankana</i>	<i>Gulma</i>
		<i>Gritha</i>	<i>Panduroga</i>

		<i>Haridra</i>	<i>Urdhvaswasa, Raktapitta</i>
		<i>Sarkara</i>	<i>Pitta</i>
		<i>Madhu</i>	<i>Balavriddhi</i>
		<i>Kastoori, Nagavallidala</i>	<i>Veeryastambhana</i>
		<i>Magadhi+Kastoori, Kankola</i>	<i>Mandagni</i>
		<i>Khadirakwatha</i>	<i>Vartmaroga</i>
		<i>Dhatriphala+Pugachurna</i>	<i>Ajeerna</i>
		<i>Rasona</i>	<i>Jwara</i>
		<i>Sindhuphala, Nirgundiswarasa</i>	<i>Kushta</i>
		<i>Apamargamoola</i>	<i>Kaubja</i>
		<i>Tankana</i>	<i>Pleeharoga</i>
		<i>Sarabhiksheera</i>	<i>Putrapta</i>
		<i>Takra</i>	<i>Vatagulma</i>
		<i>Karkatiswarasa</i>	<i>Shanda</i>
		<i>Ajaksheera</i>	<i>Jalodara</i>
		<i>Apamarga Rasa</i>	<i>Siroroga</i>
		<i>Jatiphala + Aswagandha</i>	<i>Katipeedanivaram</i>
		<i>Rasona + Tilataila</i>	<i>Apasmara</i>
		<i>Jatiphala+Lavanga+ Madhu</i>	<i>Kasa</i>
		<i>Surasaswarasa</i>	<i>Bala</i>
6	<i>Yasada Bhasma</i>	<i>Trigandha</i>	<i>Tridoshotpannavyadhi</i>
		<i>Agnimandha</i>	<i>Agnimandya</i>
		<i>Anjana With Gogritha</i>	<i>Netraroga</i>
		<i>Nagavalli</i>	<i>Prameha</i>
		<i>Thulasihimakwatha, Arjunahimakwatha</i>	<i>Pitta Jwara, Raktatisara</i>

		Yavani + Lavanga	Seetajwara, Amavata
		Sarkara, Ajaji	Atisara, Vamana
		Yavani+Lavanga+Jeer aka+ Sarkara	Soolaroga
		Yavani + Ushnaneera	Vibandha
		Mahishinavaneeta	Prameha
		Yavani+Lavanga+Ush naneera	Ajeerna
		Madhu+Pippali	Kasaroga
7	Loha Bhasma	Parada+Gandhaka+ Madhu	Kapharoga
		Chaturjata+Sita	Raktapitta
		Punarnavachurna+ Godugdha	Balaprada
		Punarnavakwatha	Panduroga
		Nisha+ Madhu Or Pippali + Madhu	Prameha
		Shilajatu	Mootrakrichra
		Vrisha+Pippali+Draks ha+Madhu (Make Vati)	Kasaroga
		Tamboola	Kantiprada, Deepana
		Hingu + Gritha	Soola
		Madhu+Pippali	Puranajwara
		Gritha+Rasona	Vataroga
		Kshoudra+ Trikatu	Swasa
		Maricha+ Tamboola	Seetaroga
		Ardraakswarasa+ Madhu	Tridosha
		Gritha	Vatajwara
		Madhu	Pittajwara
		Ardraakswarasa	Shleshma Pitta
		Nirgundi	Seetavata

		Triphala	Valipalinashana
		Kajjali+Madhu+Krish na	Shleshmaroga
		Madhu+Pippali	Raktapitta
		Punarnava+Godugdha	Balavridhi
		Punarnavarasa	Panduroga
		Haridra+Pippali+Mad hu	20 Types of Prameha

DISCUSSION

Anupana is that substance which is consumed along with *Aushadha* or *Aharadravya*. It can enhance the action of *Dravya* and helps to reach the medicine to its target tissue. *Bhasmas* are nano particles which can easily absorbed by the cell membranes, when it is administered with proper *Anupana*, it helps them to reach the blood stream quickly due to their *Vyavayi* and *Vikashiguna* and thus provide quick result.

CONCLUSION

Bhasmas of *Saptadhatus* of *Rasashastra* are commonly prescribed by the practitioners and it is important to administer it in proper way to get a good result. Hence it should be given with proper *Anupana* which is clearly mentioned in our classics.

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