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# 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*.

**Key words:** *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. Incase 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 articles 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*,

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*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 <sup>[1]</sup>	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	Sharkara <sup>[2]</sup>	Daha
		Vara	Vatapittavikara
		Trisugandha	Meha
		Kshara	Gulma
		Adushaswarasa+ Trikatu	Kapha, Kasa
		Bharngi, Vishwa	Swasa
		Shilajatu	Kshaya
		Mamsarasa, Dugdha	Ksheena
Vara, Pippali	Yakrutpleeharoga		

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

		<i>Haridra</i>	<i>Urdhvaswasa, Raktapitta</i>
		<i>Sarkara</i>	<i>Pitta</i>
		<i>Madhu</i>	<i>Balavridhi</i>
		<i>Kastoori, Nagavallidala</i>	<i>Veeryastambhana</i>
		<i>Magadhi+Kastoori, Kankola</i>	<i>Mandagni</i>
		<i>Khadirakwatha</i>	<i>Vartmaroga</i>
		<i>Dhatrphala+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>

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

	<i>Triphala</i>	<i>Valipalinashana</i>
	<i>Kajjali+Madhu+Kishna</i>	<i>Shleshmaroga</i>
	<i>Madhu+Pippali</i>	<i>Raktapitta</i>
	<i>Punarnava+Godugdha</i>	<i>Balavridhi</i>
	<i>Punarnavarasa</i>	<i>Panduroga</i>
	<i>Haridra+Pippali+Madhu</i>	20 Types of <i>Prameha</i>

### 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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