

ANUPAN VICHAR WITH SPECIAL REFERENCE TO GUGGUL KALPA**Jadhav Shubhangi S.¹ Keche Ashish G.²**¹ Asst. Prof. Dept. of Dravyaguna, ² Asst. Prof. Dept. of Kaychikitsa, V J D Gramin Ayurved College, Patur, India.**ABSTRACT**

Today many *Guggul kalpas* (preparations) are being used in practice. Most commonly these preparations are advised to be taken with *koshna jala* (lukewarm water). Instead of using only plane water, one can consider various other *anupanas* (vehicles) stated in *samhitas* like *rutuanusar anupan* (vehicles according to seasons) and *doshanurup anupan* stated by *Charakacharya* in *kalpasthana*. Special *anupan* for *Guggul* is given by *Aacharya Sushrut* in *chikitsasthana*. In *samhitas* disease wise *anupan* for *Guggul* is also given like in *Vidradhi* (boil), *Shoth* (edema), *Vatarakta* (gout) etc. *Matra* (quantity) of *anupan* should also be taken in to consideration. Quantity of vehicle given by *Aacharya Sharangdhar* is based on type of *dosha* and on type of *aushadhi kalpana* used. *Anupan* in general, bring about refreshment, pleasure, energy, nourishment, satisfaction and steadiness in the food eaten. It helps in breakdown, softening, digesting, proper assimilation and instant diffusion of the food / drug taken. Just as the oil spreads quickly when put into water, so also the quick absorption and spread of the medicine is facilitated due to the addition of *anupan*. It also facilitates transportation of the active ingredient of the drug by increasing its bio-availability. Thus by using an appropriate *anupan* and appropriate *matra* of that *anupan* one can increase the efficacy of *Guggul kalpas*.

Keywords: *Guggul kalpa, Anupan, Anupan matra***INTRODUCTION**

Guggul (*Commiphora mukul* Engl.) is used in many *ayurvedic* preparations but the *kalpa* (preparations) in which minimum equal quantity of *Guggul* is used are known as *Guggul kalpas*¹. Preparations with double or triple quantity of *Guggul* are also in use. *Guggul kalpana* is an important part of *vati kalpana* (*ayurvedic* pills). *Choorna* (powdered drugs) are having potency period of 2 months² only, after that they become less potent. To increase the potency period of powdered drugs, *Guggul* is added to them. *Guggul* itself is *tridoshashamak*, its combination with powdered drugs increases their potency period up to 1 year³.

The *dravya* given with or after the main *draya* (*aahar/aushadhi*) is known as *anupan*. *Anupan* is used as a vehicle for any drug. As the oil drop spreads over water, in the same way due to *anupan* (vehicle), drug spreads into the body⁴. Therefore an appropriate vehicle should be used to increase the efficacy of medicinal drug.

Koshna jala (Lukewarm water) is most commonly used as vehicle for *Guggul kalpas* but in *Samhitas* many other vehicles are also given which should also be taken into consideration. These are as follows

A) According to *Prakruti*

In *pitta prakruti* patients instead of warm water, *Guggul* should be given

with cow milk or cow ghee.

B) According to *Rutu* (season)

Table No. 1

Vehicle according to seasons		
S. No.	<i>Rutu</i>	<i>Anupan</i>
1	<i>Varsha</i> (Rainy season), <i>Grishma</i> (Summer)	cow ghee
2	<i>Sharad</i> (Autumn), <i>Vasant</i> (Spring)	<i>Triphala quath</i> (decoction)
	<i>Hemant</i> (Fall), <i>Shishir</i> (Winter)	<i>Gomutra</i> (cow urine)

C) According to *Dosha*⁵

In *Charak kalpasthan*, vehicles according to *dosha* are given which can be used for *Guggul kalpa* accordingly.

Table No. 2

Vehicle according to <i>Dosha</i>		
S. No.	<i>Dosha</i>	<i>Anupan</i>
1	<i>Vata</i>	<i>Sura, Sauvirak, Tushodak, Maireyak, Medak, Dhanyamla, Phalamla</i>
2	<i>Pitta</i>	<i>Mrudwika</i> (resins), <i>Aamalak</i> (indian goose berry), <i>Madhu</i> (honey), <i>Madhuk, Parushak, Fanit</i> (jaggery), <i>Kshir</i> (milk)
3	<i>Kapha</i>	<i>Madhu, Gomutra, Kashayadi</i>

D) According to *Vyadhi* (disease)

Table No. 3

a) <i>Vagbhat</i> ⁶ - vehicle according to diseases		
S. No.	Disease	Vehicle
1	<i>Snehavyapad</i> (Excessive oleation)	<i>Pippali, Triphala, Haritaki</i> and honey
2	<i>Vidradhi</i> (Boil)	<i>Kashay</i>
3	<i>Vatavyadhi/Urustambha</i>	<i>Gomutra + Haritaki</i>

Table No. 4

b) <i>Chakradatta</i> ⁷ - vehicle according to diseases		
S. No.	Disease	Vehicle
1	<i>Shoth</i> (Edema)	<i>Gomutra, Punarnava + Daruharidra + Shunthi</i> decoction, <i>Dashamul</i> decoction
2	<i>Vranashoph</i>	<i>Triphala</i> decoction
3	<i>Vidhradhi</i> (Boil)	<i>Punarnava + Daruharidra + Shunthi</i> decoction, <i>Dashamul</i> decoction, Castor oil
4	<i>Updansha</i>	<i>Patol, Nimb, Triphala, Kirattikta</i>

Table No. 5

c) <i>Yogaratanakar</i> ⁸ - vehicle according to diseases		
S. No.	Disease	Vehicle
1	<i>Malavibandha</i> (Constipation)	<i>Triphala</i>
2	<i>Sandhigraha</i> (Joint stiffness)	<i>Rasna</i> decoction
3	<i>Krostukshirsha</i>	<i>Guduchi + Triphala</i> decoction
4	<i>Vatarakta</i> (Gout)	<i>Guduchi</i>

5	Naadivrana (Sinus)	Trikatu + Triphala
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Table No. 6

d) *Bhavprakash*⁹ - vehicle according to diseases

S. No.	Disease	Vehicle
1	<i>Grudhrasi</i> (Sciatica)	<i>Rasna + Ghrita</i>
2	<i>Shwas</i> (Asthma)	Cow ghee
3	<i>Pakyukta vrana</i> (Infected wound)	<i>Triphala</i> decoction
4	<i>Rajahpravrittikar</i> (To start menstruation)	Garlic
5	<i>Asthisandhankar</i> (for bone reunion)	<i>Arjun + Laksha + Cow ghee</i>

E) Special vehicles for Guggul given by Aacharya Sushrut¹⁰

Guggul should be taken accordingly with following vehicles

- a) *Triphala quath* (decoction)
- b) *Darvi* decoction
- c) *Patol* decoction

d) *Kush* decoction

e) *Gomutra* (Cow urine)

f) *Kshar* (Alkalies)

g) Lukewarm water (*Ushnodak*)

F) Vehicles for special Guggul kalpa¹¹

Table No. 7

S. No.	Kalpa	Anupan	
1	Yogaraj Guggul	Vyadhi	
		<i>Vatavyadhi</i>	<i>Rasnadi quath</i> (decoction)
		<i>Pitta roga</i>	<i>Kakolyadi gana quath</i>
		<i>Kaphaj roga</i>	<i>Aragwadhadi quath</i>
		<i>Prameha</i> (diabetes)	<i>Daruharidra quath</i>
		<i>Pandu</i> (anemia)	<i>Gomutra</i> (cow urine)
		<i>Medovruddhi</i> (obesity)	<i>Madhu</i> (honey)
		<i>Kushtha</i> (leprosy)	<i>Nimba quath</i>
		<i>Vatarakta</i> (gout)	<i>Guduchi quath</i>
		<i>Shoth</i> (edema)	<i>Pippali quath</i>
		<i>Mushak visha</i> (rat bite)	<i>Patala quath</i>
		<i>Netraroga</i> (eye diseases)	<i>Triphala quath</i>
	<i>Udar</i> (ascites)	<i>Punarnavadi quath</i>	
2	Abhayadi Guggul	<i>Madhu for brain and muscle disorders</i>	
3	Kaishor Guggul	<i>Yusha, kshira, sugandhi jala for Vatarakta</i>	
4	Kanchanar Guggul	<i>Mundi , Khadir, Haritaki quath</i>	

ANUPAAN MATRA VICHAR (QUANTITY OF VEHICLE)

Guggul is very sticky and used in the form of *guti* or *vati* i.e. pills. *Aacharya Sharan-gadhar*¹² has given the quantity of vehicle on the basis of dosha and the *kalpana*

used. As Guggul is used as *vati* the quantity of vehicle used for *gutika* is also applicable to Guggul pills. The quantity given is as follows

Table No. 8

S. No.	Dosha	Quantity of vehicle for Gutika
1	<i>Vata</i>	3 Pal (120 gms)

2	Pitta	2 Pal (80 gms)
3	Kapha	1 Pal (40 gms)

CONTRAINDICATED VEHICLES FOR GUGGUL KALPA¹³

Following substances are not supposed to be taken during the intake period of *Guggul*. Thus these substances should also be not used as vehicle for *Guggul* preparations.

- 1) *Amla rasa* (Sour substances),
- 2) *Tikshna dravyas*,
- 3) *Ajirnakarak dravyas* (substance causing indigestion) and
- 4) *Madya* (Alcohol)

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