ABSTRACT

Introduction:

The unique concept of Anupana is well explained as an adjuvant to therapeutic drugs in Ayurveda. Anupana is explained for food as well as for drugs or medicaments. The drug action depends upon Anupana.

In therapeutics it is noted that a single formulation is advocated in various diseases with specific Anupana. One such formulation, which is easily available and aptly administered in clinics with successful results, is Yogaraja Guggulu explained in Sharangadhara Samhita, Yogaratnakara and Bhaishajya Ratnavali in the context of Amavata. Detailed study about the Anupana in the therapeutics is essential to understand its importance.

Materials and Methods:

150 subjects were studied in this series under the 5 groups named A, B, C, D and E, each containing 30 subjects in each group. Group A received Yogaraja Guggulu along with Rasnadi Kwatha as Anupana, Group B received Yogaraja Guggulu along with Punarnavadi Kwatha as Anupana, Group C received Yogaraja Guggulu along with Kana Kwatha as Anupana, Group D received Yogaraja Guggulu along with Madhu as Anupana and Group E received Yogaraja Guggulu along with Ushnodaka as Anupana in the management of Amavata. The effect of therapies was assessed based on improvement obtained in term of scores given to signs and symptoms. Finally the data was statistically analysed and the level of significance obtained.
Results:

ANOVA test of all subjective parameters between all the five groups provided statistically significant result which proved research hypothesis. So Anupana has a significance role in altering the action of the medicine. Out of all the five groups, Group A (Yogaraja Guggulu with Rasnadi Kwatha as Anupana) provided more relief in all the parameters.

Conclusion:

So it can be concluded that Yogaraja Guggulu along with various Anupana provides different results. Here in the present study it proved that Anupana told for Yogaraja Guggulu has significance in the management of Amavata. So it can be concluded that the Anupana has a significance role in altering the action of the medicine.

Key Words:

Anupana, Yogaraja Guggulu, Amavata, Rasnadi Kwatha, Punarnavadi Kwatha, Kana Kwatha, Madhu, Ushnodaka.