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SAHAPANA AND *ANUPANA* ACCORDING TO *RASENDRA SAMBHAVA*: A REVIEW ARTICLE

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ABSTRACT

Ayurveda is the only science that deals with the importance in Aushada sevana kala, Matra; etc as per Roga-Rogi bala and various other factors. While explaining each disease condition, various acharyas including brihathreyes and laghuthreyes deals with explanation on Anupana that should be with the medicine. The referencing for Anupana can be spotted in various classics but the detailing about Sahapana in very less. Texbooks of Rasasastra and Bhaishajya Kalpana, such as Rasa Tarangini contains Sahapana reference. But the detailed adhyaya of Sahapana is seen in Rasendra Sambhava, a combined textbook. Here, acharya have dedicated an entire chapter on Sahapana and Anupana where, individual Sahapana and Anupana is been mentioned for different conditions. The article is an effort to list down all the Anupana and Sahapana mentioned in Rasendra Sambhava with the respective disease.

KEY WORDS: *Rasasastra and Bhaishajya Kalpana, Rasendra Sambhava, Anupana, Sahapana.*

INTRODUCTION

Rasendra Sambhava

The textbook *Rasendra Sambhava* is a combined textbook containing references from *Charaka Samhita, Susrutha Samhitha, Astangahridhaya, Dhanwantari Nigahantu, Harita Samhita, Gadanigraha, Bhela Samhita, Bhavaprakasha Nighantu, Vangasena, Yogaratnakara, Yogatarangini, Yogachinthamanai, Bhaishajya Ratnavali, Sharangadjhara Samhita, Chakradatta, Rasarnava, Rasa Hridaya Tantra, Rasa Ratna Sammuchaya, Rasaratnakara, Rasapradeepika, Rasachandamshu, Rasakamadenu, Rasatantrasara, Rasaendramangala, Rasakuthuhala, Rasendra Sara Sangraha, Rasa Yoga Sagara, Rasa Raja Sundhara, Rasa Tarangini, Rasamanjari, Rasayanasara*; etc. The textbook contains 5 *Patals*. First *patala* deals with *Paribhasha*; etc, second *patala* contains detainling on Dravya *shodhana-marana* and its *gunas, dosha shanthi*, third *patala* contains *Rasayogas* as per *Roga* and forth *patala* deals with *Kupipakwa rasayana, Parpati nirmana* and *Loha yogas* as per diseases. The fifth *Patala* is exclusively dedicated to *Sahapana* and *Anupana* as per various conditions.

***Sahapana and Anupana*[1]**

Sahapana; that which is taken along with the medicine can be *Dravya, swarasa* or milk or anything that has the *yogavahi guna.* Whereas, the *Anupana* is taken after the intake of the medicinal drug and it increases the potency of the medicine administrated. *Sahapana* action is compared with a simile where in how an oil drop spreads over the water surface, *Sahapana* also takes the medicine into all parts of the body. *Doshayuktha* or *Guru Dravya* or medicine in more quantity can be administrated along with a suitable *Anupana* in right dose. The *Anupana* administrated will be endowed with taste, does *Brimhana* to the body, act as *Vrishya,* does *Doshashamana,* imparts *Tripthi, Tarpana, Sukham, Mardhava, Deepana, Bala and Varnakaraka*, does *Dosha Shamana* and act as *Chedana.* It is also effective in *Srama* and *Brama.*

Anupana Dravyas mentioned in *Rasendra Sambhava* are; *Dravya, swarasa, kwatha, churna, avaleha, asava, sura, madhu, ksheera, phala* or *jala*

In Anupana abhava; with due consideration to *vyadhi* and *kala*, *mahendratoya* can be given. In *Vata-kaphaja* condition; hot water is advised and in *Pittaja* condition; cold water is given. For *Sahapana;* the rasa told under particular *Rogadhikara* can be given along with the medicine, and later on *Anupana* can be given. The *Anupana patra* here told should be *Shatroktha patra*, else one can use mud pot. Mud pots are considered as *Subha* and *Uttama.*

Synergic action of Adjuvants

Adjuvants, derived from the Latin word “adjuvare” meaning “to help”. “Substance used in combination with a specific antigen that produced a more robust immune response than an antigen alone”. The synergic effect of *Anupana* and *Sahapana* is proven in many articles. The findings confirm that the combination of drugs can enhance the effect, greater than the predicted potency when used as a single drug. The synergic action allows the use of lower dose combination constituents, and may reduce the adverse drug reaction[2]. Synergistic combination of two or more agents can overcome toxicity and other side effects associated with high dose of single drug. Therapeutically promising multi-target effect[3]. Combinatory treatment may achieve more stable “network response” than single drugs. Single drug treatments are less effective than drug combinations in complex treatment regimes[4].

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***Sahapana*'s mentioned in *Rasendra Sambhava* as per different conditions:**

SL	DISEASE CONDITIONS	*SAHAPANA* ADMINISTRATED ALONG WITH THE PRESCRIBED MEDICINE
1.	*Nava jwara*	*Sophalika swarasa + sapushpa Tulasi dala swarasa or Nagini swarasa*
2.	*Sita jwara*	*Karanja beeja churna or karavella swarasa (cures within 1 day)*
3.	*Vataja jwara*	*Guduchi swarasa + satavari swarasa*
4.	*Pitaja jwara*	*Patola + parpataka swarasa*
5.	*Kaphaja jwara*	*Ardraka swarasa + kshoudra*
6.	*Jwara kasa*	*Kshudramoola rasa*
7.	*Vata-pita jwara*	*Parpataka + Amrutha swarasa,*
8.	*Pita-kapha jwara*	*Tambula +ardraka swarasa*
9.	*Vata-kapha jwara*	*Pippali + madhu*
10.	*Vata-kapholbana sannipathaja jwara*	*Ardraka + sinduvara swarasa*
11.	*Vata-pitaolbana sannipataja jwara*	*Ardraka + amrut parna swarasa*
12.	*Sannipataja jwara*	*Brahmi swarasa*
13.	*Jeera jwara*	*Pippali + kshaudra + sophalika swarasa*
14.	*Vishama jwara*	*Bringaraja swarasa*
15.	*Tritheeyaka jwara*	*Saptaparna swarasa+ sita+ ksheera*
16.	*Tritheeyaka and Chadurthaka jwara*	*Agastya pushpa swarasa*
17.	*Granthika jwara(plague)*	*Devakadara swarasa (its lepa is advised over granthi)*
18.	*Ahaka jwara*	*Punarnava swarasa*
19.	*Jwara upadrava* *Daha* *chardi* *gharma* *malabhanda* *mutrarodha* *hikka* *swasa* *kasa* *arochaka* *pippasa*	 *Dhanyaka hima* *Amrut kwatha + madhu* *Kurutha churna (after mardana)* *Katuka kwatha* *Soraka* *Mayura Chandrika Shyama Bhasma + kshaoudra* *Vasa swarasa* *Kshudra swarasa* *Saindhava + ardraka + nimbu swarasa* *Draksha + tala + sita*
20.	*Jwaratisara*	*Kudajambu + madhu*
21.	*Atisara*	*Vataroha swarasa + hijjala rasa + madhu + dhanwa + vilwa+ kshoudra*
22.	*Pravahika*	*Amra or jambu swarasa*
23.	*Grahani*	*Musali swarasa with takra or tandulodaka or nagara kwatha*
24.	*Arsha*	*Soorana and saindhava with guda, Abhaya*
25.	*Raktarsha*	*Kukkundara swarasa or sreshta tila hima or dadima Kalika toya*
26.	*Agni mandhya*	*Yamanya and saindhava with hareethaki, shunti, guda*
27.	*Ajeerna*	*Shunti, dadima kula churna with guda (indicated in amajeerna, gudamaya and varchovibhanda)*
28.	*Visuchika*	*Palandu (1/2 part) + poothi toya + hingu (8 parts) + balamoola toya*
29.	*Krimi*	*Paribhadra patra toya swarasa with kshoudra or kembuka swarasa or pattura swarasa or lehana of vidanga with kshoudra or palasabeeja swarasa with kshoudra or yavani swarasa with guda*
30.	*Pandu and kamala*	*Guda and Abhaya churna* *Or, trivruth and Gavakshi toya witj guda*

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		Or, triphala, guduchi, darvi and nimba swarasa *(to be taken in pratha kala along with madhu)*
31.	*Raktapita*	*Phalgu phala rasa or vasaka patra rasa or dadima Kalika toya or durva rasa along with madhu* *Or, kushmanda phala toya or laksha along with makshika*
32.	*Rajayakshma*	*Pippali with madhu or sarpi* *Or. Vasaka swarasa with madhu*
33.	*Kasa*	*Sringavera swarasa with makshika* *Or, vasaka swarasa with kshoudra* *Or, kshudramoola rasa with makshika and pippali churna*
34.	*Hikka*	*Kashambu with kshoudra* *Or,kadalimoola rasa with sita,* *Or, sauvarchala with madhu,* *Or, madulunga rasa*
35.	*Swarabheda*	*Gritabrishta Bhadaripatra kalka with saindhava or* *Amalaka churna with goopaya*
36.	*Aochaka*	*Dadima swarasa with Souvarchala, guda, kshoudra* *Or, ardraka and yavani swarasa with lavana*
37.	*Chardi*	*Chandana (1 aksha) + amalaka swarasa with makshika* *Or, shivaphala with guduchi shita kwatha with madhu* *Or, murva or tandula ambu*
38.	*Trishna*	*Paktha udumbara, guduchi and draksha swarasa with madhu*
39.	*Muurcha and Brama*	*Ashwagandha with madhu* *Or, triphala with makshika* *Or, dhuralabha with sarpi*
40.	*Madathyaya*	*Mrithwika and dadima swarasa* *Or, dathri swarasa* *Or, chinja swarasa*
41.	*Daha*	*Dhanyaka and datri toya with Chandana, usheera kwatha with madhu* *Or, patmahwa or kumuda neera* *Or, venu twacha kwatha with kshoudra (indicated in rakta sampoorna koshtoktha daha)*
42.	*Unmada*	*Dhavala and varuva moola swarasa with makshika* *Or, chanda and brahmi swarasa with kshoudra* *Or, kushmandabeeja kalka* *Or, talaka vriksha shaka rasa with madhu*
43.	*Apasmara*	*Brahmi and vacha in equal amount with makshika,* *Or, brahmi rasa with madhu*
44.	*Vata roga*	*Lashuna or nirgundi swarasa*
45.	*Arditha*	*Rasoa kalka with navaneetha*
46.	*Gradrasi and katishula*	*Eranda phala rasa with ksheeraand Vishwa* *Or Renuka phala with paya*
47.	*Kroshtukasheersha*	*Guggulu and triphala*
48.	*Snayu shula and Ganja*	*Vishudha and kuchila*
49.	*Pakshagata*	*Hingu and saindhava*
50.	*Bahu shosha*	*Sarpi (considered as kalyanaka)*
51.	*Thuni and prathithuni*	*Hingu or kshara with grita*
52.	*Thandadi*	*Kanyaneera with kshara*

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53.	*Khalitya*	*Matsyashukara sneha*
54.	*Adhmana*	*Yavani and saindhava with hingu*
55.	*Vataraktha*	*Amruta and mundi swarasa with kshoudra* *Or, hareethaki with guda*
56.	*Urusthamba*	*Triphala churna or katuka with kshoudra*
57.	*Amavata, gradrasi, arditha*	*Erandataila with hareethaki*
58.	*Pitaja roga*	*Parpataka rasa with sharkara*
59.	*Kaphaja roga*	*Tamrachuda swarasa (sita)*
60.	*Shula roga*	*Eranda shigru moolambu with lavana*
61.	*Vataja shula*	*Beejapooraka swaras with lavana*
62.	*Pitaja shula*	*Satavari and datri swarasa with madhu*
63.	*tridoshaja shula*	*Dadima swarasa with saindhava*
64.	*Parinama shula*	*shambukabhasma*
65.	*Udavartha*	*Snuhipaya with lavana*
66.	*Vega rodhaja udavartha*	*duralabha swarasa with lavana and mutra*
67.	*Anaha*	*(Abhaya, kshara, trivruth) with lavana*
68.	*Vataja Gulma*	*Eranda taila with yavakshara or, sarjika*
69.	*Pitaja gulma*	*Trivruth churna with triphalambu*
70.	*Kaphaja gulma*	*Yavani with lavana*
71.	*Dwadwaja gulma*	*Mishitha of above as per dosha*
72.	*Sannipathaja gulma*	*Sahapana of 3 dosha as per said above*
73.	*Pakwa gulma*	*Vranavath shodana and ropana*
74.	*Rakthaja gulma*	*Kshara, trayusha, Madhya, maricha and dathri rasa*
75.	*Hritroga*	*Arjuna twak churna* *Or, pushkara with madhu*
76.	*Mootrakrichra*	*Kushmanda or datri toya with swadramstra rasa with madhu and yavakshara*
77.	*Mootrakata and ashmari*	*Khadirabeeja churna jala* *Or, rudrajada with takra*
78.	*Prameha*	*Palasha pushpa toya or shatavari rasa with madhu* *Or, amruta or nisha ambu with kshoudra (considered sreshta in curing meha)* *Or, gudamara rasa with madhu (cure dharuna meha)*
79.	*Sukrameha*	*Shalmali swarasa* *Or, amalaka swarasa with kshoudra*
80.	*Ratrimeha*	*Karpoora and ahiphena*
81.	*Bahumootra*	*Datriphala rasa with madhu* *Or, vasaka rasa with kshara* *Or, jambukabeeja churna with makshika* *Or, pakwa kadaliphala*
82.	*Medoroga*	*Triphala kwatha + badaridala with kshoudra*

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		Or, talapatra with hingu and kshara *Or, arani swarasa and shaileya*
83.	*Udararoga*	*Snuhipaya bhavana of pippali (6 times)* *Or, rohithaka and Abhaya- bhavana in gooksheera or goomootra* *(sarva udara-pleeha-meha-arsha-krimi-gulmanuth)*
84.	*Pleeha-yakruth roga*	*Sarapunga rasa with saindhava* *Or, rohithaka and Abhaya kwatha with pippali and kshara* *Or, talapushpa with guda and kshara*
85.	*Sotharoga*	*Punarnava and padmahwa* *Or, manakhanda rasa* *Or, vilwapatra rasa* *Indicated in sosha and swayathu*
86.	*Vriddhiroga*	*Gandarvahasta taila, ksheera, vishalamoola*
87.	*Galaghanda,* *Gandamala,* *kuranda*	*Kanchanara twak swarasa, shuthi churna, varunamoola with makshika*
88.	*Varshothitha Sleepadaroga,* *Dadrukushta,*	*Sarshapa taila with poothikaranja rasa* *Or, putranjeevakajam rasa with kanjika or goomutra* *Or, Rajani with guda and goomutra* *Or, Gandarvataila brishta hareethaki with goojala,* *(cures within 7 days)*
89.	*Nadivrana*	*Suddha Guggulu and triphala*
90.	*Vrana*	*Triphala kwatha with suddha guggulu* *Cures mahantha saruja sotha*
91.	*Bagna*	*Astisamhari rasa* *Or, partha rasa* *Or, laksha rasa with astisamharirasa*
92.	*Bhagandhara*	*Musali rasa with madhu and sarpi* *Or guggulu or, rasayana aushadai*
93.	*Upadamsha*	*Chopacheeni churna (1 shana) with makshika* *Or, chorapushpa rasa*
94.	*Shuka dosha*	*Triphala kwatha with goopaya and chagapaya* *(can do lepa or sechana also)*
95.	*Kusta*	*Avalgujabeeja and masha with koushnavari* *Or, chinnaswarasa* *Or, abhayarista or amla arista* *Or, Khadira rasa* *Or, ikshurasa*
96.	*Sheeta-pita-udartha-koda*	*Triphala with kshoudra* *Or, datri swarasa with sarpi* *Or, deepyaka with guda* *Or, agnimandha moola with sarpi* *(cures within 7 days)*
97.	*Amla-pita*	*Pippali with madhu* *Or, jambeera swarasa (advised to intake in sayamkala)*
98.	*Visarpa*	*Mustarista* *Or, patola and datri rasa with sarpi*
99.	*Visphota*	*Kundali, pichumardha, Khadira, indrayava, ambu* *(alleviates vayu and jala associated with visphota)*
100.	*Masurika*	*Rudraksha with maricha churna* *Or, sushavi niryasa with haridrachurna* *Cures romanthika jwara and visphota*

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101.	*Mukharoga*	*Darvi (swarasa/ kwatha/ ghana/ rasakriya) with kshoudra* *Also cures asrik dosha and nadivrana*
102.	*Karnaroga*	*Satavari rasa* *Or, datri rasa*
103.	*Prathishyaya*	*Jaya patra swarasa with saindhava lavana or taila*
104.	*Netraroga*	*Triphala (kalka/ kwatha/ churna) with madhu and sarpi*
105.	*Shiroroga*	*Triphalarasa with kshoudra*
106.	*Rakta pradara*	*Ashokavalka toya or laksharasa with madhu* *Kadalikanda neera with sourashtri and kshoudra* *Or, kushamoola with eranda ambu* *Udumbarakasta and phalarasa with kshoudra* *Or, valayamoola with makshika*
107.	*Swetha pradara*	*Dadhaki (1 aksha) or amalaka rasa with madhu* *Or, rohithakamoola kalka with sita and madhu* *Or, Kakajanukamoola* *Or, karpasa moola, all with thandula vari* *(cures pandu)*
108.	*Somaroga*	*Pakwa kadaliphala with datriphalarasa and madhu and sarkara* *Or, mashachurna, madhuka and vidari with madhu, sarkara and paya – advised to intake in pratakala* *Or, amalakibeeja kalka with madhu and sarkara* *Curs within 3 days*
109.	*Garbharoga* *(Garbha dharanartham)*	*Swethavalangrika and yasti (in karsha Pramana) with 1 pala sarkara and goodugdha*
110.	*Soothikaroga*	*Kurantaka or ardraka swarasa or vatarimoola rasa or dasamoola kwatha rasa*
111.	*Balaroga*	*Datripaya*
112.	*Visharoga*	*Vandhya and karkotaki or tanduleeyaka moola* *or Ishwaramoola rasa*
113.	*Vajeekarana*	*Vidari / manogupta / satavari / datri / maduka / vajigandha / vatsandava with sarpi and madhu / mamsapishta / payas/ dadhi/ vari/ takra/ sura/ sidhu*
114.	*Stambhana*	*Vijaya (sreshta) and ahiphena (uttama)*
115.	*Rasayana*	*Mandukaparni swarasa (advised to intake in prathakala)* *Or, yastimadhu churna* *Or, guduchirasa (samoola and pushpa)* *Or, sankupushpi kalka*

***Anupana's* mentioned in *Rasendra Sambhava* as per different condition's:**

SL	DISEASE CONDITION	*ANUPANA'S* MENTIONED
1.	*Vataja jwara*	*Vishwadi kwatha* *Vishwamrutha+granthika siddha toya or* *Kwatha made of kusthumbhuru, udumbara, daru,etc*
2.	*Pitaja jwara*	*Parpatakadi kwatha* *Parpataka (sreasta)* *Chandana, udeechi and nagara*
3.	*Sarva jwara and Kaphaja jwara*	*Amalakyadi kwatha* *(Amalaka, Abhaya, krishna, chitraka)-kwatha – act as kapha shamana, pachana and jadaragni Deepana.*
4.	*Vata-pita jwara*	*Guduchyadi kwatha* *(guduchi, nimba, pathmaka, rakthachandana)* *(act as pachana, hrullasa, arochaka, chardi, pippasa and daha nashana)*

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5.	*Pita- kapha jwara*	*Patoladhi kwatha* *(patola, Chandana, murva, pada, thiktha, amruta)* *(indicated in Pita-kapha, jwara, chardi, daha, kandu, visha)*
6.	*Vata-kapha jwara*	*Kshudradi kwatha* *(Kshudra, amruta, nagara, pushparaga)* *(indicated in swasa, kasa, aruchi, parswaruk, tridoshaja jwara)*
7.	*Sannipataja jwara*	*Satyadi kwatha* *(sati, pushkaramoola, vyagri, sringi, duralabha, guduchi, nagara, pada, kiratha, katukarohini)* *(indicated in kasa, hrtgraha, parswarti, swasa and tantra)*
8.	*Abhinyasa jwara*	*Karavyadi kwatha* *(karavi, pushkara, eranda, trayanti, nagara, Amrutha, dasamoola, sati, sringi, barangi, duralabha, Punarnava) all 2 tola + 32 tola goomutra*
9.	*jeernajwara*	*Nidigdhikadi kwatha* *(nidigdhika, nagara, amruta kwatha + pippali)* *(indicated in arochaka, kasa, shula, swasa, agnimandhya, arditha, peenasa, purana prathishyaya)* *(advised to intake in evening hours or in ratrijwara and in anyajwara, to be taken in pratha kala)* *(In Pita prathana Avastha – add madhu instead of pippali churna)*
10.	*Vishama jwara*	*Musthakadi kwatha* *(musta, amalaka, guduchi, Vishwaushadha, kandakari)* *Added with pippali churna and madhu*
11.	*Tritheeyaka jwara*	*Mahaushadadi kwatha* *(mahoushadha, amruta, musta, Chandana, usheera, dhanyaka)* *Added with sarkara and madhu*
12.	*Chadurthaka jwara*	*Vasadi kwatha* *(vasa, datri, sthira, daru, patya, nagara)* *Added with sita and madhu*
13.	*Ratri jwara*	*Guduchyadi kwatha* *(guduchi, musta, nimba, datri, kshudra, nagara, panchamoola, kaduka, indra, yavasaka. Nisha)* *Added with pippali and madhu* *(indicated in vata-pitta-kapha samuthbhava jwara, chiroktha jwara, dwadwaja jwara)*
14.	*jwartisara*	*Vilwapanchaka kwatha* *(salaparni, prishniparni, bala, vilwa, dadima)*
15.	*Atisara*	*Vatsakadi kwatha* *(vatsaka, atividha, vilwa, udeechi, musta)* *(indicated in amashula and in shonita yuktha chirapravrutha atisara)*
16.	*Raktathisara*	*Rasanjanadi kwatha* *(rasanjana, ativisha, kutaja, phalatwaja, dadhaki, sringavera, tandulavari)* *Added with madhu*
17.	*Grahani*	*Yamanikadi kwatha* *(yamani, nagara, usheera, dhanyaka, ativisha, ghana, bala, vilwa, dwiparni)* *(act as deepana and pachana)*
18.	*Vatarsha,* *Sarva arsha and chirakalasthitha arsha*	*Pathyadi kwatha* *(patya, amruta, dhanyaka)* *Added with guda*
19.	*Raktarsha*	*Samangadi churna* *(samanga, uthpala, mochara, lodra, tila, rakthachandana churna)* *Added with chagaksheera*
20.	*Agni mandhya*	*Saindhavadi churna* *(sinduktha, patya, magadha, vagnichurna) with ushna jala*
21.	*Krimi*	*Palashabeejadi churna* *(palashabeeja, indra, vidanga, nimba) with guda*

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		Or, palashabeeja wit bida and yavani *(cured within 3 days)*
22.	*Pandu and kamala*	*Phalatrikadhi kwatha* *(phalatrika, amruta, vasa, thiktha, boonimba, nimba) with ksaoudra*
23.	*Rakthapita*	*Atarooshadi kwatha* *(ataroosha, mrithwika, patya) along with sharkara and kshoudra* *(indicated in kasa and swasa)*
24,	*kshaya*	*Sitopaladi churna* *(sitopala, tugaksheeri, pippali, bahulatwacha) with kshaoudra and sarpi* *(Indicated in swasa, kasa, supti, arochaka, madhagni, parshwashoola, hasta-pada-dsha, jwara and urdwaga raktapita*
25.	*Kasa*	*Katphaladi kwatha* *(katphala, kshudra, bhargi, musta, dhanyaka, vacha, Abhaya, shunti, parpataka, sringi, surahwa)* *Added with madhu and hingu* *(indicated in vata-kaphaja kasa , kandaroga, swasa, hikka and jwara)*
26.	*Hikka*	*Datri kwatha* *(datri, magadhi, shunti) added with sita*
27.	*Swasa*	*Sringyadi churna* *(sringi, katutraya, phalatraya, kandakari, bargi, pushkara jada, panchalavana)* *Advised in shishira rithu* *(indicated in swasa, urdwavata, aruchi, and prathishyaya)*
28.	*Swarabheda*	*Ajamodadhi churna* *(ajamodha, Nisha, datri, kshara, vagni) with madhu*
29.	*Arochaka*	*Karavyadhi churna* *(karavya, ajaji, maricha, draksha, vrikshamla, dadima, sauvarchala) with guda and kshoudra*
30.	*Chardi* *(trodoshaja)*	*Datriphaladi panakam* *(datriphala, draksha) with sharkara (1 pala) and madhu (1 pala) with 4 pala jala – filtered through cloth*
31.	*Trishna*	*Vatashunkadi vati* *(vatashunka, laja, uthpala) with kshoudra*
32.	*Muurcha and Bhrama*	*Mahoushadadi kwatha* *(mahoushada, amruta, kshudra, paushkara, granthika(with pippali*
33.	*Madathyaya (kaphaja)*	*Astanga lavana* *(souvarchala, ajaji, vrikshamla, amlavetasa, twak, ela, maricha (1/2 part each)) with sharkara, Abhaya* *Act as agnideepana and imparts srotoshodana*
34.	*Daha*	*Danyakadi hima* *(danyaka, datri, vasa, draksha, parpata)* *(indicated in raktapita, jwara, Trishna and sosha)*
35.	*Unmada*	*Brahmi, kushmanda, shadgranda, shakapushpika swarasa* *Or, kusta with madhu*
36.	*Apasmara*	*Karanjadi churna* *(karanja, devadaru, sidhardha, kadabhiramadam, vacha, samanga, triphala, vyosha, priyangu (all in equal quantity)* *With bastamootra*
37.	*Vataja roga (pakshagata, manyastambha, karnanada and karna ruja, Durjaya arditha)*	*Mashabaladi kwatha* *(masha, bala, shooka, shimbi, trina, rasna, ashwagandha, urubhuka) with lavana* *(cures within 7 days)*
38.	*Sadaha yuktha Vataraktha*	*Patoladi kwatha* *(patola, katuka, shatavari, triphala, amruta)*

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39.	*Urusthamba*	*Bhallathakadi kwatha* *(bhallathaka, amruta, shunti, dharu, patya, punarnava, dasamoola,*
40.	*Amavata* *(janga-uru-prishta-trika-parshwa shola)*	*Rasna sapthakam kwatha* *(rasna, amruta, aragwada, devadaru, trikantaka, eranda, Punarnava)* *With nagara churna*
41.	*Pitaja roga*	*(Draksha, Abhaya, dhanya, patola, nimba, parpataka)- kwatha with sita,*
42.	*Kaphaja roga*	*Pichiladi kwatha* *(pichila, draksha, yasti, hapusha, gojihwika, trayamana)* *Act as saraka and is considered as sreshta*
43.	*Shula roga* *(prithak doshothbhavam shoolam)*	*Erandadwadasha kwatha* *(erandaphala moola, brihathi dwaya, gokshura, parninya, sahadeva, simhapuchi, ikshuvallika- all in equal quantity)* *With yavakshara*
44.	*Uthavartha*	*Naracha churna* *(khandapala, trivruth, upakulya- in karsha Pramana)* *(advised in prathakala with madhu)* *(indicated in gadapureesha, pita-kaphaja udaravtha, aruchi)*
45.	*Anaha*	*Trivruthadi vati* *(trivruth, hareethakiand shyama with snuhiksheera bhavana)* *Or, snuhimoola churna with ushnavari*
46.	*Gulma*	*Vachadi churna* *(vacha, hareethaki, hingu, saindhava, amlavethasa, yavakshara, jamani) with ushnavari* *Act in vagnivridhi, sashoola and graha*
47.	*Sarva hritroga*	*Kakumadi churna* *(kakuba twak, vacha, rasna, bala, nagabala, sati, pushkaramoola, pippali, vishwabeeshaja(with sarpi in mashamatra* *Advised to intake in prathakala*
48.	*Mootrakrichra*	*Brihathyadi kwatha* *(datri, draksha, yasti, vidari, trikandaka, darbha, ekshumoola, abhaya) with sita* *Cures ruja and daha associated with mootrakrichra*
49.	*Mootraghata*	*Karkatakabeejathi churna* *(karkatabeeja, sindhuktha, triphala – all in equal quantity) with ushna ambu*
50.	*Ashmari*	*Swadramshtadhi peya* *(swadramshtra moola, ikshuka, urubhuka, brihathi dwaya) with ksheera* *(cures within 7 days)*
51.	*Prameha*	*Eladi churna* *(ela, shilajathu, pippali, pashanabedhi)* *With thandulajala* *Chandanadi kwatha* *(Chandana, triphala, devadaru, kusta, kasheruka, shaivala, arjuna, durva, Nisha, agaru, bala) with sharkara*
52.	*Aupasargika meha* *(pooyameha)*	*Sriveshtakadi churna* *(suddha sriveshtaka+ kankola +naga kesara + suddha sphuti + soorakanja + rala + jeeraka + janga – all in equal quantity)* *Advised to intake in sandhyakala with dugdhaambu*
53.	*Bahumootra*	*Triphaladi yoga* *(triphala, venupatra, pada) with madhu and grita*
54.	*Medoroga*	*Vidagadya churna* *(vidanga, nagara, kalaloharaja) with madhu* *Or, Yava and amalaka churna*
55.	*Udararoga*	*Dantyadi churna* *(danti, vacha, gavakshi, shankini, thilwaka, trivruth) with goomutra*
56.	*Pleeharoga*	*Pippalyadi churna*

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		(Pippali, nagara, danti (all in equal quantity) +2 times abhaya churna + ½ part vidanga)with ushnavari *Yavanikadi churna* *(yavanika, chitraka, yavashuka, shadgranthi, danti, Magadha) with ushnambu, mastu, sura and asava*
57.	*Sarvanga Sotha roga*	*Punarnavastaka kwatha* *(Punarnava, nimba, patola, shunti, thiktha, Amrutha, darvi, Abhaya)* *Indicated in udara, parshwa shula, swasa, pandugata*
58.	*Vriddhiroga*	*Rasnadi kwatha* *(rasna, yasti, amryta, eranda, bala, gokshura)* *Indicated in antravriddhi)*
59.	*Chirakalothitha Galaganda*	*Aindradi churna* *(aindra, girindika moola) with goomutra*
60.	*Sleepada*	*Vriddhadaru churna* *(trikatu, triphala, chavya, darvi, varuna, gokshura, alambusha, guduchi- all in equal quantity) with kanjika in akshamatra* *Also indicated in sthoulya, daruna amavata, kusta, gulma, vatasleshma and jwara*
61.	*Abhyanthara Vidradhiroga*	*Varunadhi kwatha* *(varunadi gana + ushakathi prathivapa*
62.	*Nadivrana*	*Vidangadi churna* *(vidanga, triphala and Krishma churna with makshika)* *Also cures kusta, krimi, meha and bhagandhara*
63.	*Bagna*	*Rasonadi kwatha* *(Rasona, madhu, laksha) with grita and sita* *Does chirasanthana of china-bhinna-chyutha-asti*
64.	*Bhagandhara*	*Khadiradi kwatha* *(Khadira, triphala) with mahisha grita and visanga churna*
65.	*Upadamsha vrana*	*Amratwacha rasa (1 pala) + tugaksheeri (4 pala)* *Lateron, once the ksheera is jeerna; goduma is advised as pathya*
66.	*Kusta*	*Manjistadi kwatha* *(manjista, bakuchi, chakramardha, pichumardhaka, hareethaki, haridra, datri, vasa, satavari, bala, nagabala, yastimadhu, kshuraka, patola, latha,usheera, guduchi, rakthachandana)* *Also effective in vatarakta, kandu and mandala*
67.	*Sheethapita-udartha-koda*	*Amruthadi kwatha* *(amruta, Rajani, nimba, dhanyayasa)*
68.	*Amlapita*	*Dasanga kwatha* *(vasa, amruta, parpataka, nimba, bhoonimba, arka, triphala, patolapatra) with kshoudra*
69.	*Visarpa*	*Bhoonimbadi kwatha* *(bhoonimba, vasa, katuka, patola, phalatrika, Chandana, nimba)* *Cures visarpadaha, jwara, vaktrasosha, Trishna and vami*
70.	*Sarva Visphota*	*Dwadasanga kwatha* *(kirathatiktha, arista, yasti, ambudha, vasaka, patola, parpataka, usheera, triphala, kudaja)*
71.	*Masoorika*	*Patoladi kwatha* *(patola, kundali, musta, vrisha, dhanwa, yavasaka, bhunimba, katuka, parpataka)* *Also cures visphota and jwara*
72.	*Mukharoga*	*Patoladi kwatha*

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		(Patola, sunti, triphala, vishala, trayanthi, thiktha, dwinisha, Amrutha) with madhu
73.	*Navaprathishyaya*	*Soshanam with guda and snigdha dadhi and amla* *Also does kapha pachana*
74.	*Shiroroga*	*Pathyadi kwatha* *(pathya, datri, bhunimba, Nisha, Amrutha) with guda* *Also cures ashrukarna, shankashula, ardhashiroroga, suryavartha, shankaka and chakshupeeda*
75.	*Pradhara*	*Darvyadi kwatha* *(darvi, rasanjana, vrisha, abdha, kiratha, vilwa, bhallathaka) with madhu* *Cures sashula pia-aruna-lohitha-neela-sukla-pradara*
76.	*Somaroga*	*Kadaliphaladi* *(pakwa kadaliphala,vidari, shatavari) with ksheera*
77.	*Soothikaroga* *(soothika jwara and daha)*	*Dasamoolakwatha* *(shalaparni, prishniparni, brihathi, gookshura, dhasi, prasarani, guduchi, musthaka)*
78.	*Balaroga*	*Balachadurbadra churna* *(ghana, krishna, aruna, sringi with kshoudra)* *Cures bala jeara-atisara-swasa-kasa-vami*
79.	*Sthambana*	*Veeryasthamba vati* *(jatiphala, lavanga, jatipatra, kunkuma, Sukshma ela, ahiphena, twak, akarakarabha)- all in karsha matra with karpoora in shana matra and nagavalli and dhalarasa* *Act as bala-varna-agni-deepani*
80.	*Rasayana*	*Dharoshna gooksheera*

CONCLUSION

Just like *Anupana*, *Sahapana* also play avital role in potentiating the drug action both through pharmaco-dynamics and pharmaco-kinectics. The selection of *Sahapana* depends on the *Roga-Rogi Bala* and *avastha*, a single formulation can be administrated with different *Sahapana* as per the condition. This completely depends on the physicians *Yukthi* and *Roga-Rogi avastha.* More than just acting as a vehicle and improving palatability and ease of administration; *Sahapana* also have role in intervene in drug action, metabolism of drug inside the body, drug absorbtion, in controlling adverse drug reaction and site-specific action.

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