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Review Article

ANUPANA TARANGINI: A BOOK REVIEW

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ABSTRACT

Ayurveda is the science of life aimed at promoting health and curing disease. It suggests several principles and concepts to achieve these aims, such as *dinacharaya* (daily regimen), *ritucharaya* (seasonal regimen), *ahara* (food), *vihara* (regimen), etc. *Anupana* (co-administers with medicines) is composed of two words 'Anu' and 'Pana', meaning *paschat* (later) and drinking. *Anupana* (co-administers with medicines) is mentioned by different *Acharya's* in their classical books such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hrudaya*, etc. A book named *Anupana Tarangini* is also available which describes "*anupana*" (co-administers with medicines) of *rasa dravyas* (mineral drugs). This book was written in 17th century by "*Pandit Raghunath Prasad*" and was written as a conversation between *kavi* (poet) and *kavayitri* (poetess). It contains six chapters. The chapters are titled *vichi*, which means "waves". In this book, "*Lokanatha rasa*" *nasya* (errhine therapy) is told with the horn of deer and *shweta durva* (*Cynodon dactylon*). This *nasya* is impossible today due to the Wild Life (Protection) Act, of 1972. Hypnotism is also discussed in this book with *lavanga* (*Syzygium aromaticum*) and *gorochana* (*inspissated bile*) mixed with *vanga* (tin) *bhasma* (calyx of tin). The author has also mentioned to use *yukti* (logical management) for *anupana* (co-administers with medicines) of *tamra bhasma* (calyx of copper). *Anupana* (co-administers with medicines) is a vehicle used with medicines to improve their therapeutic effects and transport them to their targeted site. Physicians who practice *rasaushadis* can turn to this well-written, brief work.

Keywords: *Anupana*, *Tarangini*, *Rasa dravya*, Metal and mineral drugs, *Ayurveda*

INTRODUCTION

Ayurveda – "The science of life" aimed at promoting health of healthy person and curing disease of diseased person¹. *Ayurveda* suggests several principles and concepts to attain these aims like *dinacharaya* (daily regime), *ritucharaya* (seasonal regime), *ahara* (food), *vihara* (life style), etc. Among them, one is *anupana* (co-administers with medicines). In both healthy and diseased states, the concept of *anupana* (co-administers with medicines) is mentioned. *Anupana* (co-administers with medicines) is composed of two words 'Anu' and 'pana'. *Anu* means *paschat* (later) and 'Pana' means drinking. Therefore, the

definition of *anupana* (co-administers with medicines) is a liquid substance that is consumed with or after a meal and a medication.

Anupana (co-administers with medicines) is mentioned by different *Acharya's* in their classical books like *Charaka samhita*², *Sushruta Samhita*³, *Ashtanga Hrudaya*⁴, *Vaidyajivanam*⁵, *Sharangadhara samhitha*⁶ etc along with its benefits⁷. A book named *Anupana Tarangini*⁸ is also available which describes *anupana* (co-administers with medicines) of *rasa dravyas* (mineral drugs). The author has named the chapters as *vichi*. In this book, six *vichi* are explained.

The 6 *vichi* (chapters) includes the following material

Table 1: Name of the chapters with *Rasa dravya*

Vichi (Chapter Name)	Rasa Dravya	Procedures
Pratham vichi	Swarna (gold), rourpya (silver), tamra (copper), naga (lead), vanga (tin), yashada (zinc), loha (iron), mandura (iron oxide)	Marana (process of making <i>bhasma</i>), <i>shodhana</i> (purification) and its <i>guna</i> (property), <i>dosha</i> (regulatory functional factors of the body), <i>Anupana</i> (co-administers with medicines)
Dvitiya vichi	Makshika (copper pyrite), tuttha (copper sulphate), haratala (arsenic trisulfide), nilanjana (galena), abhraka (mica), manashila (arsenic disulphide), rasaka (zinc oxide)	Marana (process of making <i>bhasma</i>), <i>shodhana</i> (purification), <i>Bhasma dosha shanti</i> (management of ill effects caused by <i>bhasma</i> prepared improperly), <i>guna</i> (property), <i>anupana</i> (co-administers with medicines)
Tritiya vichi	Rasa (mercury), Rasaka (zinc oxide) Rasakarpura, Rasasindura (HgS)	Rasa <i>bhubhustikarana</i> (increasing the appetite in mercury), <i>bhasma sevana</i> (intake of <i>bhasma</i>), <i>rasa sindura guna</i> (properties of HgS) and <i>anupana</i> (co-administers with medicines) <i>vidhi</i> (procedures)
Chaturthiya vichi	Gandhaka (sulphur)	<i>Shodhana</i> (purification) and <i>anupana</i> (co-administers with medicines)

<i>Panchami vichi</i>	<i>Uparasa</i> (group of alchemical mineral agents)	<i>Anupana</i> (co-administers with medicines)
<i>Shasthi vichi</i>	<i>Ratna</i> (gems), <i>vajra</i> (diamond) and <i>pravala</i> (coral)	<i>Anupana</i> (co-administers with medicines)

Table 2: Contents of Chapter 1

<i>Rasa dravya</i>	<i>Anupana</i>	<i>Apakawa bhasma dosha shanti</i>
<i>Swarna</i> (gold) <i>Bhasma</i>	<ul style="list-style-type: none"> <i>Bhringraj swarasa</i> (expressed juice of <i>Eclipta prostrata</i>) or <i>Vidarikanda</i> (<i>Pueraria tuberosa</i>)– <i>vajikarana/ putradayaka</i> (aphrodisiac) <i>Dugdha</i> (Milk) – <i>shaktivardhaka</i> (increases strength) <i>Punarnava</i> (<i>Boerhavia diffusa</i>) – <i>netra rogahara</i> (cures eye disorders) <i>Ghrita</i> (ghee) or <i>Shankha pushpi swarasa</i> (expressed juice of <i>Convolvulus pluricaulis</i>) – <i>Jarahara</i> and <i>ayushvardhaka</i> (increase life span) <i>Katuki</i> (<i>Picrorhiza kurroa</i>) – <i>daha nashak</i> (relieves burning sensation) <i>Kesar</i> (<i>Crocus sativus</i>)– <i>kantidayaka</i> (increases luster) <i>Lavanga</i> (<i>Syzygium aromaticum</i>), <i>shunti</i> (<i>Zingiber officinale</i>), <i>maricha</i> (<i>Piper nigrum</i>) – <i>unmada</i> (insanity) <i>Madhu</i> (honey), <i>amala</i> (<i>Emblica officinalis</i>) – <i>sanghrani</i> (sprue) <i>Madhu</i>, <i>hemavarak</i> (gold thin foil sheet) – <i>visha dosha nashak</i> (eradicates poisons) 	<i>Abhaya</i> (<i>Terminalia chebula</i>) + <i>sita</i> (<i>Saccharum</i>) for 3 days
<i>Rajata Bhasma</i>	<ul style="list-style-type: none"> <i>Sharkara</i> (<i>Saccharum</i>)– <i>daha</i> (burning sensation) <i>Triphala</i> (<i>Emblica officinalis</i>, <i>Terminalia chebula</i>, <i>Terminalia bellirica</i>) - <i>vatapittahara</i> (reduces vata and pitta dosha) <i>Trisugandha</i> (<i>Cinnamomum zeylanicum</i>, <i>Elettaria cardamomum</i>, <i>Cinnamomum tamala</i>) - <i>prameha</i> (diabetes) <i>Gulma</i> (abdominal lump) – <i>kshara</i> (alkali) <i>Trikatu churna</i> (<i>Zingiber officinale</i>, <i>Piper nigrum</i>, <i>Piper longum</i>) and <i>adusa swarasa</i> (<i>Adhatoda vasica</i>) – <i>kasa</i> and <i>kapha</i>, <i>Bharangi</i> (<i>Clerodendrum serratum</i>), <i>shunti</i> (<i>Zingiber officinale</i>) – <i>shwasa</i> (asthma) <i>Shilajit</i> - <i>kshaya</i>, <i>Mamsa rasa</i> or <i>dugdha</i> (milk)– <i>kseenata</i>, <i>Mandura</i> (iron oxide) – <i>pandu</i> (anaemia) <i>Triphala</i> and <i>pippali</i> (<i>Piper longum</i>) – <i>yakrit</i> and <i>pliha roga</i> (liver and spleen disease) <i>Punarnava</i> (<i>Boerhavia diffusa</i>) – <i>sotha</i> (swelling) <i>Ghrita</i> (ghee) – <i>Valipalit</i> (wrinkles and grey hair), <i>kshudha nashaka</i> (reduces thirst) and <i>kanti vardhaka</i> (increase lustre) 	<i>Sharkara</i> (<i>Saccharum</i>) + <i>Madhu</i> (honey) for 3 days
<i>Tamra</i> (copper) <i>bhasma</i>	<i>Pippali</i> (<i>Piper longum</i>) and <i>Madhu</i> (Honey) – <i>sarva rogahara</i> (pacifies all disease)	<i>Sharkara</i> (<i>Saccharum</i>) + <i>jala</i> (water) + <i>tila</i> (oil of <i>Sesamum indicum</i>) or <i>dhanyaka</i> (<i>Coriandrum sativum</i>) for 3 days
<i>Naga</i> (lead) <i>bhasma</i>	<i>Sita</i> – <i>pitta</i> , <i>vata</i> , <i>shiroroga</i> (disease of head), <i>netra roga</i> (disease of eye), <i>virya</i> (potency) <i>dosha</i> , <i>pralapa</i> (irrelevant speech) and <i>dahahara</i> , <i>ruchi kara</i> (increase appetite), <i>kama vardhana</i> in <i>pathya sevi</i> (follows wholesome diet).	<i>Hema</i> (nimbu) + <i>haritaki</i> (<i>Terminalia chebula</i>) + <i>mishri</i> (<i>Saccharum</i>)
<i>Vanga</i> (tin) <i>bhasma</i>	<ul style="list-style-type: none"> <i>Karpura</i> (<i>Cinnamomum camphora</i>) – <i>durgandhahara</i> (removes bad odour) <i>Milk</i> or <i>jatiphala</i> (<i>Myristica fragrans</i>) – <i>paustika</i> (nutritious), <i>Ghrita</i> (ghee) – <i>pandu</i> (anaemia) <i>Tulsi patra</i> (<i>Ocimum sanctum</i>)– <i>prameha</i> <i>Tankana</i> (borax) – <i>gulma</i>, <i>pleeha</i> (spleen) <i>Haridra</i> (<i>Curcuma longa</i>) – <i>urdhava shwasa</i> (Asthma), <i>rakta pitta</i> (bleeding disorder) <i>Sharkara</i> (saccharum) – <i>pitta</i> <i>Madhu</i> (honey) – <i>bala vridhhi</i> (increase strength) <i>Kasturi</i> (<i>Moschus moschiferus</i>), <i>nagavalli</i> (<i>Piper betle</i>)– <i>virya sthambana</i> (increase virility) <i>Pippali</i> (<i>Piper longum</i>) and <i>kasturi</i> (<i>Moschus moschiferus</i>) or <i>kankola churna</i> (<i>Piper cubeba</i>) – <i>mandagni</i> (weak state of digestive fire) <i>Kadhira kwatha</i> (<i>Acacia catechu</i>) – <i>vartama roga</i> (eye disorder) <i>Amalaka</i> (<i>Emblica officinalis</i>) or <i>puga churna</i> (<i>Area catechu</i>)– <i>ajirna</i> (indigestion) <i>Rasona</i> (<i>Allium sativum</i>) – <i>asthigata jwara</i> (fever affecting bones and joints) <i>Sindu phala</i> or <i>nirgundi swarasa</i> (<i>vitex negundo</i>) – <i>kusta</i> (leprosy) <i>Apamarga mula</i> (<i>Achyranthes aspera</i>)– <i>kubja</i> <i>Lavanga</i> (<i>Syzygium aromaticum</i>), <i>Samudra phala</i> (<i>Barringtonia acutangula</i>), <i>Nagavalli swarasa</i> (<i>Piper betle</i>)– <i>linga vriddhi</i> (penile augmentation) <i>Lavanga</i> (<i>Syzygium aromaticum</i>) and <i>gorochana</i> (inspissated bile) – <i>jana vashyata</i> (hypnotism) <i>Lavanga</i> and <i>eranda mula</i> (root of <i>Ricinus communis</i>) used as <i>lepa</i> – <i>ardhavabhedaka</i> (migraine) <i>Yavani</i> (<i>Trachyspermum ammi</i>), <i>ashwagandha</i> (<i>Withania somnifera</i>) – <i>vata roga</i> <i>Aja ksheera</i> (goat milk) – <i>jalodara</i> (ascites) <i>Takra</i> (buttermilk) – <i>vata gulma</i> (lump due to vata) <i>Karkati swarasa</i> (<i>Cucumis utilissimus</i>) or <i>Rasbhi ksheera</i> (donkey milk) – <i>putraprapti</i> (cures impotency) <i>Apamarga swarasa</i> (<i>Achyranthes aspera</i>) – <i>shiroroga</i> (disease of head) <i>Shaluk</i> (<i>Nelumbo nucifera</i>), <i>jatiphala</i> (<i>Myristica fragrans</i>) (<i>jayaphala</i>), <i>lavanga</i> (<i>Syzygium aromaticum</i>) – <i>dhatudosha</i> 	<i>Meshasringi</i> (<i>Gymnema sylvestre</i>) + <i>Sita</i> for 3 days

	<ul style="list-style-type: none"> • <i>Jatiphala</i> (<i>Myristica fragrans</i>) and <i>ashwagandha</i> (<i>Withania somnifera</i>) in <i>katipida</i> (pain in hip bone) • <i>Rosona taila</i> (oil prepared from <i>Allium sativum</i>) – <i>apasmara</i> (<i>nasya</i>) • <i>Jatiphala</i> and <i>lavanga</i>, <i>Madhu</i> – <i>kasa roga</i> (cough) 	
<i>Yashada</i> (zinc) <i>bhasma</i>	<ul style="list-style-type: none"> • <i>Trigandha</i> (<i>Ela</i>, <i>Patra</i> and <i>Twak</i>) – <i>tridosha</i> (regulatory functional factors of the body) <i>roga</i> • <i>Agnimantha swarasa</i> (expressed juice of <i>Premna integrifolia</i>)– <i>agnimandya</i> • <i>Jirna goghrita</i>, <i>lalya</i> (saliva) – <i>netra roga</i> (<i>Anjana</i>) • <i>Nagavallidala</i> (<i>Piper betle</i>) or <i>Mahisha navaneeta</i> (buffalo butter) – <i>prameha</i> (diabetes mellites) • <i>Tandula hima</i> (cold infusion of <i>Oryza sativa</i>) and <i>kharjura</i> (<i>Phoenix dactylifera</i>) – <i>pitta jwara</i> (fever due to <i>pitta dosha</i>), <i>raktatisara</i> (bleeding diarrhea) • <i>Yavani</i> (<i>Trachyspermum ammi</i>), <i>lavanga</i> (<i>Syzygium aromaticum</i>)– <i>shitajwara</i> (type of fever) • <i>Sharkara</i> (saccharum) and <i>jeeraka</i> (<i>Cuminum cyminium</i>) – <i>atisara</i>, <i>vamana</i> • <i>Yavani</i> (<i>Trachyspermum ammi</i>), <i>lavanga</i> (<i>Syzygium aromaticum</i>), <i>jeeraka</i> (<i>Cuminum cyminium</i>), <i>sharkara</i> – <i>shula roga</i> (pain) • <i>Yavani</i> (<i>Trachyspermum ammi</i>) and <i>ushna jala</i> (hot water) – <i>Vibandha</i> (constipation) • <i>Yavani</i> (<i>Trachyspermum ammi</i>) and <i>lavanga</i> (<i>Syzygium aromaticum</i>) – <i>amavata</i> (rheumatism) • <i>Yavani</i> (<i>Trachyspermum ammi</i>), <i>lavanga</i> (<i>Syzygium aromaticum</i>), <i>ushna jala</i> – <i>ajirna</i> • <i>Madhu</i> and <i>pippali</i> (<i>Piper longum</i>) – <i>kasa roga</i> 	<i>Bala abhaya</i> (small variety of <i>Terminalia chebula</i>) + <i>Sita</i> (saccharum) for 3 days
<i>Loha</i> (iron) <i>Bhasma</i>	<ul style="list-style-type: none"> • <i>Parada</i> (<i>Mercury</i>) – <i>sarvaroga</i> (all diseases), • <i>Bharangi</i> (<i>Clerodendrum serratum</i>), <i>trikatu</i> (<i>Zingiber officinale</i>, <i>Piper nigrum</i> and <i>Piper longum</i>), <i>Madhu</i> – <i>dathuvikara</i> (disease of tissue) • <i>Rasa gandha yukta loha</i> (iron) <i>bhasma</i> and <i>Madhu</i> – <i>kapha roga</i> • <i>Chaturjata</i> (<i>twak</i>, <i>patra</i>, <i>ela</i>, <i>nagakeshara</i>) and <i>Sita</i> – <i>raktapitta</i> • <i>Punarnava</i> (<i>Boerhavia diffusa</i>) <i>churna</i> and <i>godugdha</i> – <i>balaprada</i>, <i>Punarnava</i> (<i>Boerhavia diffusa</i>) <i>kwatha</i> – <i>pandu roga</i> • <i>Haridra</i> (<i>Curcuma longa</i>) and <i>Madhu</i> or <i>pippali</i> (<i>Piper longum</i>) and <i>Madhu</i>–<i>prameha</i> (diabetes) • <i>Shilajatu</i> (mineral pitch) – <i>mutrakrichra</i> • <i>Vasa</i>, <i>pippali</i> (<i>Piper longum</i>), <i>draksha</i> (<i>Vitis vinifera</i>), <i>Madhu</i> (honey) – <i>panchavidha kasa</i> • <i>Tambula</i> (betel leaves) – <i>agnideepana</i> (increase metabolic factors), <i>dhatu kantiprada</i> (provides lustre to major structural components of the body), <i>deha loha sama</i> (gives strength to body like iron) 	<ol style="list-style-type: none"> 1. <i>Khanda</i> (saccharum) + <i>Madhu</i> + <i>Ela</i> (<i>Elettaria cardamomum</i>) for 3 days 2. <i>Saindhava lavana</i> + <i>Trivrut churna</i> + <i>Ushna jala</i> 3. <i>Sita</i> + <i>Madhu</i> + <i>Shweta durva swarasa</i> (<i>Cynodon Dactylon</i>)

Table 3: Contents of Chapter 2

<i>Rasa dravya</i>	<i>Anupana</i>	<i>Apakawa bhasma dosha shanti</i>
<i>Swarna makshika</i> (copper pyrite)	<i>Madhu</i> and <i>pippali</i> – <i>kshaya</i> , <i>shwasa</i> , <i>bhrama</i> (giddiness), etc.	<i>Kultha kwatha</i> (<i>Dolichos biflorus</i>) or <i>dadima twak</i> (<i>Cinnamomum zeylanicum</i>)
<i>Swarna makshika</i> (copper pyrite)	Same as <i>Swarna makshika</i> (copper pyrite)	Same as <i>Swarna makshika</i> (copper pyrite)
<i>Tutha bhasma</i> (copper sulphate)	<ul style="list-style-type: none"> • <i>Navaneeta</i> (Butter) – <i>kandu</i> (itching), <i>visha</i> (Poison), <i>kustha</i> (leprosy), <i>Vidanga</i> (<i>Embelia ribes</i>) – <i>krimiroga</i> (intestinal worms) • <i>Tambula</i> (betel leaves) – <i>kapha roga</i> • <i>Madhu</i> (honey) – <i>netra roga</i> (<i>Anjana</i>) • <i>Eranda taila</i> (oil of <i>Ricinus communis</i>) – <i>rechana</i> (purgative) 	<ol style="list-style-type: none"> 1. <i>Jambira nimbu swarasa</i> (<i>Citrus limon</i>) 2. <i>Laja jala</i> (puffed rice) 3. <i>Ushira arka</i> (distillate of <i>Vetiveria zizanioides</i>)
<i>Haratala</i> (arsenic trisulfide) <i>bhasma</i>	<ul style="list-style-type: none"> • <i>Guduchi churna</i> (<i>Tinospora cordifolia</i>) or <i>kwatha</i> – <i>vatarakta</i> and <i>kustha</i> • <i>Haridra</i> (<i>Curcuma longa</i>)– <i>rakta dosha</i> • <i>Tambula</i> (betel leaves) – <i>kshaya roga</i> • <i>Kushmanda swarasa</i> (<i>Benincasa hispida</i>) – <i>kandu</i> (itching), <i>upadamsha</i> (syphilis), <i>bhagandara</i> (fistula in ano), <i>visarpa</i> (spreading cellulitis), <i>mandala kustha</i> (type of <i>kustha</i>), <i>vatarakta</i> (rheumatism due to <i>rakta</i>), <i>visphotaka</i>, • <i>Sita</i>- <i>pandu</i>, <i>kshaya</i>, <i>jwara</i> • <i>Pathya</i> (wholesome food) – <i>godugdha</i>, <i>sita</i>, <i>dhanya</i>, <i>alpaahara</i>, <i>alpajala</i>, in <i>dugdha</i> mix <i>lapsika</i> then eat <i>sita</i>) • <i>Ardraka swarasa</i> (<i>Zingiber officinale</i>) – <i>vata roga shula</i>, <i>sutika roga</i> (puerperal disorder) • <i>Shrita sheeta ambu</i> (boiled and cold water) – <i>sannipata roga</i> (conglomeration disease), <i>vata gulma</i>, <i>vata roga</i>, <i>ardhanga roga</i> (diseases affecting one side of body) • <i>Jatiphala</i> (<i>Myristica fragrans</i>) – <i>nirbala</i> • <i>Haridra</i> (<i>Curcuma longa</i>) – <i>raktapitta</i> • <i>Naga valli</i> (<i>Piper Betle</i>) – <i>viryta stambha</i> • <i>Haritaki</i> (<i>Terminalia chebula</i>) – <i>urdhawa shwasa</i> • <i>shunti</i> (<i>Zingiber officinale</i>) – <i>alasya</i> • <i>Trigandha</i> (<i>Twak</i>, <i>patra</i>, <i>ela</i>) – <i>mukha dourgandhya</i> (halitosis) • <i>Ajamutra</i> (goat's urine) – <i>jalodara</i> 	<ol style="list-style-type: none"> 1. <i>Kushmanda swarasa</i> (<i>Benincasa hispida</i>) or <i>yavasa</i> (<i>Alhagi camelorum</i>) or <i>nakuli swarasa</i> (<i>Aristolochia indica</i>) 2. <i>Jeeraka</i> (<i>Cuminum cyminium</i>) and <i>Sita</i> (saccharum) for 7 days

	<ul style="list-style-type: none"> • <i>Tulsi swarasa (Ocimum sanctum) – prameha</i> • <i>Jatipatra (Cinnamomum tamala), Kesara (Crocus sativus) – pratishyaya (catarrh)</i> • <i>Madhu (honey) and pippali (Piper longum) – agnimandya</i> • <i>Sita – kasa, kshaya, vishmajwara</i> • <i>Lavanga (Syzygium aromaticum), twak (Cinnamomum zeylanicum), Rasakarpura (Ciannamomum camphora) – virya stambha</i> • <i>Goksheera (cow's milk) – virya vardhana</i> 	
Neelanjana	<ul style="list-style-type: none"> • <i>Kesara (Crocus sativus), ahiphena (Papaver somniferum) – atisara, sanghrani</i> • <i>Parada (Mercury), naga (lead), suddha karpoora (Ciannamomum camphora) – Anjana (collyrium)</i> • <i>Saindhava lavana (rock salt), krista, gaja beeja (pawar beeja) (Cassia tora), vidanga (Embelia ribes), sarshapa (Brassica juncea), kanji (sour rice gruel) – sidhma, mandala, dadru kushta (types of skin disorder) (application of Lepa)</i> • <i>Sita (Saccharum) and ghrta (ghee) – pitta roga</i> • <i>Shunti, amalaki and Jaggery – kapha roga</i> • <i>Kanaka varak (gold foil), navaneeta, sita, Madhu – kshaya, kanti prada, vipula bala (increases strength)</i> 	-
Abhraka (mica)	<ul style="list-style-type: none"> • <i>Madhu and pippali (Piper longum) – kasa, shwasa, visha, bhrama, kamala, gulma, pandu, sangrahani, kapha kshaya, prameha, vata pitta kaphahara, kushta, jeerna jwara, arochaka</i> • <i>Vidanga (Embelia ribes), trayushana (sunthi, maricha, pippali) – pandu, sangrahani, shula, kshaya, shwasa, aruchi, ama, kushta, mandagni, koshta roga, kasa, prameha (diabetics), shukra bhuddhi vardhaka</i> • <i>Shilajatu (Asphaltum punjabianum), pippali (Piper longum) churna, Madhu (honey) – prameha (diabetics)</i> • <i>Swarna (gold) – kshaya, dhatu vardhana</i> • <i>Haritaki (Terminalia chebula), guda (jaggery) – vatarakta</i> • <i>Ela (Elettaria cardamomum), Sita (saccharum) – raktapitta</i> • <i>Triphala, trikatu, tri Sugandha, sita (saccharum), naga (lead) Kesara (Crocus sativus) and Madhu – Pandu roga, rajayakshma</i> 	Amalaki phala (fruit <i>Embelia officinalis</i>) and jala
Manashila (arsenic disulphide)	<ul style="list-style-type: none"> • <i>Pippali (Piper longum), nimba (Azadirachta indica) phala, karavellaka (Momordica charantia) swarasa – tridoshaja jwara</i> • <i>Shankha churna (Conch shell) maricha (piper nigrum), saindhava lavana (rock salt) – netra roga</i> • <i>Madhu – shukra, timira, pichata</i> • <i>Dadhi toyra (supernatant portion of curd) – arbuda</i> • <i>Bharangi (Clerodendrum serratum), shunti (Zingiber officinale) – shwasa</i> • <i>Swarna (gold) – visha (poison)</i> • <i>Vasa (Adhatoda vasica) swarasa, yosha (trikatu) – kapha, kasa</i> • <i>Arjuna (Terminalia arjuna), ela (Elettaria cardamomum), kasisa (green vitriol), gruhadhuma (chimney soot), musta (Cyperus rotundus), sarja (Vateria indica), lodra (Symplacos racemosa), gorochana (inspissated bile) sarshapa taila – kilasa kithibha, dadru, kustha, pama, bagandhara, indralupta, arsha</i> 	Madhu + ksheera - 3 days
Kharpara	<i>Maricha (Piper nigrum), navaneeta (Butter), nimbu swarasa (Citrus limon), Madhu, pippali – vishama jwara, dhatugata jwara, arsha (hemorrhoids), pradara, jeerna jwara (type of fever), netra roga, pitta roga, rakta vikara, raktatisara</i>	Gomutra (Cow urine)

Table 4: Contents of Chapter 3

Rasa dravya	Anupana	Apakawa bhasma dosha shanti
Parada	<ul style="list-style-type: none"> • <i>Maricha (Piper nigrum) and pippali (Piper longum) churna with Madhu, ghrta or Madhuchista (beewax), ghrta – sarvaroga</i> • <i>Ksheera and Sita – pitta, Pippali – vata, Ardraka swarasa – kapha</i> • <i>Jambeera swarasa – jwara</i> • <i>Madhu – rakta vikara</i> • <i>Dadhi – atisara, Meghanath (cholai) – raktaatisara</i> • <i>Guda, sarpi, maricha – pratishyaya, kapha dosha</i> • <i>Masha, kushmanda, yashtimadhu (Glycyrrhiza glabra), sharkara yukta dugdha or madhu, ghrta – virya vriddhi, virya stambhaka</i> • <i>Madhu, Sita – tritriyaka jwara, pitta, bhrama</i> • <i>naga (lead) ramotha (?), guduchi (Tinospora cordifolia), raktachandana (Pterocarpus santalinus), dhanyaka (Coriandrum sativum), ushira (Vetiveria zizanioides) – sukhakara</i> • <i>Draksha (Vitis vinifera), vasa (Adhatoda vasica) kwatha – raktapitta, kapha, shwasa, kasa</i> • <i>Shali manda or Makshika (copper pyrite) and jala – medoroga</i> • <i>Bharangi, trikatu, hingu and guda – nastapushpa, rakta gulma, shula</i> 	Godugdha (Cow milk) + Gandhaka (sulphur) for 7 days
Rasaka (ZnO) Rasakarpura (Perchloride of mercury)	<i>Kasturi, chandana, lavanga (Syzygium aromaticum), Kesara (Crocus sativus) – phiranga upadrava, angideepana, virya bala pusti</i>	Mahisha shakrit jala (Infusion of Buffalo dung) or Dhanyaka sita jala (cold infusion of <i>Coriandrum sativum</i>)
Rasasindura (HgS)	<ul style="list-style-type: none"> • <i>Pippali (Piper longum), Madhu – vata prameha</i> • <i>Triphala churna, sitopala – pitta prameha</i> 	Ghrta (Ghee) + maricha (Piper nigrum) for 7 days

	<ul style="list-style-type: none"> • <i>Bharangi</i> (<i>Clerodendrum serratum</i>), <i>triushana</i> (<i>sunthi</i>, <i>maricha</i>, <i>pippali</i>), <i>Madhu</i> – <i>kasa</i>, <i>shwasa</i>, <i>shula</i> • <i>Haridra</i>, <i>Sita</i> – <i>rakta dosha</i> • <i>Triphala</i>, <i>trikatu</i> – <i>kamala</i>, <i>pandu</i>, <i>mandagni</i> • <i>Chitraka</i>, <i>vati</i>, <i>haritaki</i>, <i>suvarcha lavana</i> – <i>hridroga</i>, <i>baddha kostha</i>, <i>mandagni</i> • <i>Shilajatu</i>, <i>sita</i>, <i>ela</i> – <i>mutrakriccha</i> • <i>Triphala</i>, <i>suvarcha lavana</i> – <i>rechana</i> • <i>Jati patra</i> (<i>Cinnamomum tamala</i>), <i>lavanga</i> (<i>Syzygium aromaticum</i>), <i>ahipheña</i> (<i>Papaver somniferum</i>), <i>bhang</i> (<i>Cannabis sativa</i>), <i>pippali</i>, <i>kesara</i>, <i>Rasakarapura</i> – <i>dhatu vardhaka</i> • <i>Lavanga</i>, <i>suvarcha lavana</i>, <i>haritaki</i> – <i>sarvajwara</i> • <i>Ajamoda</i> – <i>chardi roga</i> • <i>Lavanga</i>, <i>Kesara</i> (<i>Crocus sativus</i>) or <i>kushmanda churna</i> – <i>dhatu vardhana</i> • <i>Guda</i>, <i>parpati</i> – <i>krimi kostha</i> • <i>Lavanga</i>, <i>bhang</i>, <i>ahipheña</i> – <i>sarvatisara</i> • <i>Ajamoda</i> (<i>Apium graveolens</i>), <i>suvarcha lavana</i> – <i>agnimandya</i> • <i>Guduchi satva</i> – <i>pustikaraka</i> (gives nourishment) • <i>Madhu</i>, <i>vata churna</i> (<i>churna of Ficus benghalensis</i>) – <i>vata roga</i>, <i>Sitopala</i> – <i>pitta roga</i>, <i>Trikatu</i> and <i>chitraka</i> – <i>kapha roga</i> 	
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Table 5: Contents of Chapter 4

Rasa dravya	Anupana	Ashudha dosha shanti
<i>Gandhaka</i> (sulphur)	<ul style="list-style-type: none"> • <i>Triphala</i> – <i>netraroga</i>, <i>Gogritha</i> – <i>netravrana</i> (corneal ulcer) • <i>Maricha</i> or <i>pippali</i> and <i>gogritha</i> – <i>kasa</i>, <i>Brihatiphala</i> and <i>gogritha</i> – <i>shwasa</i> • <i>Magadha</i> (<i>pippali</i>) and <i>Madhu</i> -<i>swarabhanga</i> • <i>Nagavalli swarasa</i> – <i>parshwashula</i>, <i>Nimbu swarasa</i> – <i>visuchika</i> • <i>Amalaki</i> (<i>Emblia officinalis</i>) <i>churna</i> – <i>ajirna</i> (indigestion) • <i>Tila taila</i> (oil of <i>Sesamum indicum</i>) – <i>pama</i> (eczema) • <i>Shunti</i> (<i>Zingiber officinale</i>) and <i>gritha</i> – <i>sangrahani</i> • <i>Nimba panchanga</i> – <i>kushta</i> • <i>Tulasi swarasa</i> and <i>gritha</i> – <i>vataroga</i>, <i>Gogritha</i> – <i>pittaroga</i>, <i>Guda</i> and <i>shunti</i> – <i>kapharoga</i> • <i>Ashwamutra</i> (horse urine), <i>goksheera</i>, <i>gritha</i> and <i>shunti</i> – <i>jaravyadhi</i> (geriatrics diseases) • <i>Triphala</i> and <i>bhringaraja churna</i> – <i>jara nasha</i> (rejuvenation) • <i>Lepa</i> with <i>nirgundi swarasa</i> and <i>parada</i> – <i>kushta</i> and <i>vishavikara</i> • <i>Bhringaraja swarasa</i>, <i>haritaki churna</i>, <i>Madhu</i> and <i>gritha</i> – <i>jaravyadhi</i>, <i>balya</i> and <i>veeryavridhhi</i> • <i>Sinchana of Tila taila</i> along with <i>sheetajala</i> – <i>kushta</i> <p><i>Lepa</i>- <i>yavaka jala</i> (<i>kanji</i>) – <i>shirovrana</i> (ulcers on head/scalp), <i>shirashula</i> <i>Anjana</i>- <i>Madhu</i> and <i>gogritha</i> – <i>netrashukra</i> (disease occurring in the corneal part of the eye)</p>	<i>Ksheera</i> (Cow milk) + <i>Gogritha</i> (Ghee)

Table 6: Contents of Chapter 5

Rasa dravya	Anupana
<i>Lokanatha rasa</i>	<ul style="list-style-type: none"> • <i>Maricha churna</i>, <i>Gritha</i> – <i>vataroga</i>, <i>Navaneeta</i> – <i>pittaroga</i> and <i>Madhu</i> – <i>Kapharoga</i> • <i>Brushta dhanyaka churna</i> (fried <i>Coriandrum sativum</i>), <i>Sita</i> – <i>aruchi</i> • <i>Dhanyaka</i> and <i>guduchi swarasa</i>, <i>Madhu</i> and <i>pippali</i> – <i>jwara</i> • <i>Vasa swarasa</i>, <i>sugandhabala</i>, <i>Sita</i> and <i>Madhu</i> – <i>raktapitta</i>, <i>kapha</i>, <i>kasa</i>, <i>shwasa</i> and <i>swarabhanga</i> • <i>Bharjitha bhang churna</i> and <i>Madhu</i> – <i>anidra</i>, <i>atisara</i>, <i>grahani</i> and <i>agnimandya</i> • <i>Sanchala</i> (type of <i>lavana</i>), <i>haritaki</i>, <i>pippali churna</i> and <i>ushna jala</i> – <i>shula</i> and <i>ajirna</i> • <i>Dadimaphala rasa</i> – <i>pleeha</i>, <i>chardi</i>, <i>arshas</i> and <i>raktapitta</i> • <i>Hirana shrunga</i> (horn of deer), <i>durva swarasa nasya</i> - <i>raktasrava</i> • <i>Mayurapiccha bhasma</i>, <i>kana</i>, <i>kolamajja churna</i>, <i>Sita</i> and <i>Madhu</i> – <i>chardi</i> and <i>hikka</i>
<i>Vajivarma rasa</i>	<ul style="list-style-type: none"> • <i>Mulaka swarasa</i> or <i>pippali</i> (<i>Piper longum</i>), <i>Madhu</i> (honey) and <i>ardraka swarasa</i> – <i>vatashula</i>, <i>kshaya</i>, <i>kasa</i> and <i>shwasa</i> • <i>Madhu</i> (honey) – <i>vali</i> and <i>palita</i> • <i>Shigrumula swarasa</i>, <i>gogritha</i> – <i>shula</i> and <i>jwara</i>, <i>Dadhimastu</i> – <i>ajirna</i> • <i>Kamala</i> (<i>Emblia officinalis</i>) <i>beeja</i> – <i>sheetajwara</i> • <i>Punarnava</i> (<i>Boerhavia diffusa</i>) – <i>pandu</i>, <i>Tandulodaka</i> – <i>visha</i> • <i>Tilaparni swarasa</i> (<i>Anjana</i>) – <i>netraroga</i>, <i>Naridugdha</i> – <i>nakthandhya</i> • <i>Sharkara</i> and <i>jeeraka</i> (<i>Cuminum cyminium</i>) – <i>pittajwara</i>, <i>Devadaru</i>, <i>vacha</i> and <i>kushta</i> – <i>asthigata vata</i>, <i>Trikatu</i> – <i>vatashula</i>, <i>Sethika</i> and <i>gritha</i> or <i>shigrumula swarasa</i> or <i>gogritha</i> and <i>Madhu</i> – <i>shula</i> • <i>Jathiphala</i> – <i>arshas</i>, <i>kamaroga</i>, <i>shiroroga</i>, <i>pinasa</i> and <i>ardhawabedhaka</i> • <i>Dadhi</i> or <i>gomutra</i> – <i>atisara</i>, <i>Takratoya</i>, <i>jathiphala swarasa</i> or <i>mahisha mutra</i> – <i>grahani</i>, <i>Eranda taila</i> – <i>rechana</i> • <i>Gomutra</i> – <i>vajikarana</i>, <i>Putrajeeva swarasa</i> – <i>vandhya</i>, • <i>Tulasi swarasa</i> (<i>Anjana</i>), <i>kumari swarasa</i> (<i>bhakshita</i>) – <i>jwara</i>, <i>Amalaki</i> (<i>Emblia officinalis</i>) – <i>pittajwara</i> • <i>Bhringaraja swarasa</i> or <i>ajamoda</i> and <i>bhanga</i> or <i>triphalala</i> and <i>Ashwagandha churna</i> and <i>Madhu</i> – <i>vataroga</i>, <i>Vishnukrantamula</i> – <i>dhanurvata</i>, <i>Ajaji</i> and <i>Madhu</i> – <i>ushnavata</i>, • <i>Bhringaraja swarasa</i> – <i>swedahara</i>, <i>Champa swarasa</i> – <i>shareera dourgandhyahara</i>, • <i>Triphala</i> and <i>eranda taila</i> or <i>kakamachi swarasa</i> – <i>udaramaya</i> • <i>Kasamarda swarasa</i> or <i>tankana</i> – <i>agnimandya</i>, <i>Brahmi swarasa</i> – <i>Medhya</i>, <i>Tambulapatra</i> (<i>Cinnamomum tamala</i>) – <i>kanti</i>, <i>Nagavallipatra</i> (<i>Cinnamomum tamala</i>) <i>swarasa</i> – <i>balya</i>, <i>Veetaka</i> (<i>naga valli patra</i>)- <i>swarya</i> • <i>Kumari swarasa</i>, <i>Tulasi swarasa</i> and <i>Madhu</i> – <i>sutika roga</i> • <i>Sudhakshara</i> (alkali) or <i>nirgundi swarasa</i> – <i>gulma</i>, <i>Puga</i> (<i>Areca catechu</i>) <i>swarasa</i> – <i>mutrakrichra</i>,

	<ul style="list-style-type: none"> • <i>Nimbu swarasa (Anjana) – bhutagna, Karanjatwak swarasa – krimiroga</i> • <i>Bhringaraja swarasa or palandu swarasa – shopha</i> <p>Lepa:</p> <ul style="list-style-type: none"> • <i>Nimbu swarasa, shirisha swarasa, gritha or meghanada swarasa – sarpadamsha, Ardraka swarasa– vruschika visha</i> • <i>Gomutra – pama</i> <p>Visha: <i>Bringaraja swarasa – luthavisha, Jala – pallivisha, Meghanada swarasa – unmatta shwanavisha</i></p>
Ashwinikuma ra rasa	<ul style="list-style-type: none"> • <i>Haridra – pittameha, Tulasi patra (Ocimum sanctum) swarasa – prameha</i> • <i>Ajamoda – mutrakrichra, Madhu – vajikara</i> • <i>Shunti (Zingiber officinale) – jwara, Karpasa swarasa – sheeta jwara, Tulasi swarasa with Sita and shunti (Zingiber officinale) – ekantara jwara, Maricha, ajaji. tulasi swarasa – tritiyaka jwara, Bhringaraja swarasa – chaturtika jwara, Saindava – kasa</i> • <i>Twak – mukha durgandha, Pippali (Piper longum) yuktha veetaka (betel leaf)– ushnvata, Pippali (Piper longum) mula – pratishyaya and vataroga</i> • <i>Nimbu rasa – shiroroga (bakshana and lepa)</i> • <i>Vishala swarasa – pleeha and udararoga, Kadalikanda swarasa – koshtagata shula, Jathiphala kwatha – amatisara and raktatisara</i> • <i>Peetaka (babbula) swarasa – kaksha durgandha</i> • <i>Mandukaparni swarasa – bhuddhivardhana, Vatama majja – Pushti and balakara, Bhang – swarya</i> • <i>Haridra, heerabola and gritha – sutika roga,</i>

Table 7: Content of Chapter 6

Rasa dravya	Anupana	Apakawa bhasma dosha shanti
Vajra (diamond) Bhasma	<ul style="list-style-type: none"> • <i>Kadira kwatha – kushta</i> • <i>Ardraka swarasa with Madhu – vatavyadhi</i> • <i>Vasa swarasa with pippali (Piper longum) and Madhu (honey) – kasa shwasa and kapha</i> • <i>Gritha and Madhu (honey) – pushtikara</i> • <i>Gomutra – sutika roga</i> • <i>Sharkara – sweda</i> 	<i>Godugdha + Sita + Gritha + Madhu – 7days</i> (Applies for all Ratna (gems))
Pravala (coral) Bhasma	<ul style="list-style-type: none"> • <i>Pippali (Piper longum) and Madhu – shwasa, kasa, jeernajwara, koshtagata vata and hikka, Sitopala and ardraka swarasa – pittaja kasa</i> • <i>Katuki (Picrorhiza kurroa), chirayata and haritaki – daruna jwara</i> • <i>Pakwa kadaliphala – dhatukshaya, Madhu, sharkara and tulasi swarasa – vataroga</i> • <i>Nagavalli patra (Cinnamomum tamala) with veetaka – karshya, Gulkand – urakshata</i> • <i>Triphala and Madhu (honey) or tandula hima – mutrakrichra</i> • <i>Dugdha (dharoshna) – pradara</i> 	

DISCUSSION

This book was written in the 17th century in 1697 by "Pandit Raghunath Prasad." In another book written by the same author, "Nadigyana taragini," the author's parents' names are noted. His father's name was Sitarama and his mother's name was Lakshmi. Although his guru's (teacher) name is not specifically stated, in one shloka author expressed gratitude to Shrinivastatarya, suggesting that he was possibly the author's guru (teacher). Pandit Raghunath Ji Inder was there as well in the seventeenth century. He is the author of the book "Nigantu Sangraha". Both authors were distinct individuals. There are only 6 chapters in *Anupana Taringini*, making it an extremely condensed work. The chapters in this book are titled *vichi*, which means "waves." This book is written as a conversation between *kavi* and *kavyatri*.

In 1st *vichi* book is started with the prayer of Lord Dhanwantari. In this *vichi*, *dathu* and *saptadhatu shodhana*, making of *bhasmas*, *samanya guna* (general property), *apakwa bhasma doshas* and *shanti*, *Anupana* (co-administers with medicines), etc. are explained. For *mandura* (iron oxide) *bhasma* only *shodhana* (purification) is told other things are the same as *loha Bhasma* (iron). *Pittala* and *kamsya marana* (process of making bhasma), *guna* (property), *shanti* is same as *tamra* (copper). *Swarna makshika* (copper pyrite) *marana* (process of making bhasma), *guna* (property), *anupana* (co-administers with medicines), etc. same as *swarna makshika* (copper pyrite). Additionally, *loha* (iron) *yoniraksha*, *loha* (iron) *mardan*, *balidan*, and *bhakshan mantras* are explained. In 2nd *vichi upadhatu*s are explained with their *sodhan*, *maran*, *guna* (property), *apakwadosha shanti*, and *anupana* (co-administers with medicines). In the 3rd *vichi* first Tarakasur narrative is mentioned to explain how parada (mercury) originated. Parada (mercury) is explained in this

chapter with *pathya*, *apathya*. Then formulations like *rasaka* (zinc oxide) *Rasakarpura* (Hg₂Cl₂) and *Rasasindura* (HgS) are also explained. In 4th *vichi* *gandhaka* (sulphur) is explained. In 5th *vichi kajjali*, formulations like *lokanath rasa*, *vajivarma rasa* and *ashwinikumara rasa* are explained. For *Lokanatha rasa nasya* (errhine therapy) is told with horn of deer and *shweta durva*. Horn of deer can't be used according to "The Wild Life (Protection) Act, 1972" so the practice of this *nasya* is not possible in today's era. In 6th *vichi*, *Ratna* (gems), *vajra* (diamond) types, *guna* (property), *shodhana* (purification), *Marana* (process of making bhasma), *ashuddha doshas*, *shanti anupana* (co-administers with medicines) is explained.

Hypnotism is also mentioned in this book. The author explained to put *lavanga* (*Syzygium aromaticum*) and *gorochana* (inspissated bile) mixed with *vanga bhasma* to apply as *tilaka* for *janavashyata* (hypnotism) – *devavyapasharya chikitsa*. The author also explained to use of *yukti* in the context of *anupana* of *tamra bhasma* as per the disease condition.

CONCLUSION

Anupana (co-administers with medicines) is a vehicle or medium that is used with medicines to improve their therapeutic effects and to transport the medication to its targeted site. It improves absorption and optimizes harmful effects and accumulation in bodily organs through their specific actions. If the proper *anupana* is chosen with a particular formulation, it is regarded as half the medicine itself. According to *Acharya Sharangadhara*, when medication is given along with *anupana*, it quickly travels throughout the body in a similar manner to how quickly an oil drop spreads over water. This book primarily addresses the mineral medicine *Anupana*. Physicians who practice *rasaushadi*

(metal-mineral based formulations) can turn to this well-written, brief work.

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