

DHOOPANA CHIKITSA AS A TREATMENT MODALITY: A REVIEW**Dr. Dipti K. Bopate^{1*} and Dr. Kalpana R. Chavhan²**¹PG Scholar, Department of Agadtantra, Government Ayurveda College, Nagpur.²Assistant Professor, Department of Agadtantra, Government Ayurveda College, Nagpur.Article Received on
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Ayurveda College, Nagpur.**ABSTRACT**

Ayurveda is an ancient Indian system of medicine having eight branches. *Dhoopana Chikitsa* is one of the important treatment modalities mentioned in *Ayurveda*. It is stated that *Dhoopana* is very effective in preventing as well as curative aspects. *Gruhadhoopana* (Home Fumigation), *Yagnyadhooopana* these are some procedures which are mentioned in *Ayurveda* texts. *Ayurveda* has given much importance to preventive aspect and it has described several modes for disinfection and purification purposes. *Dhoopana* is a method by which herbal, herbo-mineral or animal origin drugs are used for fumigation. Fumigation is used to disinfect the air pollution or to

remove the toxins and microbes from air. This review article includes *Dhoopana* formulations from all the ancient classical texts which are prescribed to disinfect the external agent like bed, cloths, air purification, *Grahaghna Dhoopana* and *Dhoopana* formulation to eliminate the *Vishas* i.e. Toxicants in detail.

KEYWORDS: *Dhoopana*, fumigation, Disinfection, *Ayurveda*, purification.**INTRODUCTION**

Ayurveda is an ancient science which gives us basic philosophy of prevention, diagnosis and management of disease. Many procedures are described in *Ayurveda* among which *Dhoopana* is one of the important and useful procedure. *Dhoopana Chikitsa* is performed in many diseases for disinfection of various diseases like *Vrana*, *Karnarog*, *Yoniroga*. It is also performed in houses for disinfection of rooms. *Dhoopana* is one of the measures mentioned for the maintenance of internal and external environment of man. Since Vedic period *Home-Havana* and *Yagnya*, Sterilization of air by *Agnihotra*, Sterilization of house and place around it by *Dhoopana* is going traditionally.^[1] In *Dhoopana* karma utilizes natural substances so, it

is absolutely safe for environment as well as human being. Medicinal substances or mixture of medicinal substances which is burnt in a specific way to make smoke called as *Dhoop*.^[2] Mostly *Agni* and *Vayu Mahabhoot Pradhan Dravyas* are used for this procedure. These are *laghu*, *Sheeta*, *Ruksha* and *Vishad* in nature. These qualities of the *Dravyas* help in its rapid spread ability and quicker combustion. There are three types of *Dhoopa* are explained namely: *Dhoop*, *Anudhoop* and *Pratidhoopa*. The source of origin of *Dhoop* is *Sthavar and Jangham* ^[3]. In *Kashyap Samhita* 40 *Dhoopana Yoga* (preparations) are explained. Fumigation is the exposure till the action of smoke or of fumes of any as a means of disinfection or eradication. *Dhoopana* has been explained for curative purpose. Fumigation is explained to prevent infection and for sterilization purpose ^[4]. In *Brihatrayi* there are many *Dhoopana* formulation are explained to disinfect cloths, beds, rooms to remove toxins and for sterilization of room and for air purification. This review includes *Dhoopana* formulation of various *Dhoops* to remove external toxins from air, for purification of air, which are divided into *Grahaghna Dhoopa*, *Rakshoghna dhoopa*, and *Dhoops* which are used to eliminate *Vishto* toxins are described in tabular form in this text.

AIMS AND OBJECTIVES

1. To Study *Dhoopana Karma*.
2. To Study the various *Dhoopana* formulations mentioned in classical text of Ayurveda which have *Rakshoghna* effect, *Grahoghna effect* and *Vishhngna* property.

MATERIALS AND METHOD

1. Primery source of literature are the classical text books of *Ayurveda*.
2. *Brihatrayi* (*Charak Samhita*, *Sushruta Samhita*, *Asthang Samhita* and *Asthang Hridaya*).
3. Various pre reviewed journals, Previous studies conducted on similar subject at different universities and another research Centre.
4. The Classification, ingredients and references are tabulated.

Dhoopana karma

There are billions of micro-organisms present in our surrounding. These micro-organisms contribute nearly 37% of house hold dust. The bacterial flora, is dynamic in nature, differ from place to place and changes over time, which can make resistance for modern disinfection. These micro-organism lives in commensalism with human, and are not harmful or opportunistic which may hazardous in old age, children, *Hin-Satva*, immune Compromised host. Thus, proper disinfection and sterilization is needed. *Dhoopana* is one of the therapeutic

procedures which are used to disinfect the internal & external environment of human being. *Dhoopana karma* kills microbes and creates an aseptic environment thus prevents infection. *Dhoopana* has also been mentioned for its antimicrobial & growth promoting activities. Plants which have *Kustahar*, *Krimighna* & *Vranhar Gana* have mostly been used for their anti-microbial properties. Some formulations are used to treat *Graharog* and to disinfect bed, cloths, rooms. Thus, formulations have antimicrobial properties and helps in eliminating infection.

Method of preparation

All *Dhoopana* Drugs are collected, dried, made into a coarse powder and put on fire to produce smoke. It is best to burn the *Dhoopa* on ignited cow dung cake as this releases smoke steadily and gradually, however it is also possible to use hot charcoal, ignited coconut shell or even electric *Dhoopa* pot.^[5]

Mode of Action

Most of the *Dhoopana Dravyas* have an inevitable source of combustible ingredient as activator for the formulation. In *Dhoopana karma Agni & Vayu Mahabhoot Pradhan Dravyas* are used which are *laghu*, *Sheet*, *Ruksha* & *Vishad* in nature. So, it helps in rapid spread ability & Combustion. The formulation of *Dhoopana Yoga* contains drugs which shows a synergetic effect. It also helps in propagating activity of main antimicrobial drugs.

It includes ease of drug administration higher bioavailability & higher potential the blood brain barrier. It dilates blood vessels & help in oxidation of blood. It leads to adequate tissue perfusion & oxygenation. Thus, reduce inflammation, Itching, and eliminate infection.^[6]

Dhoopana formulation mentioned in text

Grahaghna dhoop

Sr. No.	Dhoopana Kalpa	Ingredients	Therapeutic Uses
1.	<i>Ajadi Roma Dhoopana</i> ^[7]	Skin & hair of goat & Richha, quills of porcupine, skin of owl's tail, Hingalevigated in goat urine.	Cures <i>Graharoga</i>
2.	<i>Putyadi Dhoop</i> ^[8]	<i>Putikaranj, Dashang, Sarshap, Vacha, Bhallataka, Ajawaina, Kustha & Ghruta.</i>	Useful in <i>BalaGraha</i>
3.	<i>Sarshapadi Dhoop</i> ^[9]	<i>Sarshap, Neem, Madar, Vacha, Bhojpatra, hooves of horse & Ghruta.</i>	Cures <i>BalaGraha</i>
4.	<i>Goshringadi Dhoop</i> ^[10]	Horn, Skin tail of cow, Snake slough, excreta of cat, goat hair, peacock feather, human hair, <i>Neem, Kantakari, Banbhanta, Karpasa, Jau, Devdaru, Sarshap, gandhbiroja, Tusha, Hingu & Ghruta, Levigation-goat urine.</i>	Useful in <i>BalaGraha</i>
5.	<i>Sarvgrahanashak Dhoop</i> ^[11]	<i>Puti, Dashang, Sarshap, Vacha, Bhallataka, Dipayak, Kustha, Ghruta.</i>	<i>Sarvgraharoghar</i>
6.	<i>Sarvgrahanashak Dhoop</i> ^[11]	<i>Sarshap, Nimba, Ashwagandha, Vacha, Bhurjapatra and Ghruta.</i>	<i>Sarvgraharoghar</i>
7.	<i>Dhoopana Kalpa</i> ^[12]	<i>Vacha, Kakadani, Sarshap, Snake molt, hair molt, hair of camel, goat, horse, Cow & Ghruta.</i>	<i>Grahanashak</i>
8.	<i>Grahapaha Dhoop</i> ^[13]	<i>Ghruta, Sarpa nirmok, Grudra vit, Kaushik vit, Vacha, Hingu.</i>	Cures <i>Graharoga</i>
9.	<i>Maheshwar Dhoop</i> ^[14]	<i>Ghruta, Guggul, Bilva, Devadaru, Nameru, Yav.</i>	Cures <i>Graharoga</i>
10.	<i>Dashang Dhoop</i> ^[15]	<i>Ghruta, Siddhartak, Kustha, Bhallataka, Vacha, Basta loma, Tagar, Bhurjapatra, Guggul.</i>	In Various <i>Graha Rogas</i>
11.	<i>Chaturangik Dhoop</i> ^[16]	<i>Ghruta, Majja, Vasa, Laksha</i>	Cures <i>Graharoga</i>
12.	<i>KarnDhoop</i> ^[17]	<i>Ghruta, Pippali, Brihi Tusha, Kapiloma, Kapitvacha, Vacha, Sarshap, Kustha, Ela</i>	All kinds of <i>Graha Roga</i>
13.	<i>Grahaghna Dhoop</i> ^[18]	<i>Shav Vit, Shav Mutra, Mayur loma, Vacha, Ghruta, Sarshap</i>	All <i>Graha Rogas</i>
14.	<i>Shishuk Dhoop</i> ^[19]	<i>Ghruta, Granthparni, Jatamansi, Tagar, Jalamusta, Hirvera, Shatpushpa, Hartal, Manshila, Musta, Ela</i>	Cures <i>Graharoga</i>
15.	<i>Bramha Dhoop</i> ^[20]	<i>Ghruta, Sidhartak, Laja, Kusha, Bramhi</i>	All <i>Graha Rogas</i>
16.	<i>Grahanashak Dhoop 1</i> ^[21]	<i>Ghruta, Guggul</i>	Cures <i>Graharoga</i>
17.	<i>Grahanashak Dhoop 2</i> ^[21]	<i>Ghruta, Sarshap</i>	Cures <i>Graharoga</i>
18.	<i>Grahanashak Dhoop 3</i> ^[21]	<i>Ghruta, Krushna Agaru</i>	Cures <i>Graharoga</i>
19.	<i>Grahanashak Dhoop 4</i> ^[21]	<i>Ghruta, Sarshap</i>	Cures <i>Graharoga</i>
20.	<i>Grahanashak Dhoop 5</i> ^[21]	<i>Ghruta, Kush Kash, Shara, Darbha, Ikshu</i>	Cures <i>Graharoga</i>

Rakshoghna dhoop

Sr No.	Dhoopan Kalpa	Ingredients	Therapeutic Uses
1.	Rakshoghna Dhoopa ^[22]	Ghruta, Sidhartak, Hingu, Devnirmalya, Sarptwacha, Bhikshushanghati	Protective effect
2.	Karpaasthadi Dhoop ^[23]	Binaula, peacock feather, excreta fat, human air, snake slough, elephant tusk, horn of cow, Banbhanta, Nirmalya, Madanphala, Dalchini, Jatamansi, Bhusi, Vacha, Hingu, Maricha	Protection from Pishach and Rakshas
3.	Uttam Dhoop ^[24]	Ghruta, Siddhartak, Honey, Bheda Shruna, Aja paya, Khara Mutra, Khara Bala, Soma	Protects from unknown, Bad energies
4.	Gana Dhoop ^[25]	Ghruta, Akshata, Jati Pushpa, Honey, Siddharthak, Vacha	Cures disease originating from Bhuta
5.	Dhoopan Dravya ^[26]	Jau, Sarshap, Atsi, Hinga, Guggulu, Vacha, Chorpuphi, Bramhi, Duba, jatamansi, Ashok, kutki, Snake molt.	Disinfecting Cloths, bed
6.	Dhhopan Dravya ^[27]	Guggulu etc.	For child bedsheet, pillow
7.	Dhoopan Dravya ^[28]	Dried Crow & trivrrita.	For child bedsheet and pillow

Vishghna dhoop

Sr No.	Dhoopana Kalpa	Ingredients	Therapeutic Uses
1.	Sarvishnashak Dhoop ^[29]	Tagar, Kutha, Bhujkapati, Shiris & Ghruta	To eliminate all kinds of Vishas.
2.	Jatvadi Dhoomagad ^[30]	Lakha, Khas, Tejpatra, Guggulu, Bhallatak, Arjun, Sarjarasa, safed Aparajita & Ghruta	To wipe out snakes, mice, spiders, and insects.
3.	Dhoop Yog ^[31]	Peacock feathers, Bagulabones, Sarshap & Chandana	Vishto remove toxins from cloths, bed and rooms
4.	Shikipicchadi Dhoop ^[32]	Shikipiccha, Valakasthi, Sarshap, Chandan & Ghruta	Vishghna destroys effect of poison in houses, dress, bed and chairs
5.	Jatwadi Dhoop ^[33]	Jatu, Sarjarasa, Ushir, Sarshap, patra, Valaka, Vella, Aruskara, Pura & Arjuna	Vishaghna destroys poison of animal & vegetable origin.
6.	Vishnashak Dhoop ^[34]	Human air, Sarshap, & Guda	In all types of Vishdansha
7.	Agardhoom ^[35]	Manjishta, Rajni and lavan	In akhuvish
8.	Dhoop kalp ^[36]	Shirish, Nata, Kustha, Snake head & Ghruta.	VishajShyawathu

DISCUSSION

According to Grahoghna, Vishghna and Rakshoghna property these 35 Dhoop formulations are explained in tabular form. Ghruta, Sarshap, Neem, Vacha, Guggul, animal excreta, these are some drugs which are repeatedly used in medicinal Dhoop formulations. Ghruta is used in 25 Dhoopa formulations. These drugs have Krimighna, Kusthar and Rakshoghna property. Ghruta has Rakshoghna property. Sarshap have antibacterial, antifungal and antiparasitic property. Vacha having property of Bhutaghna karma and have antibacterial, anthelmintic property. Guggul have antibacterial, anthelmintic Property.^[37] Nimba have

active constituents possess insecticidal and insect repellent activity.^[38] Most of the Drugs used in *Dhoopa Yoga* are Volatile in nature. Their Volatility would be a distinct advantage in lowering microbial contamination in air and also these property helps in combustion of these *Dhoop Yoga*. So, each medicinal drug having a specific property such as *Grahaghna*, *Rakshoghna*, and *Vishghna*. There are many *Dhoop Yoga* in classical text. In this Review according to this property the *Dhoopana* formulations are tabulated.

CONCLUSION

Ayurveda has given much importance for preventive medicine and it has described several modes for disinfection purpose. *Dhoopana* is an inseparable part of therapeutics in *Ayurveda*. *Dhoopana* which are mentioned in *Ayurveda* text play much more important role in Disinfectant, Insect repellent, as a room purifier and air freshener. *Dhoopana Karma* is effective in various disorders like *Karnaroga*, *Yoniroga* and also to prevent an infection from air. The drugs which are used in *Dhoopana Yoga* are easily available So, it is easy to do *Dhoopana karma* in home also, for disinfection. In *Ayurveda* text there are many *Dhoop* formulations are mentioned. In this review 35 *Dhoop Yogas* are mentioned which are divided into *Grahaghna Dhoopa*, *Rakshoghna Dhoopa* and *Vishghna Dhoopa*.

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