

DHOOPANA - TRADITIONAL AND AYURVEDA PROCEDURE: A REVIEW

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ABSTRACT

Dhoopana Chikitsa (Medicinal Fumigation) is one of the important faculties in Ayurvedic treatment. It is used in various ailments. Many Dhoopa Yogas (formulations of fumigation) are found in Ayurvedic Samhitas. Mixture of medicinal substances which is burnt in a specific way to make a smoke is called as Dhoopana. Reference of Dhoopana also can be traced from Vedic period to present scenario from our daily care and has been rooted in our traditions. Kesha Dhoopana is also used traditionally as well as in skin and hair disorders like as- varana, microbial infections on hairs. Dhoopana is said to be extremely effective in preventing as well as curative aspects, Modern researches have also verified its ability as purifying and sterilizing medium. Dhoopana substances may include herbs as well as minerals or sometimes even animal products such as hair, horns etc.

Key word – Dhoopana Fumigation, infection, sterilization

INTRODUCTION-

Mixture of medicinal substances which is burnt in a specific way to make a smoke is called as *Dhoopana (fumigation)*. Ayurveda recommends fumigation as a method of sterilization and therapeutic procedure for various human diseases including microbial infections and psychological disorders. However, it has not gained much attention as a prospective field with multiple research opportunities. Ayurveda has its unique perceptions and resultant methodologies for defining and treating human diseases. Fumigation therapy is one of the several treatment methods described in Ayurveda whereby fumes produced from defined drug formulations are inhaled by patients or used at special part of patient. This therapeutic procedure offers promising research opportunities from phytochemical and ethnopharmacological viewpoints, however, it remains under-noticed. Considering these facts, this review is primarily aimed at introducing said Ayurvedic fumigation therapy and discussing its scientific gaps and future challenges.

MATERIALS AND METHODS

Like any other formulation, for making Dhoopa, various herbs or medicinal substances are collected in their best state.

Sources of Dhoopa substance-

- *Sihavara* / Plant origin – *Nimba, Vidang* etc.
- *Jangama* / Animal origin – Horn, Hair etc.
- *Khanija* / Minerals – *Hartal, Manashila* etc.

Dhoopa made of plant origin drugs, when stored in air tight containers can be used for two years *Dhoopa* made of minerals can be used for infinite time. *Dhoopa* mixture should not lose their original colour and aroma.

The main source of *Dhoopa* is considered to be *Agni-devata* (fire god) and the main purpose of its materialization is betterment for entire mankind.

In *Kashyap Samhita* an entire chapter named 'Dhoopa Kalpa' is dedicated on this subject. Dhoopas are widely used in Ayurvedic treatments for various reasons;

- For sanitization and purification of premises.
- For easy and punctual delivery.
- For sterilizing the pots in which medicines are to be stored.
- For disinfecting the *Kumaragara*.
- For repelling the insects, poisonous animals etc.

- For facilitating proper development of children.
- For treating diseases such as Balagraha (infectious pediatric diseases), skin diseases, cold, fever due to Vatadosha, epilepsy, vrana and so on.

It can be done in a secure place like a room or an operation theatre or done in an open space to purify the atmosphere. *KashyapaSamhita* explains that *Dhoopa* substances should be collected by *Vaidya* himself with utmost purity and sincerity. These substances should be collected from *Agneya* (south-east) or *Uttar* (north) direction, on *Pushya* constellation, stored at safe place and used as per requirement. Three types of *Dhoops* are explained as *Dhoopa*, *Anudhoopa* and *Pratidhoopa*.

All the *Dhoopana* substances are collected, dried, made into a coarse powder and put on fire to produce smoke. It's best to burn the *Dhoopa* on ignited cow dung cake as this releases smoke steadily and gradually, We can also use hot charcoal, ignited coconut shell or even electric *Dhoopa* pot etc.

We can use *Dhupana* in four ways with context to hair -

I. Good smell:-

- *Chandan, Ela, Gugglu, Neelgiri* leaf.
- *Sarala (Pinus roxburghii), Laksha* (Encrustations of lac insect-*Laccifera lacta*), *Padmak (Prunus cerasoides), Chandan (Santalum album), Devadaru (Cedrus deodara), Tulasi (Ocimum sanctum), Shal (Shorea robusta)*

II. Microcidal:-

- *Ghruta, white Sarso (Brassica alba), Hinga (Ferula foetida), Akshata* (unbroken rice).
- *Ghruta, Padmak (Prunus cerasoides), Ushir (Vetiveria zizanioides), Netrabala (Coleus vettiveroides), Nagakeshar (Mesua ferrea), Sarjaras (Vateria indica).*
- *Ghruta, Nimba (Azadirachta indica) – Patra, Mool, Pushpa, Phal, Tvak.*

III. Hair growth:-

- *Ghruta, white Sarso ((Brassica alba), Laja* (puffed rice), *Kusha*

(*Desmostachya bipinnata*), *Brahmi (Herpestes monniera).*

- *Ghruta, Brahmi, Bhrigraja, Japa patra, Ama ki mingi, Kale tila.*

IV. Stress relief:-

- *Ghruta, white Sarso (Brassica alba), Chorak (Angelica galuca), Guggul (Commiphora wightii), Varahi kanda (Dioscorea bulbifera), Jatamansi (Nardostachya jatamansi).*
- *Ghruta, Gokshur (Tribulus terrestris), Vasuka, Haridra (Curcuma longa), Daruharidra (Berberis aristata), Jalamusta, Vacha (Acorus calamus), Bharangi (Clerodendrum serratum). – Considered to increase happiness*
- *Ghruta, Jatamanshi, Vacha,*

DISCUSSION –

A review of the dhoopa formulations mentioned in *Kashyap Samhita* shows that substances like *Ghruta, Guggul, Laksha, Vacha, Sarshap, Nimba, Haridra, Daruharidra* are commonly used. When burnt on fire, these substances give beautiful aroma and spread in the atmosphere along with air. Being very subtle, *Dhoopa* can reach in the minute most space and carry all the properties of all its ingredients. Almost all the *Dhoopa* ingredients have action of deodorant, antiseptic, insecticidal, anti pyretic, anti inflammatory etc.

It is a well-known fact that Modern life style is responsible for polluting almost all the natural resources, which is extremely hazardous for not only our health but for the entire planet earth. It is a must that mankind needs to take all the necessary and possible steps to reduce and nullify the effect of pollution. Increasing low immunity in children as well as adults is one of the major causes of various diseases. Since *Dhoopana chikitsa* has a capability of purification as well as sanitization and is very easy to administer, it can have a great scope to reverse the adverse effects of modern life style and save our planet earth.

CONCLUSION-

It is necessary to have a more detailed and systematic investigation of the phytochemical and pharmacodynamic properties of Ayurvedic fumigation

therapy in order to facilitate the identification of novel bioactive compounds and more effective drug administration methods.

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