



# MODALITY AND MATERIAL MEDICA OF *DHOOPANA* DRAVYAS MENTIONED IN AYURVEDA

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## ABSTRACT

Ayurveda has its own unique perceptions and resultant methodologies for defining and treating human diseases. In Ayurveda both internal and external modalities of treatment are mentioned for the benefit of the mankind. Fumigation therapy is one among the several treatment methods described in Ayurveda. Fumes are produced from defined drug formulations are used as a method of sterilization and therapeutic procedure for various human diseases including microbial infections, wound healing procedure and psychological disorders. It is also important to know the mode of action and also the active principles in that fumigation which makes the effect come possible.

**KEYWORDS:** *Ayurveda*, *Dhoopana*, fumigation, drug action

## INTRODUCTION

Air is one among the route of transmission of disease. The microorganisms present in the air causes disease when it enters a host. The exhaled air contains microorganisms in the suspension. These are principally saprophytic bacteria and may include pathogenic bacteria. These organisms are discharged into air during conversation, coughing, sneezing and loud talking <sup>[1]</sup>

The concept of *Dushitha* *vayu* is available in *Susrutha samhitha kalpa sthana* <sup>[2]</sup> and detailed description about *Dhoopana* is mentioned in *Kashyapa Samhitha kalpa stana* <sup>[3]</sup>. *Dhoopana* is an inseparable part of therapeutics in Ayurveda system. *Dhoopana* is one of the measures mentioned for the maintenance of internal and external environment of human.

While understanding the concept of *Dhoopana* it is very important to know the contents in the *dhoopa* yoga. Proper knowledge of the *dravya* by its *rasadi panchaka*, its active constituents, identification of phytochemicals present in it will help in knowing the pharmacokinetics and pharmacodynamics of the drug. Studies that contribute to solving any of the many scientific and operational issues involved in the development process can improve the efficiency of the process.

## MATERIALS AND METHODS:

A search of multiple bibliographical databases and traditional *Ayurvedic* text books was conducted and the articles analyzed under various key themes. The classification, ingredients and references were tabulated as per *Kashyapa Samhita*.

## DISCUSSION:

*Acharya Charaka* has mentioned about the *Vikruta Vata, Jala, Desha* and *Kala* in *Janpadodhwanmsha* <sup>[4]</sup> and the measures to purify various elements of the environment. *Dhoopana* is one of the measures mentioned for the maintenance of internal and external environment of human being.

*Dhoopana Karma* which is a most common method of sterilization described in an *Ayurveda* & it is categorised under topical (*Bahiparimarjana*) treatment. *Dhoopana* is the method in which drugs of herbal, herbo-mineral, or animal origin are used for fumigation as to heal *Vrana, Yonivyapath, Karnarogas, Nasarogas*, to disinfect *Bheshajagara, Kumaragara, Sutikagara, Vranagara* etc. *Dhoopana* is also been mentioned for its antimicrobial activities. *Brihatrayis* and other *samhithas* have mentioned various types of *Dhoopana yogas* <sup>[5]</sup>

In *Kashyapa Samhita* many *dhoopa yogas* are mentioned and in which many *parthiva, jangama dravyas* are used. Among the many *dhoopa yogas* some are even named according to the uses which include *Kumara dhoopa, Maheshwara dhoopa, Agneya dhoopa, Dasanga dhoopa, Shri dhoopa, Varuna dhoopa* and so on.

**Table 1:** *Dhoopana Dravyas* in *Kashyapa Samhita* <sup>[3]</sup>

SlNo.	Name & Reference	Therapeutic Indication	Ingredients
1	<i>Ka.Sa.kalpa1/1</i>		<i>Kusta. dutika ambara .vaca .sarshapa</i> , bodyhair of goat mixed with <i>hingū</i>
2	<i>Ka.Sa.kalpa1/2</i>		<i>Ghrita</i> . horn of sheep . hoofs of horse and elephant. body-hair of monkey. <i>śalvaka</i> (specific deer), mongoose is a best fumigation
3	<i>Kumara dhoopa</i> <i>Ka.Sa.kalpa1/3-4</i>	increases progeny	<i>Ghrita, sarjarasa, krsnā, bhallataka, śileyaka</i> , both <i>haridrās, jatu, uśīra, sarsapa</i> , flowers of <i>ārjaka, vidanga, tagara, patra, vacā, hingū</i> and <i>balaka,</i>
4	<i>Ka.Sa.kalpa1/5</i>	Epilepsy and grahas.	The fumigation with <i>ghrita</i> . slough of snake, feces of <i>grīdhra</i> (vulture) and <i>kausika</i> (owl), <i>vacā</i> and <i>hingū</i> ,
5	<i>Maheshwara dhooma</i> <i>Ka.Sa.kalpa 1/6</i>	grahas.	<i>Ghrita. guḡgulu, bilva, devadāru</i> and <i>nameru</i> mixed with <i>yava</i>
6	<i>Agneya dhooma</i> <i>Ka.Sa.kalpa 1/7</i>	all the diseases specially of brāhamaṇas	The fumigation (made of) body-hair of cows mixed with <i>ghrita</i>
7	<i>Ka.Sa.kalpa 1/8</i>	diseases caused by <i>piśāca, vakṣa, gandharva, bhūta, skanda, kapha</i>	The fumigation with <i>ghrita</i> , hair of horse, donkey and camel, scalp hair of women and available nails of quadrupeds

8	<i>Ka.Sa.kalpa</i> 1/9-10	raksoghna	<i>Ghrita. siddharthaka. hingū. garland</i> left-over from sacrifice/used for god <i>aksata</i> (pieces of rice). slough of snake, <i>samghati</i> (a piece of monk's robe)
9	<i>Uttarna dhoopa</i> <i>Ka.Sa.kalpa</i> 1/ 11-12.	<i>pretas</i> and also <i>pūtana</i> .	<i>Ghrita. siddharthaka. honey. horn</i> of sheep, milk of goat. urine and hair of donkey and soma should be collected.
10	<i>dashanga dhoopa,</i> <i>Ka.Sa.kalpa</i> 1/13-14.	Enilensv. <i>grahas</i> and <i>upagrahas</i>	<i>Ghrita. white siddharthaka. kustha. bhallataka, vaca.</i> body hair of goat. <i>tagara. bhur jāvarta</i> (bark of <i>bhūrja</i> tree) and <i>guggulu</i>
11	<i>Moha dhoopa</i> <i>Ka.Sa.kalpa</i> 1/15.	cures unconsciousness	<i>Ghrita. white siddharthaka. coraka. palankasā, sukari</i> and <i>iatila</i> is known as <i>moha</i> fumigation (probably it),
12	<i>Varunna dhoopa</i> <i>Ka.Sa.kalpa</i> 1/16-17.	In summer season. <i>sakuni. mundarika. revati</i> and in aggravation of <i>kapha</i>	<i>lāksā. padmaka. candana</i> alongwith <i>devadāru, surasā</i> and <i>śālaja</i> should be mixed.
13	<i>Chaturangika Dhoopana</i> <i>Ka.Sa.kalpa</i> 1/18.	<i>Alpa dosha. krisha. graha doshas</i>	<i>Ghrita</i> , marrow, fat and <i>lāksā</i>
14	<i>Nandaka Dhoopana</i> <i>Ka.Sa.kalpa</i> 1/19.	Gives pleasure	<i>Ghrita. vacā. feces. body-hair</i> and hide of <i>tarakṣu</i> (bear), feces of <i>prasaha</i>
15	<i>Kana Dhoopana</i> <i>Ka.Sa.kalpa</i> 1/20	<i>grahas</i>	<i>Ghrita. kanā. husk</i> of <i>brīhi</i> . body-hair and hide of monkey, <i>vacā, sarsapa, kuṣṭha</i> and <i>elā</i> ,
16	<i>Shri dhoopa</i> <i>Ka.Sa.kalpa</i> 1/21	<i>Prabha</i> ,	<i>Ghrita. slough</i> of snake, <i>bilva, sara, siddhārthaka</i> and <i>jatu</i>
17	<i>Ka.Sa.kalpa</i> 1/22.	<i>Grahagna</i>	Urine and feces of dog. body-hair of peacock, <i>vacā, ghrita</i> and <i>sarsapa</i> ,
18	<i>Ka.Sa.kalpa</i> 1/23		<i>Ghrita. ivory. body-hair</i> of goat and sheep and horn of cow. is virtuous fumigation and should be used for virtuous persons.

19	<i>Shishuka dhoopa</i> <i>Ka.Sa.kalpa</i> 1/24-25	All <i>graha rogas</i>	. <i>Ghrita. sthaunevaka. māmsī. tagara. paripelava. hrībera. śatapuspā. haritāla. manahśilā. musta. harenuka</i> and <i>elā</i> should be prepared for fumigation
20	<i>Brahma dhoopa</i> <i>Ka.Sa.kalpa</i> 1/26-27.	Its continuous use eradicates diseases quickly. Indicated for <i>vaidvas brāhmana. ksatriya</i> and <i>vaiśya</i> .	<i>Ghrita. siddhārthaka. lāiā. kuśa, saha</i> and equal to all (these) <i>brāhmī</i> ,
21	<i>Ka.Sa.kalpa</i> 1/28	Gives pleasure	<i>Ghrita. śvadamstrā, vasuka, both haridrās, paripelava, vacā</i>
22	<i>Ka.Sa.kalpa</i> 1/29	Cures all disease	<i>Ghrita, padmaka, uśīra, bālaka, kesara</i>
23	<i>Ka.Sa.kalpa</i> 1/30.	Good fortune	<i>Ghrita.</i> body-hair of monkey, egg of hen, <i>vacā, yava</i> and <i>siddharthaka</i>
24	<i>Arishta dhoopa</i> <i>Ka.Sa.kalpa</i> 1/ 31.		The fumigation made with <i>ghrita</i> . leaves-roots-flowers-fruits and bark of <i>nimba</i>
25	<i>Ka.Sa.kalpa</i> 1/32.	epilepsy	<i>Ghrita.</i> leaves of <i>nimba</i> , urine of <i>donkey, vacā, jatu</i> and <i>sarsapa</i> ,.
26	<i>Ka.Sa.kalpa</i> 1/33.	cures epilepsy	The fumigation with <i>ghrita</i> . leaves of <i>nimba. jatu. sariarasa. aksata</i> (pieces of rice), feces of <i>bhāsa</i> (a kind of vulture) and <i>owl</i>
27	<i>Ka.Sa.kalpa</i> 1/34.	eradicates all diseases	<i>Ghrita.</i> leaves of <i>nimba. surask</i> and <i>aśvaghna</i> , hair of cow, sheep and goat
28	<i>Gandha dhoopa</i> <i>Ka.Sa.kalpa</i> 1/35.		<i>Ghrita. aksata.</i> flower of <i>jāti. honey, siddharthaka</i> and <i>vacā</i> is famous as <i>ganadhūpa</i> , it removes pain of all living beings.

29	<i>Svasthika dhoopa</i> <i>Ka.Sa.kalpa</i> 1/ 36.		<i>Ghrita</i> . <i>sallaki</i> , flower of <i>jāti</i> and <i>śirīṣa</i> , mixed with <i>nameru</i>
30	<i>Ka.Sa.kalpa</i> 1/37-38	these five fumigations are known for eradication of <i>graha</i> ..	<i>Ghrita</i> mixed with <i>guggulu</i> , <i>devadāru</i> mixed with <i>ghrita</i> . <i>kālāeuru</i> and <i>ghrita</i> ; <i>sarsapa</i> and <i>ghrita</i> and leaves- <i>sāra</i> (juice/essence)- flowers-fruits and bark of <i>trnamūla</i> with <i>ghrita</i> ,
31	<i>Graha dhooma</i> <i>Ka.Sa.kalpa</i> 1/39.	<i>Sarva vyadhi</i>	These <i>eugeulu</i> etc. (above) should be mixed with <i>dasānga</i>



The herbal drugs included in these *dhoopa yoga* are mainly *Kushta* (*Saussurea lappa*.C.B Clarke), *Vaca*( *Acorous calamus*.Linn), *Hingu*(*Ferula narthex* Boiss), *Sarshapa*( *Brassica juncea* L.Czern),*Ela* (*Elettaria cardamomum* L.Marton ), *Haridra*(*Curcuma longa*.Linn), *Guggulu*(*Commifora mukul*.Engl) *Nimba*(*Azardicata indica* A,Juss).

**Table 1:** *rasapanchaka* , phytochemical constituents,action on *dosha* and *disease*

Sl	Name	Rasa	Guna	Vipak a	Virya	Phytochemical	Doshagna	Karma	Roghnata
1	<i>Kushta</i> <sup>[6]</sup>	<i>Tikta katu madhura</i>	<i>Laghu Ruksha tikshna</i>	<i>katu</i>	<i>ushna</i>	ostunolide, 13-methoxy-11,13-dihydrodehydro-costuslactone, dehydrocostus lactone	<i>Kaphavata samaka</i>	<i>Kushtagna Sukrala</i>	<i>Kushta Twak vikara</i>
2	<i>Vaca</i> <sup>[7]</sup>	<i>Katu tikta</i>	<i>Laghu tikshna</i>	<i>katu</i>	<i>ushna</i>	Acolamone Calamine Palmetic acids	<i>Kapha vata samaka</i>	<i>Deepana Medhya Sulagna vamaka</i>	<i>Unmada Apasmad Krimi Twak roga</i>
3	<i>Hingu</i> <sup>[8]</sup>	<i>Katu</i>	<i>Laghu tikshna</i>	<i>katu</i>	<i>ushna</i>	Resin Volatile oil Trisulphides pinene Terpenes	<i>Kapha, vata samaka</i>	<i>kandughna</i>	<i>Adhmana Kandu Samjna nasha manyastambha</i>
4	<i>Sarshapa</i> <sup>[9]</sup>	<i>Katu tikta</i>	<i>Tikshna snigdha</i>	<i>katu</i>	<i>ushna</i>	Oleic acid Crucic acid Singrin Stearic acid	<i>Vatakapha samaka</i>	<i>Rakshogna Kandughna kushtagna krimighna</i>	<i>Kushta Kandu Krimi Twak vikara</i>
5	<i>Ela</i> <sup>[10]</sup>	<i>katu madhura</i>	<i>Laghu ruksha</i>	<i>madhura</i>	<i>Sita</i>	lipids, essential oils, flavonoids, terpenoids and carotenoids	<i>tridoshara</i>	<i>Mukha shodhana Daha prashmana deepana</i>	<i>Kshaya, Mukha roga, Daha</i>
6	<i>Haridra</i> <sup>[11]</sup>	<i>Tikta katu</i>	<i>Ruksha laghu</i>	<i>katu</i>	<i>ushna</i>	curcumin volatile oils tumerone, atlantone and zingiberone , proteins and resins	<i>Vata kapha samaka</i>	<i>Vishagna Kushtagna Krimighna amapachana</i>	<i>Vrana shodana ropana Lekhana</i>
7	<i>Guggulu</i> <sup>[12]</sup>	<i>Tikta Katu</i>	<i>Sara, sukshma laghu Vishada</i>	<i>katu</i>	<i>ushna</i>	5(1-methyl,1-aminoethyl)-5-methyl-	<i>Tridosha shamaka</i>	<i>Medohara Vrishya Kushtagna krimihara</i>	<i>Kushta Krimi stoulya</i>

			<i>Tikshna, rooksha sugandh</i>			2- octa- none gallic acid, quercetin, and guggulsterones, resins			
8	<i>Nimba</i> <sup>[13]</sup>	<i>Tikta kashaya</i>	<i>Laghu ruksha</i>	<i>katu</i>	<i>Sita</i>	Nimbin salanin	<i>Pittakapha samaka</i>	<i>Krimighna ,sramahar a kushtagna</i>	<i>Kandu Twak dosha nadivran a ,netra abhishya nda</i>

While analysing the *dhoopa dravya* they are mainly of *tikta katu* rasa and *katu vipaka*, *virya* is *ushna*. Karma of the *dravya* include *krimighna*, *kandughna*, *twak doshahara*.

*Dhoopa dravya* when burnt it is *dhoopa* is spread in to the *vayu*, detoxifies it while in human body it enters through the skin pores and detoxifies the cells, remove excess *kledhaamsha* and helps to regain the vitality of the cells and tissues. It dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation, itching and eliminates infection.<sup>[14]</sup>

Most of the *dhoopa dravyas* include presence of volatile oils. The volatile oil of *Guggulu* was found to be highly effective against *Rhizoperthadominica* which suggested its role as a fumigant. An active compound, 5(1-methyl,1-aminoethyl)-5-methyl-2- octa-none, of the methanolic extract of *Guggulu* gum possessed significant antibacterial activity against gram-positive bacteria and moderate activity against gram-negative bacteria.<sup>[15-17]</sup>

In most of the *dhoopa yoga* *ghrita* is a content. *Ghritha* has *madhura rasa* and *madhura vipaka* and it reduces *vata pitta dosha*. Due to *samskarasya anuvartana* it also act as *kaphaghna* when processed with such *dravya*. Because *Ghritha* is *Yogavahi*, it has the attributes of *dravya* imparted to it without losing its own.<sup>[18]</sup>

Most of the *dhoopa dravya* having the *gunas* like *laghu rooksha, tikshna ushna* in nature so addition of *ghritha* will balance as well as control these *gunas* of *dhoopa dravya* without diminishing its action. *Ghritha* even act as binding agent with *vrana shodana* ropana action. Purana *ghrita* is used *murcha*, *kushta*, *visha*, *unmadha*, and *graha*, while *kumbha ghritha* is having *rakshogna guna*. *Dhoopana Karma* has been considered as an integral part of *Devvyaprashay Chikitsa* and has been advised to be performed in *Pushyanakshatra* in most of the psychological conditions. These medicinal fumes may help in tranquilising and pacifying the patients.

## CONCLUSION:

In Ayurveda many treatment modalities have been said for both preventive and curative aspect. *Dhoopana dravyas* act in both ways; curative aspect in case of *vrana, nasarogas, yonivyapath* and preventive to disinfect *bheshajagara, kumaragara, sutikagara, Dhoopana dravyas* consist of active components, volatile oils and most of them have *kandughna, krimighna, kushtagna* properties, identification and extraction of bioactive principles in *dhoopa yoga* will help in better understanding, there by knowing the mode of action in a more wide spectrum.

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