



‘REVIEW STUDY ON DHOOPAN CHIKITSA KARMA ‘

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ABSTRACT-

Dhoopan Chikitsa means Medicinal fumigation. It is one of the vital treatments told by Ayurveda. Many Dhoopan yogas are mentioned in the different textbooks of Ayurveda. Dhoopan Chikitsa (fumigation treatment) utilizes only natural ingredient so that it is safe for the human being and environment. In medicinal fumigation or Dhoopan chikitsa, a mixture of medicinal substances which are burnt in a specific way to make a smoke called Dhoopa. There are three types of Dhoopas explained in Kashyap Samhita¹ viz. Dhoopa, Anudhoopa, Pratihhoopa. To reduce the vitiation of air or airborne diseases, a respiratory infection can from the atmosphere, Dhoopan chikitsa should be spread through different sizes of droplets: if the mentioned in Ayurvedic text by Acharyas.

KEYWORDS-- *Infectious Diseases, Dhoopan Dravya, Dhoopan Chikitsa, Disinfection, Ayurveda*

INTRODUCTION- *Dhoopana* means fumigation. Fumigation/*dhupana* is done with the help of *dhupana dravyas* vis-à-vis fumigants. Fumigants are the materials that fumigate the area with smoke having a characteristic odour when ignited. When *Varthi* is ignited with fire, the active phytochemical compounds burn to give out its essential therapeutic action based on the *dravya's* used.²

Definition

*Dhoopayati svagandhena pranayithva adeepyathi ithi*³
Gandhadravyavisheshoththa dhoomasthadvarthishcha|
Dhoopayathi sandhukshayathi vanhimithi|

Fumigants are the materials that fumigate the area with their typical odour when ignited. When *Varthi* is ignited with fire gives its odour containing smoke.

Origin of *Dhoopana*

Agni-Devata (fire god) is considered the primary source or deity of *Dhoopa*, and the betterment of entire mankind is the main purpose of its materialization⁴. *Acharya Kashyapa* narrates a story in this context, that when demons started harassing young children on earth, all the seers who used to remain engaged in *Japa* (unremitting prayers), *Homa* (offering various herbs and food substances to fire God as per Vedic tradition) and *Tapa* (austerity) approached to *Agni Devata* asked for help. *Agni Devata* amiably presented various *Dhoopa* and asked the seers to utilize them. He further assured them that by doing so, not only demons but also ghosts or devils could not harm them⁵.

Types of *Dhoopana*

According to *Kashyapa*, *Dhoopana* is of 3 types⁶

1. *Dhoopa* (Fumigation)
2. *Pratidhoopa* (Antifumigation)
3. *Anudhoopa* (Subsequent Fumigation)

Based on origin, fumigations can also be classified as⁷

1. *Jangama*
2. *Sthavara*

Acharya Charaka has classified *Dhoopa* according to their pharmacokinetic properties in wound management in *Vrana*

*Chikitsa*⁸.

1. *Vrana Kathinyakara Dhoopa*
2. *Vrana Mridutakaraka Dhoopa*

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.⁹ 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*.¹⁰ 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*. 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 purpose¹¹. 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.

MATERIALS AND METHODS-

A person could spread infectious diseases to another person or an animal to person. Most of the contagious diseases are airborne, air borne diseases spread by tiny pathogens in the air. Bacteria, fungi or viruses transmit them. These diseases are spread by sneezing, coughing and phlegm. Airborne diseases are the most widespread, and complete prevention is complicated. These pandemic conditions had occurred in ancient times, which were described in Ayurveda text such as *Janpadodhwansaj vikar* (mass destruction of population) and infectious diseases (*Auopsargika rogas*) and *Samarikavishaprayoga*. *Janpadodhwansaj vikar*, communicable diseases (*Auopsargika rogas*) and *Samarikavishaprayoga* spread by four routes – air, water,

region, time. At that time, Dhoopan Chikitsa (Fumigation therapy) had been mentioned for treating these types of airborne diseases spread by air. Dhoopana is one of the measures suggested for the maintenance of the internal and external environment of man. Dhoopana is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation. Herbs belonging to Plant origin possess kushthahara krimihara and kandughna properties, Animal products like horn, hair, nails etc have also been used for fumigation and Mineral like sulphur compound viz, Hartal (Arsenic trisulphide) and Manashila (Arsenic disulphide) have been used as a disinfectant for Dhoopa Chikitsa or medicinal fumigation therapy. The nose is the best route for the administration of drugs to the patient. Dhoopan Chikitsa is very easy to administer, and it can fumigate the environment also.

DOOPAN DRAVYA-¹²

Dravyas used for Dhoopana

1. Sources of Dhoopan (fumigation) Substances 1. Sthavara / Plant origin: Haridra, Neem, Vidanga, Tagar, Tamalpatra, Laksha, Sarshapa, Bhallataka, Vacha, *Krimighna*, *Kusthahara*, *Kandughna* & *Vranahara*

Gana: these drugs mostly have anti-microbial properties etc.

2. Jangama / Animal origin: Horn, Hair, nails, excreta etc. have been used where keratin is a structural component that contains sulphur

3. Khanija / Minerals: Hartal, Manashil Sulphur compounds *Manashila*, *Haritala*

The smoke produced by these fumigated ingredients at high temperatures is considered to be a simple way of administering a drug which can exhibit rapid pharmacological activity when inhaled. By inhalation, this fumigated combination first reach the brain, followed by lungs and then other components of the body. The medicinal herb and ghee are vaporized in Dhoopan Chikitsa (fumigation therapy) and enter the human body in gaseous form through the nose, mouth and pores of the skin. It removes the congestion of the lungs and reduces the dyspnoea ,So, Dhoopan (medicinal fumigation) is one of the treatments mentioned for the maintenance of the internal and external environment of human. So, to reduce and nullify the infection spread by these airborne diseases, Dhoopan Chikitsa (fumigation therapy) is being very useful. Dhoopan chikitsa (fumigation therapy) has a capability of purification and sanitization, and it is effortless to administer.

DISCUSSION-

There are millions of micro-organisms around us. For the reduction of these microbial loads, the traditional fumigation technique like Dhoopan, Homa, and Havana is explained in Ayurveda in ancient times. In Kashyap Samhita, one entire chapter has been dedicated to this subject that is “Dhoop Kalpa”. These Dhoop kalpas are widely used in Ayurvedic Pharmaceutic Preparation and many Ayurvedic treatments for various reasons ¹³

Dhupana yogas mentioned in *Bruhatrayee*, *Laghutrayee* & various classical ayurvedic *Samhitas* have given a very elaborative meeting with numerous combinations of *yogas* discussed explicitly in the management of multiple diseases. But these *dhupana yogas* are seldomly practised nowadays due to the lack of exploring the knowledge & lack of knowing modality of action of these *yogas*.

Mode of Action ¹⁴

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.

CONCLUSION-

Dhoopan chikitsa is exiting since ancient time. It is not only used for disinfecting or purifying the atmosphere but also is used for treating the various infectious and contagious diseases. Dhoopan is said to be extremely effective not only for preventing but also in curative aspect. *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. Usage of *dhupana dravyas* has immense

importance in *shalya tantra*. It mainly acts as *vedanahara* in *Vataja* ulcers. It reduces the profuse discharge in chronic non-healing ulcers & it is one among the *shasti-upakrama* for the management of *vrana*. It helps in tissue granulation which enhances the faster recovery of ulcer patients. *Dhupana* can also be used for fumigating the *vranitagara*. Sushruta mentioned time and duration for *dhupana* in the context of *trividha karma*, as *dhupana* has to be done twice a day for ten days.

For the better benefit of mankind, the numerous benefits of *dhupana* can be made available for ailing patients, which can be brought out as the main line of management of *dhupana*. Further research is needed to extract the maximum benefits & to prove scientifically exact mode of action.

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