Conceptual Study on Dhoopana Chikitsa in Kashyap Samhita

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ABSTRACT

Dhoopana Chikitsa (Medicinal Fumigation) is one of the important faculties in Ayurvedic treatment. It is used in various ailments and many Dhoopa Yogas (formulations of fumigation) are found in Ayurvedic Samhitas. Reference of Dhoopana can be traced to Vedic period and has been rooted in our traditions. Modern researches have also verified its ability as purifying and sterilizing medium. Dhoopana is said to be extremely effective in preventing as well as curative aspects, yet, there remains an ample scope in this area as its practice is seldom in use. Kashyap Samhita has mentioned number of Dhoopana formulations and present study is an effort to assess the efficacy of the same.

Key words: Dhoopana, fumigation, sterilization.

INTRODUCTION

Unlike fumigation, Dhoopana utilizes only natural substances and therefore is absolutely safe for environment as well as human beings. Dhoopana substances may include herbs as well as minerals or sometimes even animal products such as hair, horns etc. Medicinal substance or mixture of medicinal substances which is burnt in a specific way to make a smoke is called as Dhoopa.[1]

Dhoopana is taken on a specific part of body e.g. wound or ears or anus etc. or on the entire body as per the necessity. 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. Kashyap Samhita explains that Dhoopana substances should be collected by Vaidya himself with utmost purity and sincerity.[2] 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.[3] Three types of Dhoops are explained as Dhoopa, Anudhoop and Pratidhoop.[4]

MATERIALS AND METHODS

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

Method of preparation

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, however it is also possible to use hot charcoal, ignited coconut shell or even electric Dhoopa pot etc.

Source of Dhoopa substances

a. Sthavara / Plant origin – Nimba, Vidang etc.[5]
b. Jangama / Animal origin – Horn, Hair etc.\[^{[6]}\]

c. Khanija / Minerals – Hartal, Manashila etc.

The main source or deity of Dhoopa is considered to be Agni-devata (fire god) and the main purpose of its materialization is betterment for entire mankind.\[^{[1]}\] In this context, Acharya Kashyap narrates a story that when demons started harassing young children on earth, all the seers who used to remain engaged in Homa (offering various herbs and food substances to fire god as per Vedic tradition), Japa (unremitting prayers) and Tapa (austerity) approached to Agni Devata and asked for help. Agni Devata graciously offered them various Dhoops and asked to utilize. He further assured them that by doing so not only demons but also ghosts or devils cannot harm them.\[^{[8]}\]

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.\[^{[9]}\]
- For easy and punctual delivery.\[^{[10]}\]
- 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),\[^{[11]}\] skin diseases,\[^{[12]}\] cold,\[^{[13]}\] fever due to Vatadosha,\[^{[14]}\] epilepsy,\[^{[15]}\] vrana\[^{[16]}\] and so on.

Various Dhoopa formulations and their indications mentioned in Kashyap Samhita

1. **Kumar Dhoop** - Ghurta, Sarjaras (Vateria indica), Sauviranjan, Bhallatak (Semecarpus anacardium), Shileyak (Parmelia perlata), Haridra (Curcuma longa), Daruridhara (Berberis aristata), Laksha (Encrustations of lac insect- Laccifera lacta), Ushir (Vetiveria zizaniodes), Sarshap (Brassica alba), Arjak Pushpa (flowers of Ocimum sanctum), Vidang (Embelia ribes), Tagar (Veleriana wallichii), Tamalpatra (Cinnamomum tamala), Vacha (Acorus calamus), Hingu (Ferula foetida), Netrabala (Coleus vettiveroides).\[^{[17]}\]

Indications – facilitates proper development of children.

2. **Grahapah Dhoop** - Ghurta, Sarpa nirmok (shed skin of snake), Grudhra vit (feces of vulture), Kaushik vit (feces of owl), Vacha (Acorus calamus), Hinga (Ferula foetida).\[^{[18]}\]

Indications – Treats Epilepsy and Graharoga.

3. **Maheshwar Dhoop** - Ghurta (Cow ghee), Guggul (Commiphora wightii), Bilva (Aegle marmelos), Devadaru (Cedrus deodara), Namaru, Yav (Hordeum vulgare)\[^{[20]}\]

Indications - Cures Graharoga

4. **Agneya Dhoop** - Ghurta, Gobala (cow’s hair)\[^{[21]}\]

Indications - Useful in all diseases

5. **Bhadrankar Dhoop** - Ghurta, Haya bala (horse’s hair), Khara bala (donkey’s hair), Ushtra bala (camel’s hair), Rushabhak, Chatushpad nakha (nails of animals with four limbs)\[^{[22]}\]

Indications - This Dhoopa is considered to be auspicious, beneficial for Kapha Dosha and diseases with unknown origin.

6. **Rakshoghnna Dhoop** - Ghurta, Siddharthak (Brassica alba), Hinga (Ferula foetida), Dev Nirmalya (flowers or herbs offered to God), Akshata (unbroken rice), Sarpa tvak (shed skin of snake), Bhikshu sanghati (saffron color cotton cloth)\[^{[23]}\]

Indications - Offers protection

7. **Uttam Dhoop** - Ghurta, Siddharthak ((Brassica alba), Honey, Bheda Shrunga (horns of aries), Aja paya (milk of goat), Khara Mutra (urine of donkey), Khara Bala (donkey’s hair), Soma (camphor))\[^{[24]}\]

Indications – Protects from unknown, bad energies.
8. **Dashanga Dhoop** – Ghruta, Siddharthak (Brassica alba), Kushtha (Sassurea lappa), Bhallatok (Semecarpus anacardium), Vacha (Acorus calamus), Basta loma (body hair of male goat), Tagar (Veleriana wallichii), Bhurjapatra (Betta utesis), Guggul (Commiphora wightii).\[25\]

**Indications** – Useful in all diseases, especially in epilepsy and various Graha Rogas.

9. **Moho Dhoop** – Ghruta, Siddharthak (Brassica alba), Chorak (Angelica galuca), Guggul (Commiphora wightii), Varahi kanda (Dioscorea bulbifera), Jatamansi (Nardostachys jatamansi).\[26\]

**Indications** – Helps one to get attractive.

10. **Varun Dhoop** – Shreeveshtak (Pinus roxburghii), Laksha (Encrustations of lac insect-Laccifera lacta), Padmak (Prunus cerasoides), Chandan (Santalum album), Devadaru (Cedrus deodara), Tulasi (Ocimum sanctum), Shal (Shorea robusta).\[27\]

**Indications** – Shleshma Rogas in summer.

11. **Chaturangik Dhoop** – Ghruta, Majja, Vasa, Laksha (Encrustations of lac insect-Laccifera lacta).\[28\]

**Indications** – Beneficial for thin people, children, those having less Doshas and those suffering from Graha Rogas.

12. **Karna Dhoop** – Ghruta, Pippali (Piper longum), Brihi Tusha (rice husk), Kapiloma (body hair of monkey), Kapitvacha (monkey skin), Vacha (Acorus calamus), Sarasvap (Brassica alba), Kushtha (Sassurea lappa), Ela (Elettaria cardamomum).\[29\]

**Indications** – All kind of Graha Rogas.

13. **Shree Dhoop** – Ghruta, Sarpa tvak (shed skin of snake), Bilva (Aegle marmelos), Sara, Siddharthak (Brassica alba), Laksha (Encrustations of lac insect-Laccifera lacta).\[30\]

**Indications** – Brings prosperity.

14. **Grahaguna Dhoop** – Shva vit (feces of dog), Shva mutra (urine of dog), Mayur loma (peacock feathers), Vacha (Acorus calamus), Ghutra, Sarasvap (Brassica alba).\[31\]

**Indications** – All Graha Rogas.

15. **Punya Dhoop** – Ghruta, Kunjar danta (elephant tusk), Aja tanuja (body hair of goat), Mesha Tanuja (body hair of aries), Goshruna (cow horns).\[32\]

**Indications** – Considered to be auspicious.

16. **Shishuk Dhoop** – Ghutra, Granthaparni (Leonotis nepetaefolia), Jatamansi (Nardostachys jatamansi), Tagar (Veleriana wallichii), Jalamusta, Hrivera (Colesus vettiveroides), Shatpushpa (Anethus sowa), Hartal (yellow orpiment), Manashila (Realgar), Musta (Cyperus rotundus), Ela (Elettaria cardamomum).\[33\]

**Indications** – Destroys all diseases.

17. **Brahma Dhoop** – Ghutra, Siddharthak (Brassica alba), Laja (puffed rice), Kusha (Desmostachya bipinnata), Brahm (Herpestes monniera).\[34\]

**Indications** – All Graha Rogas.

18. **Sukhaprada Dhoop** – Ghutra, Gokshur (Tribulus terrestris), Vasuka, Haridra (Curcuma longa), Daruvaridra (Berberis aristata), Jalamusta, Vacha (Acorus calamus), Bharangi (Clerodendrum serratum).\[35\]

**Indications** – Considered to increase happiness.

19. **Sarvarog Shasya Dhoop** – Ghutra, Padmak (Prunus cerasoides), Ushir (Vetiveria zizanioides), Netrobala (Colesus vettiveroides), Nagakeshar (Mesua ferrea), Sarjaras (Vateria indica).\[36\]

**Indications** – Beneficial in treating all diseases.

20. **Mahoday Dhoop** – Ghutra, Vanar loma (body hair of monkey), Kukutandana (hen egg), Vacha (Acorus calamus), Siddharthak (Brassica alba).\[37\]

**Indications** – Beneficial in all diseases.

21. **Arishta Dhoop** – Ghutra, Nimba (Azadirachta indica) – Patra, Mool, Pushpa, Phal, Tvak.\[38\]

**Indications** – Destroys all diseases.
22. Apasmar Nashan Dhoop – Ghruta, Nimba Patra (Azadirachta indica), Laksha (encrustations of lac insect-Laccifera lacta), Akshata (unbroken rice), Bhasa vishtha (feces of one variety of owl), Uluk shakrut (feces of owl).[39]

Indications – Cures epilepsy.

23. Sarva rogaha Dhoop – Ghruta, Nimba (Azadirachta indica), Tulasi patra (Ocimum sanctum), Ashvaghna patra (Nerium indicum), Go Bala (cow hair), Mesha Bala (aries hair), Basta Bal (goat hair).[40]

Indications – Destroys all diseases.

24. Gana Dhoop – Ghruta, Akshata (unbroken rice), Jati Pushpa (Jasminum grandiflorum), Honey, Siddharthak (Brassica alba), Vacha (Acorus calamus).[41]

Indications – All diseases originating from Bhuta.

25. Swastik Dhoop – Ghruta, Shallaki (Boswellia serrata), Jati Pushpa (Jasminum grandiflorum), Shirish Pushpa (Albizia lebbeck), Nameru.[42]

Indications – Helps increasing auspiciousness.

26. Grahanashan Dhoopa no. 1 – Ghruta, Guggul (Commiphora wightii).[43]

27. Grahanashan Dhoopa no. 2 – Ghruta, Devadaru (Cedrus deodara).[44]

28. Grahanashan Dhoopa no. 3 – Ghruta, Krushna Agaru (Aquilaria agallocha).[45]

29. Grahanashan Dhoopa no. 4 – Ghruta, Sarshap (Brassica alba).[46]

30. Grahanashan Dhoopa no. 5 – Ghruta, Kusha (Desmostachya bipinnata), Kasha (Saccharum spontaneum), Shara (Ceratophyllum submersum), Darbha (Eragrostis cynosuroides), Ikshu (Saccharum officinarum).[47]

Indications – All above 5 Dhoops are beneficial in Graharogas.

Dhoopa made of plants can be used for infinite time. Dhoopa mixture should not lose their original color and aroma.

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

Dhoopana Chikitsa is existing since time immemorial. Its root lies in Vedas and is widely used in Ayurveda not only for disinfecting and purifying, but also as a remedy to treat various ailments and to prevent the diseases.

REFERENCES


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