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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

like a room or an operation theatre or done in an open space to purify the atmosphere. *Kashyap Samhita* explains that *Dhoopa* 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]

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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.^[7] 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*** - *Ghruta*, *Sarjaras* (*Vateria indica*), *Sauviranjan*, *Bhallatak* (*Semecarpus anacardium*), *Shileyak* (*Parmelia perlata*), *Haridra* (*Curcuma longa*), *Daruharidra* (*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*** - *Ghruta*, *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*** - *Ghruta* (Cow ghee), *Guggul* (*Commiphora wightii*), *Bilva* (*Aegle marmelos*), *Devadaru* (*Cedrus deodara*), *Nameru*, *Yav* (*Hordeum vulgare*)^[20]

Indications - Cures *Graharoga*

4. ***Agneya Dhoop*** - *Ghruta*, *Gobala* (cow's hair)^[21]

Indications - Useful in all diseases

5. ***Bhadrankar Dhoop*** - *Ghruta*, *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. ***Rakshoghna Dhoop*** - *Ghruta*, *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*** - *Ghruta*, *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 (*Saussurea lappa*), Bhallatak (*Semecarpus anacardium*), Vacha (*Acorus calamus*), Basta loma (body hair of male goat), Tagar (*Veleriana wallichii*), Bhurjapatra (*Betua utisis*), Guggul (*Commiphora wightii*).^[25]

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

9. **Moha 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*), Sarshap (*Brassica alba*), Kushtha (*Saussurea 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. **Grahaghna Dhoop** – Shva vit (feces of dog), Shva mutra (urine of dog), Mayur loma (peacock

feathers), Vacha (*Acorus calamus*), Ghruta, Sarshap (*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** – Ghruta, Granthaparni (*Leonotis nepetaefolia*), Jatamansi (*Nardostachys jatamansi*), Tagar (*Veleriana wallichii*), Jalamusta, Hrivera (*Coleus vettiveroides*), Shatapushpa (*Anethus sowa*), Hartal (yellow orpiment), Manashila (*Realgar*), Musta (*Cyperus rotundus*), Ela (*Elettaria cardamomum*).^[33]

Indications – Destroys all diseases.

17. **Brahma Dhoop** – Ghruta, Siddharthak ((*Brassica alba*), Laja (puffed rice), Kusha (*Desmostachya bipinnata*), Brahmi (*Herpestes monniera*).^[34]

Indications – All *Graha Rogas*.

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

Indications – Considered to increase happiness.

19. **Sarvarog Shasya Dhoop** – Ghruta, Padmak (*Prunus cerasoides*), Ushir (*Vetiveria zizaniodes*), Netrabala (*Coleus vettiveroides*), Nagakeshar (*Mesua ferrea*), Sarjaras (*Vateria indica*).^[36]

Indications – Beneficial in treating all diseases.

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

Indications – Beneficial in all diseases.

21. **Arishta Dhoop** – Ghruta, 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 lebbek*), 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 Agar (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.

Storing and Preservation

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 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.

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