

DHOOPANA KARMA: A REVIEW THROUGH BRIHATRAYI

Sahara Shrestha¹, Prashant Bedarkar², B J Patgiri³, Swapnil Y Chaudhari⁴

¹MD Scholar, ²Assistant professor, ³Professor and Head,
Dept of RSBK, IPGT&RA, Jamnagar, Gujarat, India

⁴Research Officer (Ayu), NRIADD, Kolkatha, India

Email: saharestha@yahoo.com

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ABSTRACT

Ayurveda embraces a holistic approach with its gist lying in curing the disease and promoting health of an individual. Ayurveda believes in striking a balance between an individual (body, mind, soul, spirit) and environment. Measures like water purification, *Homa*, *Yagnya*, *Dhoopana* have been mentioned in our Ayurvedic texts. *Dhoopana* is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation so as to heal *Vrana*, *Yonivyapada*, *Karna Rogas*, *Nasa Rogas*, *GudaRogas*, *GatraDaurgandhya*; to disinfect *Bheshajagara*, *Vranagara*, *Sutikagara*, *Shastrakarmagruha*, *Kumaragara* and also to sterilise *Asavas* and *Aristas*. *Dhoopana* is an integral part of *Rakshavidhi*, which ensures protection against microbes. *Dhoopana* of plants has also been mentioned for treating *Arsha*, *Jwara*, *Unmada*, *Romantika* and *Shotha* etc. Different formulations for *Dhoopana* have been mentioned by Acharya Charaka, *Sushruta* and *Vagbhata*. In the current review, an attempt has been made to compile all such references of *DhoopanaDravyas* referred in *Brihatrayi*.

Keywords: Ayurveda, *Dhoopana*, Fumigation, *Rakshavidhi*, Sterilisation

INTRODUCTION

Ayurveda, the ancient science of life, has always focused on the nurture and maintenance of good health in an individual. The health of an individual is the end result of the total sum of the processes inside his body as well as his vicinity. The seers of Ayurveda realised this dynamic equation and emphasised on the importance of man and his environment. The concepts of *Din Charya*, *Ratri-Charya* and *RituCharya* present in the classical treatise provide an insight as to the influence of environment upon the health of an individual. *AcharyaCharaka* has mentioned about the influence of *VikrutVata*, *Jala*, *Desha* and *Kala*

in *Janpadodhwanksha*. Likewise the measures to purify various elements of the environment have been distributed sporadically in our texts.

Dhoopana is an inseparable part of therapeutics in this system. *Dhoopana* is one of the measures mentioned for the maintenance of internal and external environment of man. *Dhoopana* is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation so as to heal *Vrana*, *Yonivyapada*, *Karnarogas*, *Nasarogas*, *Gudarogas*, *Gatradaurgandhya*; to disinfect *Bheshajagara*, *Vranagara*, *Sutikagara*, *Shastrakarmagruha*, *Kumaragara* etc. and also to

sterilise *Asavas* and *Aristas*. Since *Vedic* period *Homa-Havana* and *Yagnya*, sterilization of air by *Agnihotra*, sterilization of house & place around it by *Dhoopana*, is going on traditionally.^[1] *Dhoopana* has also been mentioned for its antimicrobial and growth promoting activities for the healthy production of plants in *Vrikshayurveda*. *Dhoopana* has broad spectrum of aesthetic, spiritual, psychological and medical significance. These formulations have various effects from increasing progeny (*KaumaraDhoopa*), to providing pleasure (*Nandaka Dhoopa*). *Yogaratanakara* has mentioned *NimbaKasthaDhoopa* to be used as a contraceptive.^[2]

HaritaSamhita has described about *Homa* in a separate chapter. *Guggulu* smoking has been mentioned in *Atharva Veda*. *Dhoopana Dravyas* have been utilised for multi-faceted purposes. As for the stability, *Dhoopana* drug powders when preserved in air tight containers can be used for two years. The powders should not lose their original colour and fragrance.

Materials and methods:

Brihatrayi (*Charaka Samhita*, *Sushruta Samhita*, *Astanga Samhita* and *Astanga Hridaya*) with their commentaries were screened to compile references of *Dhoopana*. The classification, ingredients and references were tabulated. The treasured classics of *Brihatrayi* have given *Dhoopana* formulations comprising of minerals, herbs, poisons and animal products with the view of reaping benefits from these formulations by discarding the microbial contamination.

Results & Discussions

Ayurvedic fumigation is an example of drug delivery through the inhalation route having several advantages including ease of drug administration, higher bioavailability and high potential to penetrate the blood brain barrier.^[3-5] The formulations generally consist of

various drugs that show a synergistic effect and help in propagating the activity of the main antimicrobial drug.

Mostly *Agni* and *VayuMahabhoot-PradhanDravyas* are used for this procedure. These are *Laghu*, *Sheeta*, *Ruksha* and *Vishada* in nature. These qualities of the *Dravyas* help in its rapid spreadability and quicker combustion. Most of the *Dravyas* are volatile in nature. Their volatility would be a distinct advantage in lowering microbial contamination in air and on difficult to reach surfaces. Researches have shown that volatile oils, which often contain the principal aromatic and flavouring components of herbs and spices, if added to foodstuffs, would cause no loss of organoleptic properties, would retard microbial contamination and therefore reduce the onset of spoilage. Furthermore, evidence suggests that these oils possess strong antioxidant activities^[6-7], which are favourable properties to combat free radical-mediated organoleptic deterioration.

Ample references of *Dhoopana* are found in *Brihatrayi* proving their vital role in disinfection and sterilisation. Total 94 formulations were mentioned in the texts. The number of ingredients for a *Dhoopana* formulation varies from a single drug to a number of drugs. *KarpasthyadiDhoopana* has the maximum number of components that is 19. Some *DhoopanaDravyas* are even composed of a single *Dravya* like *Agaru* which is used in *SheetaJwara*. **Probable mode of action:** 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.^[8]

Most of the names of the *DhoopanaDravyas* have not been specified. The names of the formulations have been given according to the action like *SarvagrahaDhoopa*, *VishamJwaraNashakaDhoopa* etc. or name of the ingredient like *TumburadiDhoopana*, *BrihatyadiDhoopana* etc. Some of

the formulations have been advised to be processed during *Pushya Nakshatra*. It is considered auspicious and is believed to provide nourishment.

Classification:

Acharya Charaka has classified *Dhoopa* according to their pharmacokinetic properties in wound management. In *Vrana Chikitsa*, two types of *Dhoopa* have been mentioned as *Vrana Kathinyakara Dhoopa* & *Vrana Mridutakarak Dhoopa*.

^[9] *Astanga Sangraha* has also similarly mentioned about types of *Dhoopana*.^[10] Fragrant *Dravyas* like *Agaru* and *Sara* like *Chandana*, *Vijaysara* have been included in the *Kathinyakara* type. The second type is *Vrana Mridutakarak Dhoopa* like *Ghee*, *Vasa* & *Majja*. Benefits of *Dhoopana* include soothing *vrana*; creating germ free environment and alleviating pain, discharge, odour and micro-organisms. Fumigation creates an aseptic environment, kills microbes and thus, prevents infection.^[11]

Plants belonging to *Kusthahara*, *Krimighna*, *Kandughna* & *Vranahara Gana* have mostly been used for their anti-microbial properties. Minerals having sulphur compounds *Haritala* (Arsenic trisulphide) & *Manashila* (Arsenic disulphide) have been used. Animal products like hair, nails, horns etc. have been used where keratin is a structural component which contains sulphur. The sulphur present in these substances might play a key role in the disinfection. The use of excreta of different animals may have been used as the smell of it may drive away major vectors of diseases like mosquitoes, worms, maggots and other insects. Dry animal excreta have also been used as a source of fuel. Animal excreta mainly contain combustible gases. Likewise, most of the *Dravyas* have oleaginous substances like *Ghee*, *Sarjarasa* to help in combustion. *Guggulu* has been mentioned in 15 formulations, *Ghee* in 41 formulations, *Sarjarasa* in 13 formulations and excreta in 20

formulations. When these inflammable drugs are burned, they release a large amount of energy making it useful as a fuel for sustaining the flame and may also help in dispersing the volatile components of the *Dhoopana* formulation. Almost all the *Dhoopana Dravyas* have an inevitable source of combustible ingredient either as a potentiator or activator of the formulation.

Guggulu has been used in a number of *Dhoopana* formulations. 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-octanone, of the methanolic extract of *Guggulu* gum possessed significant antibacterial activity against gram-positive bacteria and moderate activity against gram-negative bacteria.^[12-14]

Vacha has been mentioned in 23 of the formulations. The alpha and beta asarone of *Acorus calamus* is mainly responsible for the antimicrobial activities further it has been established that beta asarone has high antimicrobial activity as compared to the alpha asarone.^[15] The leaf and rhizome part of *Acorus calamus* found to possess the antibacterial activity. The methanolic extract of *Acorus calamus* showed the inhibitory action against the bacterial strains of *Salmonella typhi*, *Pseudomonas aeruginosa*, *Klebsiella pneumoniae*, and *Staphylococcus aureus*.^[16]

Neem also has been used quite often as one of the major ingredients in most of the formulations. Azadirachtin in the *Neem* seed oil is a proven chemical for its insecticidal properties.^[17-18] In a study, *Staphylococcus aureus* showed high level of inhibition of 100% in 10 min and 50% in 5 min to the fumes of *Azadiractaindica* showed maximum of 90% inhibition rate.^[19] This natural fumigant not only kills pests but also affects them negatively by acting as feeding and oviposition de-

terrence, mating disruption, inhibition of growth etc.^[20]

Some other formulations have added fragrant substances like *Chandana*, *Ela* etc. This may have been done to mask the obnoxious smell of some other pungent drugs and to provide a soothing effect on the brain and help in restoring mental and spiritual balance.

Most of the formulations have been used for disinfection and removal of *Vishas*. The ingredients of the formulations have been incorporated in such a way so as to induce antimicrobial properties of the raw materials which help in eliminating disease vectors. For fumigation of *Vranagara*, it has been advised to be given twice a day for 10 consecutive days to assure and maintain a sterile environment in operation theatre. Our ancient seers had also highlighted the importance of disinfecting clothes, bed sheet etc. and mentioned *Dhoopana* formulations for the maintenance of health and well-being.

Likewise a number of formulations have been mentioned for the treatment of various *Grahas*. *Dhoopana* formulations have been specially given for children and patients with psychological disorders and even for *AparaSang*. Besides, *DhoopanaKarma* has been considered as an integral part of *DevvyaprashayChikitsa* 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. These may also have been prescribed as these patients are unwilling to take internal medications. Even for patients with *Jwara*, *Dhoopana* formulations have been mentioned a number of times as these are more feasible due to their nasal route of administration. Due to the qualities of its anticoagulant, vasodilator, anti-inflammatory, thrombolytic and anaesthetizing substances, they help in the treatment of *Arsha* as well.

CONCLUSION

Brihatrayi consists of a variety of *DhoopanaKalpanas* aimed at deriving health, combating diseases and even purifying environment. These formulations have been used widely since long. The *DhoopanaDravyas* mentioned in the *Brihatrayi* have a lot of potential to manage different diseases and for sterilising in an economical and eco-friendly way without developing any drug-resistant microorganisms. It is necessary to undergo detailed study to identify the bioactive chemical moieties of the formulations and establish their safety and efficacy profiles. Standardising, characterising and marketing these *Dhoopana* formulations is the need of the hour to bring a natural eco-friendly and cheap tool to combat microbes.

Table 1: *Dhoopana Dravyas* in *Charaka Samhita*

Sr.No.	Name & Reference	Therapeutic indication	Ingredients
1	<i>DhoopanaDravya Sha. 8/61</i>	Disinfecting clothes, bed	<i>Jau, Sarshap, Atsi, Hinga, Guggulu, Vacha, Chorpshpi, Brahmi, Duba, Jatamansi, Ashok, Kutki, snake molt</i>
2	<i>Chi. 3/269</i>	<i>Sheeta Jwara</i>	<i>Agaru</i>
3	<i>Chi. 3/307</i>	<i>VishamaJwara</i>	<i>Guggulu, Neem, Vacha, Kustha, Haritaki, Sarshap, Jau&Ghee</i>
4	<i>Chi. 10/38</i>	<i>Apasmara</i>	<i>Pippali, Saindhava Lavana, Chitraka, Hingu, Vanshapatri, Kakoli, Sarshap, Kakanasha, Bakayana, Chandana, bones and nails of dog. Levigation-urine of goat inPushyaNakshatra</i>
5	<i>Chi. 10/50</i>	<i>Apasmara</i>	<i>Pitta</i> of dog taken out in <i>PushyaNakshatra</i> along with

			<i>Ghee</i>
6	<i>Chi. 10/51</i>	<i>Apasmara</i>	Excreta of mongoose, owl, <i>Villara</i> , vulture, scorpion, snake, beak, feathers, excreta of crow, poisonous insects
7	<i>Chi. 14/48</i>	<i>Arsha</i>	Human hair, snake slough, skin of <i>Villara</i> , <i>Madara</i> & <i>Shami</i>
8	<i>Tumburadi Dhoopana Chi. 14/50</i>	<i>Arsha</i>	<i>Dhaniya</i> , <i>Vayavidanga</i> , <i>Devdaru</i> , <i>Akshata</i> & <i>Ghee</i>
9	<i>Brihatyadi Dhoopana Chi. 14/50</i>	<i>Arsha</i>	<i>Brihati</i> , <i>Asgandha</i> , <i>Pippali</i> , <i>Tulsi</i> & <i>Ghee</i>
10	<i>Varahadivit-Dhoopana Chi. 14/51</i>	<i>Arsha</i>	Barley, Excreta of pig, buffalo & <i>Ghee</i>
11	<i>Hastipurshadi Dhoopana Chi. 14/51</i>	<i>Arsha</i>	Excreta of elephant, <i>Sarjarasa</i> & <i>Ghee</i>
12	<i>Chi. 23/98</i>	<i>Vishato</i> remove toxins from clothes, bed and rooms.	Peacock feathers, <i>Bagulabones</i> , <i>Sarshap</i> & <i>Chandana</i>
13	<i>Sarvavinashaka Dhoopana Chi. 23/99</i>	To eliminate all kinds of <i>Vishas</i>	<i>Tagara</i> , <i>Kutha</i> , <i>Bhujakpati Shira</i> , <i>Shirisha</i> & <i>Ghee</i>
14	<i>Jatvadi Dhoomagadha Chi. 23/100</i>	To wipe out snakes, mice, spiders and insects	<i>Lakha</i> , <i>Khas</i> , <i>Tejpatra</i> , <i>Guggulu</i> , <i>Bhallatak</i> , <i>Arjun</i> , <i>Sarjarasa</i> , <i>Safed Aparajita</i> & <i>Ghee</i>

Table 2: Dhoopana Dravyas in Sushruta Samhita

Sr.No.	Name & Reference	Purpose	Ingredients
1	<i>Su. 5/18</i>	Post-operative procedure	<i>Guggulu</i> , <i>Agaru</i> , <i>Sarjarasa</i> , <i>Vacha</i> , <i>Shweta Sarshap</i> , <i>Lavana</i> , <i>Neem</i> & <i>Ghee</i>
2	<i>Su. 19/28</i>	Fumigation of <i>Vranagara</i> Twice a day for ten days	<i>Sarshap</i> , <i>Neem</i> , <i>Ghee</i> & <i>Lavana</i>
3	<i>Dhoopana Dravya Su. 36/22</i>	<i>Vrana Dhoopana</i>	<i>Shreevestaka</i> , <i>Sarjarasa</i> , <i>Sarala</i> , <i>Devdaru</i> & <i>Salaradigana</i>
4	<i>Sha. 10/23</i>	Expulsion of placenta	<i>Katualabu</i> , <i>Kritvedhana</i> , <i>Sarshap</i> , <i>Sarshap-Taila</i> & snake molt
5	<i>Sha. 10/13</i>	<i>Garbha sang</i>	Black snake molt or <i>Pinditak</i>
6	<i>Ka. 3/17</i>	Air purification	<i>Laksha</i> , <i>Haridra</i> , <i>Ativisa</i> , <i>Abhaya</i> , <i>Musta</i> , <i>Harenuka</i> , <i>Ela</i> , <i>Tagara</i> , <i>Kustha</i> & <i>Priyangu</i>
7	<i>Chi. 1/80</i>	Wounds of <i>Vataja Dosh</i> , pain and discharge	<i>Kshauma</i> , <i>Jau</i> , <i>Ghee</i> & <i>Dhoopana Dravyas</i> (<i>Shrivesataka</i> , <i>Sarjarasa</i>)
8	<i>Utta. 19/11</i>	Ear diseases	<i>Kshauma</i> , <i>Guggulu</i> , <i>Agaru</i> & <i>Ghee</i>
9	<i>Utta. 19/53</i>	<i>Karna Daurgandhya</i>	<i>Guggulu</i>
10	<i>Utta. 28/6</i>	<i>Skanda Graha</i>	Snake molt, , hairs of camel, goat, sheep and cow, <i>Vacha</i> , <i>Gunja</i> , <i>Sarshap</i> & <i>Ghee</i>
11	<i>Utta. 29/7</i>	<i>Skandapasmara</i>	Excreta of owl, hairs (human), nails of elephant or

			hairs of a bull & Ghee
12	Utta.30/7	SakuniPratisedha	Excreta of owl, hairs (human), nails of elephant or hairs of a bull & Ghee
13	Utta.31/6	RevatiGraha twice a day	Excreta of eagle, owl, Yava, Yavaphala& Ghee
14	Utta.32/6	PutanaGrahaPratisedha	Devdaru, Vacha, Hingu, Kustha, Girikarnika, Kadamba, Ela, Harenu& Ghee
15	Utta.32/7	PutanaGrahaPratisedha	Rasna, Kumbhika, Sarshap, Badara Majja, bones of crabs & Ghee
16	Utta. 33/6	AndhaputanaGrahaPratisedha	Excreta of cock, hair(human), leather, snake molt& old worn out clothes of monk
17	Utta. 34/6	SitaputanaGrahaPratisedha	Excreta of owl, snake molt, Ajagandha, Neem &Madhuka
18	Utta.35/6	MukhamandikaGrahaPratisedha	Vacha, Sarjarasa, Kustha& Ghee
19	Utta.36/7	NaigamesaGraha Pratisedha	Sarshap, Vacha, Hingu, Kustha, Yava, Bhal-lataka&Ajamoda
20	Utta. 36/8	NavgrahaDhoopa	Excreta of monkey, owl & vulture
21	Utta. 38/27	Kaphaja Yoni Roga	BrihatiPhala, Haridra & Daruharidra
22	Utta.39/262	VishamaJwara with chills	Leather and hairs of goat, sheep,Vacha, Kustha, Guggulu, Neem &honey
23	Utta.39/262	VishamaJwara	Excreta of cat
24	Utta.50/19	HikkaPratisedha	Sarjarasa&Manashila
25	Utta.50/19	HikkaPratisedha	Ghee, Horn, leather & hairs of cow
26	Ajadi Roma Dhoopana Utta. 60/40	Graha	Skin & hair of goat &Richha, quills of porcupine, skin of owl's tail, Hingalevigated in goat urine
27	Utta. 62/17	Unmada	Putrified flesh of dog and cow

Table 3: Dhoopana Dravyas in Ashtanga Sangraha

Sr.No	Name & Reference	Purpose	Ingredients
1	JatwadiDhoopa Su. 8/91	Vishaghna destroys poison of animal & vegetable origin; witchcraft , magic do not have any effect	Jatu, Sarjarasa, Ushira, Sarshap, Patra, Valaka, Vella, Aruskara, Pura &Arjuna
2	ShikhipichadiDhoopa Su.8/92	Vishaghna destroys effect of poison in houses, dress, bed and chairs	Sikhipichha(plumes of peacock), Valakasthi, Sarshap, Chandana&Ghee
3	RasnadiDhoopana Su. 11/22	Alsaka Dry or mixed with cow urine	Rasna, Katphala, Shadgrantha, BothBrihatis, Aguru, Guggulu, Ativisa, Kustha, Patra, Vyaghranakha&Ambuda
4	Su. 38/20	Post-operative procedure	Guggulu, Agaru, Sarjarasa, Vacha, Gaura-Sarsapa, Hingu, Lavana, Neem & Ghee
5	Sha. 3/30	Apara Sang	Bhurjapatra, Kachmani, Guggulu& snake molt
6	Sha. 3/30	Apara Sang	KatuAlabu, Jalini, Neem, snake molt withShalimula Siddha Ghee or plain Ghee

7	Chi. 2/45	VishamJwara	Agaru
8	AparajitaDhoopa Chi. 2/67	Jwara	Guggulu, Neem, Vacha, Kustha, Hari-taki, Sarshap, Yava&Ghee
9	Chi. 2/68	SarvaJwara	Sahadeva, Vacha, Bhadra&Nakuli
10	Utta. 1/17	Balaupchara (Shanti karma)	Guggulu, Agaru, Sarjarasa, Vacha, Sarshap, Hingu, Lavana, Neem & Ghee
11	Utta. 1/29		Crow & Trivrit
12	Utta. 1/29		Vacha, Kustha, Shreevestaka, Sarshap&Ajya
13	SarvagrahaDhoopa Utta. 4/3	SarvaGraha	Puti, Dashanga, Sarshap, Vacha, Bhallataka, Dipyaka, Kustha, Ghee
14	SarvagrahaDhoopa Utta. 4/3	SarvaGraha	Sarshap, Nimba, Ashwagandha, Vacha, Bhurjapatra& Ghee
15	Dhoopa Yoga Utta. 6/2	Graha	Vacha, Kakadani, Sarshap, snake molt, hair of camel, goat, horse, cow & Ghee
16	Utta. 6/3	BisakhaGraha Chikitsa	Excreta of Gridha and owl, Vrishava-Roma, Kasha, HastiNakha&Ghee
17	Utta. 6/4	NaigameshGrahaChikitsa	Sarpagandha, Basta, Nakha& Roma
18	Utta. 6/5	Shwa GrahaChikitsa	GomutraBhavitaSukhsaMatysa-Churna
19	Utta. 6/6	PitriGrahaChikitsa	Hair & Excreta of Gridha, owl, Banara&Ghee
20	Utta. 6/7	ShakuniGrahaChikitsa	Sarshap etc. Same as Skandagraha
21	Utta. 6/8	PutanaGrahaChikitsa	Brihat&Sukshma Ela, Kustha, Vacha, Hingu, Devdaru&Girikadamba
22	Utta. 6/9	SheetaputanaGrahaChikitsa	Excreta of Gridha, owl, Ajagandha, Nirmoka&Nimba
23	Utta. 6/9	SheetaputanaGrahaChikitsa	Sarshap, skin of cow, monks cloth & snake molt
24	Utta. 6/10	AndhaputanaGrahaChikitsa	Rakshoghna, Bhallataka, Sarjarasa&Madhu
25	Utta. 6/10	AndhaputanaGrahaChikitsa	Monks cloth & cock excreta
26	Utta. 6/11	MukhamanditikaGraha-Chikitsa	Yava, Kustha, Sarjarasa
27	Utta. 6/12	RevatiGrahaChikitsa	Yava, Vanshaphala, Excreta of Gridha and owl & Ghee
28	Karpasthyadi Dhoopana Utta. 8/10	Skanda, Unmada, Pisacha, Rakshyas, Sura	Karpasasthi, Mayur, Patra, Brihati, Nirmalya, Madan, Twaka, Wanshi, VrishaDansha, Vita, Tusha, Vacha, Kasha, Nirmochan, Nagendra Beeja, Shringa, Hingu&Maricha
29	Utta. 9/26	Unmada	Brahmi, Indri, Vidanga, Vyosha, Hingupatri, Mura, Rasna, Bakuchi, Lasuna, Bishalya, Sursha, Vacha, Jyotismati, Nagadanti, Durva, Hari-taki&Saurashtri. Levigation-urine of elephant

30	<i>DhoopanAushadhama</i> Utta. 10/27	<i>Apasmara</i>	<i>Nakul, Uluka, Marjara, Gridha, Kita Hikakajai</i> & excreta and beaks of birds
31	Utta. 19/32	<i>Shopha</i>	<i>Yava, Madan, Bhurja, Shami</i> & <i>Ghee</i>
32	Utta. 30/32	<i>VataDushitaVrana</i> with discharge	<i>Shreevestaka, Sarjarasa, Sala, Devdaru, Sinsapa, Khadira, Asan, Karanja, Yava, Madhuchista, Bhurjapatra, Kshauma</i> & <i>Ghee</i>
33	<i>KashyapuktoDanshadhoop</i> Utta. 43/26	<i>VishaDansha</i>	Human hair, <i>Sarshap</i> & <i>Guda</i>
34	<i>SikhipichhadiDhoopa</i> Utta. 43/33		<i>Shikhipichha, Kukkutapichha, Taila</i> & <i>Lavana</i>
35	Utta. 43/56	<i>Raksha Vidhana</i>	<i>Gomaya</i> & <i>Agaru</i>
36	<i>Agardhooma</i> Utta.46/15	<i>Aakhuvisha</i>	<i>Manjistha, Rajani</i> & <i>Lavana</i>
37	Utta. 47/15	<i>VishajaShyawathu</i>	<i>Shirish, Nata, Kustha, snake head</i> & <i>Ghee</i>

Table 4: Dhoopana Dravyas in Ashtanga Hridaya

Sr.No.	Name & Reference	Indication	Ingredients
1	<i>Sha. 1/83</i>	<i>GarbhasangaNashaka Yoga</i>	Black snake molt
2	<i>Sha. 1/86</i>	<i>GarbhasangaNashaka yoga</i>	<i>Bhurjapatra, Kalihari, Katutumbi, Kustha, Sarshap</i> & snake molt
3	<i>VishamJwaraNashakaDhoopa</i> Chi.1/162	<i>VishamJwara</i>	<i>Guggulu, Neem, Vacha, Kustha, Haritaki,, Sarshap, Jau, Ghee</i> or dried excreta of cat
4	<i>AparajitaDhoopa</i> Chi. 1/163	<i>VishamJwara</i>	<i>Guggulu, Gandhatrina, Vacha, Sarja,Neem, Arka, Agaru</i> & <i>Devdaru</i>
5	<i>Chi.8/18</i>	<i>Arsha</i>	<i>Arka, Shami, hair,snakemolt, skin of Marjara</i> & <i>Ghee</i>
6	<i>Chi.8/19</i>	<i>Arsha</i>	<i>Aswagandha, Tulsi, Brihati, Pippali</i> & <i>Ghee</i>
7	Utta. 1/25	For child's bedsheet, pillow	<i>Guggulu etc.</i>
8	Utta. 1/26	For child's bedsheet, pillow, blanket	Dried crow & <i>Trivrita</i>
9	<i>PutyadiDhoopa</i> Utta. 3/47	<i>BalaGraha</i>	<i>Putikaranja, Dashanga, Sarshap, Vacha, Bhallataka, Ajawaina, Kustha</i> & <i>Ghee</i>
10	<i>SarshapadiDhoopa</i> Utta. 3/48	<i>BalaGraha</i>	<i>Sarshap, Neem, Madar, Vacha, Bhojpatra, hooves of horse</i> & <i>Ghee</i>
11	<i>GoshringadiDhoopa</i> Utta.3/55	<i>BalaGraha, Vishama-Jwara</i>	Horn , skin tail of cow, snake slough, excreta of cat, goat hair, peacock feather, human hair, <i>Neem, Kantakari, Banabhanta, Karpasa, Jau, Devdaru, Sarshap, Gandhabiroja, Tusha, Hinga</i> & <i>Ghee</i> Levigation-goat urine
12	<i>KarpaasthadiDhoopa</i> Utta. 5/18	<i>SkandaGraha, Unmada, Pishacha, Rakshasa</i>	<i>Binaula, peacock feather,excreta of cat, human hair, snake slough, elephant tusk, horn of cow.Banbhanta, Nirmalya, Madanphala, Dalchini, Jatamansi, Bhusi, Vacha,Hinga</i> & <i>Maricha</i>

13	Utta. 6/42	Unmada	Urine, bile, excreta, hair, hoof and skin of jackal, porcupine, owl, <i>Jalauk</i> , bull & goat
14	Utta. 7/33	<i>Apasmara</i>	Mouth, feathers & excreta of mongoose, owl, cat, vulture, scorpion, snake & crow
15	Utta. 25/45	<i>VataDoshikaVrana</i>	<i>Jau</i> , <i>Ghee</i> , <i>Bhojpatra</i> , <i>Amin-phala</i> & <i>Gandhabiroja</i>
16	<i>VishaNashakaDhoopa</i> Utta. 37/23	<i>DansajaVisha</i>	Human hair, <i>Sarshap</i> & <i>Guda</i>

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