

**CONCEPTUAL STUDY OF DHOOPANA KARMA ACCORDING TO AYURVEDA.****Madhavi Deodas¹, Kadambari Jadhav², Sumit Chutake³, Sonali Bongulwar⁴.**

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Ayurveda adopts a holistic approach, with the main goals of treating disease and enhancing personal wellness. According to Ayurveda, there should be harmony between the environment and the individual (i.e., mind, soul, and spirit). Our Ayurvedic texts discuss measures for Rakshakarma, such as Homa, Pooja, Yagnya, mantrachikitsa, Manidharana, and Dhoopana. Many benefits of Dhoopana are elaborated, like treating Vrana, Yonivyapada, Karna Rogas, Nasa Rogas, Guda Rogas, Gatra Daurgandhya, as well as to disinfect Bheshajagara, Vranagara, Sutikagara, Shastrakar maghruha, Kumaragara and sterilise Asavas and Aristas. Dhoopana is a crucial component of Rakshavidhi, which guarantees immunity against microorganisms. Many diseases like Arsha, Jwara, Unmada, Romantika, Shotha, and many other diseases can be treated using Dhoopana karma of medicinal plants. Acharya Charaka, Sushruta, and Vagbhata all explained many Dhoopana formulas. Many important Dhoopan dravyas mentioned in Ayurved are mentioned in this article.

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

INTRODUCTION

The ancient study of Ayurveda strongly emphasizes fostering and maintaining a healthy lifestyle. An individual's health is the consequence of all the processes both within and outside his body. The Ayurvedic seers recognized this dynamic equation and emphasized the significance of the interaction between human beings and their surroundings. The ideas of Dincharya and Ritucharya found in the traditional book offer insight into how the environment might affect a person's health. The effects of Vikrut Vata, Jala, Desha, and Kala come under. Acharya Charaka mentioned Janpadodhwansa. Our publications have also scattered the steps to clean up numerous environmental factors. In this approach, dhoopana is an integral component of treatments. Dhoopana is one of the actions cited for preserving the human body's interior and external environments.¹ Many benefits of Dhoopana are elaborated to treat Vrana, Yonivyapada, Karna Rogas, Nasa Rogas, Guda Rogas, Gatra Daurgandhya, as well as to disinfect Bheshajagara, Vranagara, Sutikagara, Shastrakarma ghruha, Kumaragara and to sterilize Asavas and Aristas. Dhoopana does the air sterilization by Agnihotra, the house, and the surrounding area, and it has been practiced since Vedic times. In the Vrikshayurveda, dhoopana is also cited for its antibacterial and growth-promoting properties for the healthy production of plants. Dhoopana is significant from an extensive aesthetic, spiritual, psychological, and medicinal perspective. Many more benefits of Dhoopana are mentioned in Samhitas. The effects of dhoopana formulations range from boosting procreation (Kau-mara Dhoopa), to inducing pleasure (Nandaka Dhoopa) etc. Yogaratnakara described Nimba Kastha Dhoopa as a contraceptive. A distinct chapter of the Harita Samhita has information on Homa.² The fumes everted from homa works as Dhoopana.

OBJECTIVES-

- 1) To review Dhoopan from various Ayurvedic samhitas.
- 2) To study and correlate Dhoopan with modern aspects.

MATERIALS AND METHODS: Ayurvedic Samhitas like Charaka Samhita, Sushruta Samhita, As-tanga Samhita, and Astanga Hridaya have explained Dhoopana karma.

Importance of Dhoopana karma in Kaumar-bhritya-

1. Paricharya:

Various Acharyas describe Dhoopana as a routine procedure in New-born care. It is mentioned under Rakshakarma. Multiple methods do Rakshakarma for the stability of the new-born. Raksha Karma aims to protect new-born babies from various infections by using clean clothes, bedding, with dhoopan with different Rakshoghna dravyas. Dhoopana has many advantages, including vranashaman, eradicating germs from the environment, and reducing discomfort, discharge, odours, and microorganisms. By destroying microorganisms and establishing an aseptic environment, fumigation i.e. Dhoopana helps to prevent infection.

2. Respiratory or Allergic conditions: Airborne diseases are commonest one, originate respiratory ailments. These spreads from droplets aerosol and forint by affected patients, cough ,sneeze ,sputum or nasal discharge easily contaminate the environment. Therefore, there is a need to sterile the area by disinfectant solution or fumigation. Recently Dhoopan is seldom used as a fumigation method. Dhoopkalpas are used for fumigation purpose ,which are safe and have instant action to prevent airborne infection. Dravya like ,tulsi, nilgiri, Karpoor, lavang tail etc can be used for the same.

3. Balgraha: Various balgrahas are explained by different Acharyas. Balgraha means disease caused by invisible vectors. The grahas are unknown facts, which suddenly and negatively affect the health and wellbeing of children leading to several spectrum of diseases .Grahas aiming for seizing child for hinsa can be treated with siddha mantra while performing hawan and yadnya. Daivavyaprashay was also done along with medical treatments. This includes fumigation ,prayers, havan ,homa ,poojas ,herbs like karanja, sarshapa, vacha, Ajmoda, ghee used for dhoopan.

4. Nabhiroga: Nabhi is siramula and moola for child's existence. Dhoozana is used in nabhiroga as it acts as antifungal. Dhoozana of Guggul, Haridra, Lodhra, Sarshap is used in Nabhipaka for vranashodhana followed by Vranaropana karma. Rock salt is also applied as there is pus in umbilical region to make it dry.

5. Effect of various Dhoozana dravyas-

Vacha has alpha and beta asarone of *Acorus calamus* is mainly responsible for the antimicrobial activities. Further it has been established that beta asarone has high anti-microbial activity as compared to the alpha asarone. It has been discovered that the *Acorus calamus* plant's leaf and rhizome components have antibacterial properties. The bacterial strains of *Salmonella typhi*, *Pseudomonas aeruginosa*, *Klebsiella pneumoniae*, and *Staphylococcus aureus* were all inhibited by the methanolic extract of *Acorus calamus*.⁹

Neem- has Azadirachtin in the Neem seed oil is a proven chemical for its insecticidal properties. This natural fumigant not only kills pests but also affects them negatively by acting as **feeding and oviposition deterrence, mating disruption, inhibition of growth etc.**¹⁰.

Chandana, Ela - Having property of fragrance, have been used 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.¹¹ The formulation's contents have been combined in such a way as to encourage the raw materials' antibacterial qualities, which aid in the eradication of disease vectors. For Vranagara's fumigation, Dhoozana formulas ARE USED for the maintenance of health and wellbeing, our ancient seers also emphasized the need of cleaning clothing, bed linens, etc.¹² by using various Dhoozana dravyas.

A number of formulations have also been discussed in relation to the treatment of different Grahas. Specific Dhoozana formulations have been described for to Aparasang, mental diseases, seizures disorders etc. Additionally, Dhoozana Karma is considered to be an essential part of Daivavyaprashay Chikitsa and has

been advised to be practiced in Pushya Nakshatra in the majority of psychiatric circumstances. These therapeutic gases can put patients at ease and help them feel peaceful. It's possible that these were recommended as these people have trouble in taking internal medications. Even for Jwara patients, dhoozana formulations have been noted frequently because, given their nasal delivery route, they are more practical. Due to the qualities of its anticoagulant, vasodilator, anti-inflammatory, thrombolytic and anaesthetizing substances, they help in the treatment of Arsha as well.¹³

DISCUSSION

An example of a medication delivery method using inhalation is Dhoozana. The benefits of Dhoozana are simple to administer, having a greater bioavailability, and having a high potential to cross the blood brain barrier. The formulations typically include a variety of medications that work to increase the action of the primary antibacterial medication. For this technique, Agni and Vayu Mahabhoot Pradhan Dravyas are typically employed. These are Laghu, Sheeta, Ruksha and Vishada in nature. These qualities of the Dravyas help in its rapid Spreadability and quicker combustion.³

There are different aspects of Dhoozana benefits in reducing microbial contamination by access to hard-to-reach surfaces and in the air. Studies have indicated that adding volatile oils to meals will prevent the loss of organoleptic qualities, delay microbiological infection, and hence delay the start of spoiling. Volatile oils frequently include the main aromatic and flavouring components of herbs and spices.⁴ Furthermore, evidence suggests that these oils possess strong antioxidant activities, which are favourable properties to reduce free radical-mediated organoleptic deterioration. Many references of Dhoozana are found in Brihatrayi proving their vital role in disinfection and sterilisation.⁵

The probable mode of action of Dhoozana karma is it dilates blood vessels and helps in the oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation and itching and

eliminates infection. It has been suggested that some of the formulas should be prepared during Pushya Nakshatra. It is considered auspicious and is believed to provide nourishment.⁶

CONCLUSION

Ayurveda stated different Dhoopana Kalpanas in relation to obtaining health, fending against ailments, and even cleansing the environment. These formulations have been used since ancient times. The Dhoopana Dravyas described in the Brihatrayi offers a great deal of potential for treating various diseases and for sterilizing in an affordable and environmentally friendly manner without creating any drug-resistant germs. To discover new formulations according to current infection such as covid, influenza, adenovirus, rsv, thorough research is required. It is necessary to standardize, categorize, and market these Dhoopana formulations in order to provide a safe, natural, and affordable tool to in management micro-organism and infections.

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