

PRACTICAL APPLICATION OF DHANYAMLADHARA

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Published online: September, 2019

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ABSTRACT

Dhanyaamladhara is a special type of treatment explained in *Ayurveda* which is extensively used in clinical and hospital practices for effectively treating inflammatory diseases like Rheumatoid Arthritis and also *Vata* disorders having an association of morbid *Kapha* and or *Ama* (toxic products formed as a result of faulty metabolism). *Dhanyamladhara* is a type of *Drava sweda* among *chaturvida sweda* which is prepared out of *Dhanyas* by fermenting the liquid and used for treatment purpose as *Ekanga* or *Sarvanga Sweda*. *Amavata* is a condition where there is *Sandhishoola* and *Sandhishotha* because of *Ama*. *Dhanyamladhara* is ideal treatment for *Amavata* (Rheumatoid Arthritis), *Sarvanga vata*, *kapha anubandhi* conditions. It is a treatment modality which is practiced by all Ayurvedic Practitioners in *Ama* and *kapha* condition and found good results. It is unparalleled in prevention of degeneration and inflammation apart from its known efficacy to enhance strength, immunity, and nutrition to the tissues. This is achieved by the property of quick action and deep penetrating effect of *dhanyamla* through which it removes multiple blocks in the body cells and channels, enables proper supply of nutrition and re-establishment of health and feel of lightness in the body. Important thing to make note in this aspect is that *Dhanyamla dhara* is also useful in preventing and halting the progression of many disorders. In this Article about *Dhanyamala*, Materials required, Preparation of *Dhanyamla*, Application, Indications, Properties and Benefits of *Dhanyamladhara* has been discussed.

Keywords: *Dhanyamladhara*, *Sandhana Kalpana*, *Dravasweda*, *Amavata*, *Ayurveda* etc.

INTRODUCTION

Dhanyamladhara is one among the traditional treatment extensively practiced in different diseases in all most all parts of India. This is a type of *Drava sweda* explained in *Ayurveda*. *Drava Sweda* is one among 4 types of *Sweda*. Acharya Vagbhata defines any liquid

like *Sura*, *Sukta*, *Jala*, *Ksheera* other processed or unprocessed liquids are filled in *Kindi* and poured over required part. May be *Ekanga* or *Sarvanga*.¹ It is a type of *Kayaseka*, included under *Rooksha Sweda* and *Drava sweda*. *Dhanyamla* is included under

Sandhanakalpana. It is used in Vatarogas, especially with Ama and *Kaphanubandha* Conditions.

Dhanyamla : The word *Dhanyamla* means that which is fermented from “*Dhanyaaha*”. *Dhanyamla* is fermented liquid prepared with various types of Grains. It is also known as *Kanjika*.² *Acharya Parmeshvara* defines *Dhanyamla* as fermented liquid prepared out of Dehusked grains. *Dalhana* and *Arunadatta* have the opinion that fermented liquid prepared from broken

paddy is *Dhanyamla*.³ The other names of *Dhanyamla dhara* – *Kanji dhara*, *Aranala dhara*, *Kanjika dhara*.

Dhara : *Sirasseka* otherwise called *Dhara*. It is the process in which medicated oils, milk or butter milk is poured in a continuous stream on the forehead, in a specific manner⁴. *Dhara* is a procedure which is indicated in all condition only the thing is we have to change the *dravya* according to *Dosha*.

Table No.01: Showing *Dhara Dravya* according to *Dosha*.

Sl. No	Dosha	Dravya
01	Vatadosha	Taila, Ghrita
02	Pitta dosha	Ghrita / Ksheera / Narikelajala / Sthanya, Sheetalajala
03	Kaphadosha	Takra, Dhanyamla

Note: For healthy person *Yamaka sneha* (*Taila* + *Ghrita*) is preferred as per the tradition.

Dhanyamladhara: It is a type of *Kayaseka*, included under *dravasweda*. It is included under *Sandhana Kalpana*. It is processed (Fermented) with different *dhanyas* and it is systematically prepared and used for *Dhara* purpose.

They are mainly classified as *Moordhanya*, *Sarvangeena*, *Ekanga*. Based on the different condition this treatment is carried out.

Moordhanya: It is the most important and useful in *Manasavikaras* - *Chittodvega* and *Anidra*.

Sarvangeena: *Sarvangavata*, *Sarvangashotha*.

Pradesika: *Janusandhigatavata*, *Sthanikashotha*, *Vrana*.

Table No.02: Showing Materials Required and Quantity for *Dhanyamladhara*.

Sl.No.	Materials required	Quantity
01	<i>Dharapati/Droni</i>	1
02	<i>Dhanyamla</i>	4 litres
03	Vessels	4 numbers
04	Soft towels	3 numbers
05	Oil for <i>talam</i>	10 ml
06	Oil for <i>abhyanga</i>	100 ml
07	<i>Rasnadi Choorna</i>	5g
08	Kernel/Plastic mug with pointed tip	2 numbers
09	Gauze	1
10	Cotton ear plugs	2
11	Masseurs	2
12	Attendant	1

All above mentioned Materials required for the procedure of *Dhanyamladhara*.^{5,6}

Dharapati: *Dharapati* is prepared with ideal wood - *Kupilu*, other recommended woods are *Punnaga*, *Asana*, *Amra* and *Panasa* they are best *Vatashamaka*, and

they are of 55-80 cm breadth, 2.5-3 meters in size.

Dharachatti: Amongst the apparatus required for *Dhara*, *Dharachatti* is very essential. It is to be made with the utmost care. It can be made with metals like

Gold, Silver and Brass etc. But some liquids used for *dhara*, may not agree with some metal containers so these vessels are usually made of clay which is the best among all.

Kindi (Kernel): It is made up of Gold, Silver, Brass etc it is usually used for *Kayaseka*, *Januseka*, *Dhanyamladhara*.

Dharadravam: *Dharas* are named according to the liquids employed into them and the effect of *Dhara* mainly depends upon the Properties of the *Drava dravya* selected. For example-

Takradhara, *Ksheeradhara*, *Snehadhara*, *Sthanyadhara*, *Amalaki Kashayadhara* and *Dhanyamladhara*.

Quantity of Drava: Around 4-5 liters of *Dharadrava*.

Preparation of Dhanyamladhara: The necessary drugs for the preparation of *Dhanyamla* are mentioned in the Table.No.03.

Infrastructure facilities: Full fledged *Panchakarma* Theatre.

Manpower: A well qualified Technician and an Attendant.

This procedure is initiated on *Uttama Dina*, *Nakshatra*, *Titi* and *Muhurtha*.

Table No.03: Showing *Dravya*, Quantity required for Preparation of *Dhanyamla*.

Sl. No	Dravya	Quantity
01	<i>Tandula</i> (Husked paddy)	10 <i>Prasthas</i> (~7680g)
02	<i>Prithuka</i> (Paddy flakes)	10 <i>Prasthas</i> (~7680g)
03	<i>Kulatha</i> (<i>Dolichosbiflorus</i> Linn.)	10 <i>Prasthas</i> (~7680g)
04	<i>Laja</i> (Fried Paddy)	40 <i>Prasthas</i> (~30,700g)
05	<i>Kangubeeja</i> (<i>Setaria italic</i> Beauv.)	04 <i>Prasthas</i> (~3000g)
06	<i>Kodrava</i> (<i>Paspalumscrobiculatum</i> Linn.)	04 <i>Prasthas</i> (~3000g)
07	<i>Nagara</i> (<i>Zingiberofficinale</i> Roscoe)	02 <i>Prasthas</i> (~1500g)
08	<i>DantaSatha</i> (<i>Jambeera/Vrukshaamla</i>)	04 <i>Prasthas</i> (~3000g)
09	<i>Dipyaka</i> (<i>Ptychotusajowan</i> DC)	02 <i>Prasthas</i> (~1500g)
10	<i>Jala</i> (Water)	200 <i>Prastha</i> (~1.5litres)

All should be kept in either Earthen, Brass or copper vessel containing 200 *prastha* of water.^{7,8}

The mouth of the vessel should be closed with a lid. Paddy bran should be tighten around the vessel and heated slowly and continuously by paddy husks for a period of seven days. The paddy husks are to be put underneath and around the vessel and fired. The husk is used as fuel for heating and the fire is maintained in low flame. It is not necessary that the content should boil, but the heating process should be continuous and under low flame. Taking every precaution that the temperature of the water in the vessel should not rise above boiling point. On the eighth day the required quantity of the liquid is taken out. And equal quantity of fresh water should be added. The liquid which should be allowed to ferment by keeping it in a suitable

separate vessel for 3 days. Thus, obtained *dhanyamla* should be used for *Dhara* purpose.

Properties of Dhanyamla: *Amla rasa*, *Laghu*, *Snigdha*, *Teekshnaguna*, *Amlavipaka*, *Veerya-Ushna* and for *Sparshana* it is *sheeta*.

The enlivening property of *dhanyamla* is owed to its sources grains. It is cold at perception by its nature and hence is ideal for external administration. *Shivadasasena* opines that, though *dhanyamla* generates *pitta*, it reduces burning sensation due to its quality of cold at perception; while some attribute this function to the *prabhava* of *dhanyamla*.

Karma: *Deepana*, *Pachana*, *Daha jwarahara*, *Klamahara*, *Sramahara*, *Angasadahara* and pacify *Bastishoola*. Because of *Ushna*, *Teekshna* properties pacify *Vatakapha*.⁹

Procedure of Dhanyamladhara:

Poorva karma (Pre operative Procedure): Patient should sit on the *Droni*, *Talam* should be kept on head and *Sarvanga Abhyanga* should be done. *Abhyanga* should be done according to the condition of the patient. Gauze should be tied around the head above the eyebrows. Ears should be plugged with cotton plugs. The patient should be covered with a thin cloth below the neck. This procedure may also be practiced without covering the body.

Pradhana karma (Procedure): Warm *Dhanyamla* is poured with *Kindi/Kernel/Mugs* by two attendants standing on either sides of the *droni*.

The temperature should be around 40°C. *Dhara* should be poured at a medium speed and from a height of 6-12 cm. Pouring should always from above downwards. This is to be done in seven positions mentioned in *Kayaseka*. It should be done till the forehead sweats. Every day the Fresh *Dharadravya* is taken to perform the procedure.

Paschata karma (Post-operative Procedure): After *Dhara*, clean the body and head using the soft towel. Ear plugs and gauze are removed and *Rasnadi churna* is applied on the head. Rest is advised for 1 hour and then asked to take bath. *Abhyanga* before bath is optional.

Duration: 45 minutes for 7-14 days.

Kala: Preferably done in moderate climate (*Natisheta* or *Natiushnakala*).

Phala: Improves Blood circulation, Rejuvenates the whole body, Relieves body pain and Muscle spasms, Helps preserve and promote optimum health, Promotes development of muscles, and Improves skin complexion.

Indications: *Amavata*, *Sarvangavata*, *Vatarakta*, *Vataroga*, *Sarvangadaha* and *Sarvangashopa*, *Kaphanubandha* conditions.

Pacifies *Manyastambha*, *Hanustambha*, *Jihvastambha*, *Parshvashoola*, *Urokampa*, *Bahushosha*, *Koshtajavataroga*, *Anaha*, *Gulam*, *Shopa*, *Pama*, *Padadaha* and *Padaharsha*.¹⁰

Bahyaprayoga: Pacify *Daha*, *Brama*, *Anidra*. *Jeernajwara*, when *doshas* are located in *twacha*, also indicated in *Udararoga*, *Antravriddhi*, *Gulma*, *Vatavyadhi*, *Pakshaghata*, *Sarvangavata* and *Katiprishtavata*.

DISCUSSION**Probable mode of Action of Dhanyamladhara**

Among the *Dhanyas* used in *Dhanyamla*, most of them are *Madhura rasa*. While *Nagara*, and *Deepyaka* are *Katu rasa*. Due to the process of fermentation of these drugs is initiated and augmented (improved) into *Amla rasa*. *Amlarasa- Vata shamaka*, *Agnideepaka*, *Sheeta Sparsha- Dahashamaka* (Cold *Dhanyaamla*) *Dhanyamla* used in *ushna* form in *Kayaseka*- loses its *Sheetaguna* and Mitigates *Vata*.

Effect of Abhyanga and Dhara:

Abhyanga: The medicated oil applied over the skin directly reaches the site of pathology as the absorption of the medicine increases by causing cutaneous hydration.

The utility of *Abhyanga* (anointing the body) before the *Dhara* as told by the *Acharyas* is to promote easy absorption through the skin.

Which provides the cutaneous hydration, by this the drug easily comes in contact with the *Twachasthita Bhrajaka pitta*.

Along with *Vyanavata* help in assimilation and transportation of the properties of the *aushadha dravya* traversing into the minute pores of the body after its successful absorption.

Once the active ingredient of medicine reaches the level of *Bhrajakagni*, the drug is made *sajateeya* at this level resulting in uprooting the pathogenesis.

Due to *Deepana*, *Pachana* and *Ushna* properties of *Dhanyamla* acts at the level of *Ama*.

Dhanyaamladhara is a type of *Drava Swedana* that makes the body flexible, removes stiffness of the joints, Improves the blood Circulation.

Complications and Management ¹¹:

Chills and Rigors: They occur due to uneven maintenance of the temperature or prolonged interval taken between the changing up of fresh warm *dhaanyamla* or if the body is exposed to cold breeze immediately after the procedure.

Precaution: Stop the *dhara* procedure and give *ushnopachara* like body is to be covered with thick cloth or warm liquid is to be given for drinking. Warm fomentation may also be given.¹²

Clinical Vital data recording: Temperature, Blood Pressure, Pulse Rate, Respiratory Rate has to be recorded before and after the procedure.

Lab investigations: Routine pathological investigations like TC, DC, ESR, Hb, and Specific biochemical investigations Blood Urea, Total Cholesterol etc, have to be done before and after the treatment to assess the clinical condition of the patient.

Images Showing Procedure of *Dhanyamladhara*



CONCLUSION

Dhanyamladhara is a procedure where *ausadhas* prepared by fermentation and Poured over the affected part. Amongst the many liquids suggested for *dravasweda* in the classical text, *dhanyamla* acquired greater importance, and has been extensively practiced and preserved by the physicians of Ayurveda. Based on the condition – *Roga* (disease), *Vaya* (age), *Bala* (Strength of *Rogabala* and *Rogibala*) - time and duration of the *dhara* procedure is fixed.

By this treatment, increases local blood circulation because of *sukoshnata* and virtue properties of *dhanyamla*. Thus, reduces *Shoola* (Pain) and *Shotha* (Swelling) in the affected region. This is highly effective in *Amavata*, *Sarvangavata*, *Jeernajwara* and *Kapha* related conditions. *Dhanyamla* may also used in the *Avagaha* procedure in cases of *Arshas* (Piles),

Bhagandhara (fistula in ano) etc. The procedure must and should follow as per the classical texts. *Dhanyamla* can also be used as *abhyantara prayoga* by considering the *Dashavidha pareeksya bhavas*.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: C. H. Rajani & Santosh N. Belavadi: Practical Application Of Dhanyamladhara. International Ayurvedic Medical Journal {online} 2019 {cited September, 2019} Available from: http://www.iamj.in/posts/images/upload/1967_1972.pdf