

A REVIEW ON LAAKSHA HARIDRADI DHOOPARavikrishna. S¹, Sreejith. K²

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**ABSTRACT**

Visha chikitsa is one among the *ashtanga* Ayurveda which primarily focuses on the prognosis, diagnosis and management of diseases caused by the *Visha Dravyas*, either *Sthavara* (plant origin), *Jangama* (animal origin) or *kritrima* (artificial poison). In this modern era, due to urbanization & industrialization, pollution possesses a major threat to the mankind and other biotic components of the ecosystem. This paves the way for imbalance in harmony of the ecosystem thereby leading to various health hazards such as severe respiratory illness and other diseases. There are many fruitful *agada Yogas* which are mentioned in our classics. *Laaksha haridradi dhoopa* is one such formulation mentioned in *Susrutha Samhita Kalpasthana*, 3rd chapter *Jangama Visha Vijnaniya Adhyaya*. *Dhoopana karma* is one of the traditional practices which uses the anti-bacterial activity of the smoke produced by the drugs. This yoga comprises of ten such *vishagna dravyas*.

Keywords: *Visha, Dhoopana, Agada***INTRODUCTION**

Dhoopana literally means fumigation and is one of the methods that have been widely used in the ancient era as well as in the present scenario for the protection from various microbes. Our classics had detailed explanation of different types of microbes, the diseases caused by

them and their treatment modalities.¹ Among the different modalities one is *Dhoopana Karma*. Here the role of fumigation comes into action. The *Dhoopana* is prepared out of *Jangama* (animal origin-hair, nails etc.) and *Sthavara Dravyas* (plant origin- *Haridra, Guggulu*

etc.) which possess medicinal as well as anti-microbial properties. In ancient era, different techniques like *Yaga, Homa, Havana* has been performed to make the vicinity free of microbes. The usage of these methods emphasis its significant role in the reduction of microbial levels.

In the present scenario, due to globalisation and industrialization one of the challenging problems that the entire world faces is pollution. These pave the way for emergence of different epidemics which has its drastic effect on biotic systems. To some extent the extensive use of these *Dhoopana Dravyas* with its multidimensional facets will play a leading role in controlling the microbial load thereby resulting in significant decrease in the pollution and its harmful effects.

Laaksha Haridradi Dhoopa is a preparation mentioned in *Sushruta Samhita Kalpasthan* third chapter². Where he explained the features of polluted air like the birds get exhausted and fall on ground, the human being will suffer from diseases like *Kasa, Pratishtyaya, Shiroruja, Nayanamaya* and its treatment by using this formulation.

Materials and Methods:

For the present review study, the primary sources of literatures are the Ayurvedic textbooks and relevant modern textbooks.

Review of literature:

This formulation explained by *Acharya Susrutha* in *Kalpasthan* 3rd chapter *sloka no.17* comprises of drugs which are elaborated in table no.1

Table 1: Ingredients of *Laaksha haridradi dhoopa* with Botanical identity

S. No	Drug Name	Botanical name	Family
1	Laksha	<i>Laccifer lacca</i> (Kerr)	Coccidaeae
2	Haridra	<i>Curcuma longa</i> L.	Zingiberaceae
3	Ativisha	<i>Aconitum heterophyllum</i> Wall.ex Royle.	Ranunculaceae
4	Abhaya	<i>Terminalia chebula</i> Retz.	Combretaceae
5	Abdha	<i>Cyperus rotundus</i> L.	Cyperaceae
6	Harenuka	<i>Vitex negundo</i> L.	Lamiaceae
7	Ela	<i>Elettaria cardamomum</i> Maton.	Zingiberaceae
8	Vakra	<i>Valeriana wallichii</i> DC.	Valerianaceae
9	Kushta	<i>Saussurea lapa</i> (Decne)Sch.Bip	Asteraceae
10	Priyangu	<i>Callicarpa macrophylla</i> Vahl.	Verbenaceae

Table 2: Ingredients of *Laaksha haridradi dhoopa* and Their Properties

S.No	Drug Name	Rasa	Guna	Virya	Vipaka	Karma	Gana
1	Laksha ³	Tikta, Kashaya	Laghu, Snigdha	Ushna-Anushna	Katu	Sandhaniya, Stambhana, Varnya, Balya, Kushtagna, Vrunaropana, Kasaghna	Lakshadi Varga
2	Haridra ⁴	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	Kaphapitta Shamaka, Shothahara, Krimighna, Vishaghna	Kushtaghna, Vishaghna, Kandugna, Tiktaskanda, Shirovirechana Lekhaniya Varga
3	Ativisha ⁵	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kaphapitta Shamaka, Krimighna, Vishaghna, Jwarahara	Lekhaniya, Arshoghna
4	Abhaya ⁶	Kashaya, Amla, Madhura, Katu, Tikta	Laghu Ruksha	Ushna	Madhura	Tridoshashamaka Rasayana, Anulomana, Krimighna	Triphala Amalakyadi Parushakadi Arshoghna,

						Kandughna, Shothahara, Deepana Pachana	Kushtaghna, Jwarahara Prajyasthapana Kasaghna
5	Abdha ⁷	Tikta, Katu Kashaya	Laghu, Ruksha	Sheeta	Katu	Pittakapha Shamaka Krimighna Jwarahara Dipana Pachana	Tripthighna Varga Trishnanigrhana Lekhaniya Kandughna Sihanyashodhaka
6	Harenuka ⁸	Katu Tikta	Laghu, Ruksha	Ushna	Katu	Vatakapha Shamaka Shothahara Krimighna Kushtaghna Kandughna	Vishaghna Krimighna
7	Ela ⁹	Katu, Madhura	Laghu, Ruksha	Sheeta	Madhura	Tridosahara Rochana Hridhya Dipana Shwasahara Kasahara	Shwasahara Angamarda-Prashamana Katuskanda
8	Vakra ¹⁰	Tikta Katu, Kashya	Laghu, Snigdha	Ushna	Katu	Kaphavatashamaka Vedanasthapana Vranaropana Vishaghna	Sheetaprashamana Tiktaskanda
9	Kushta ¹¹	Tikta, Katu Madhura	Laghu, Ruksha Tikshna	Ushna	Katu	Kaphavatashamaka Jantughna Vedanasthapana Kushtsghna	Lekhaniya Shukrashodhana Asthapanopaga
10	Priyangu ¹²	Tikta, Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu	Tridosha Shamaka, Dahaprashamana, Vedanasthapana, Dur-gandhanashana	Mutravirajaneeya, Pureesha-Sangraheeya

Fig. 1: Analysis of Rasa

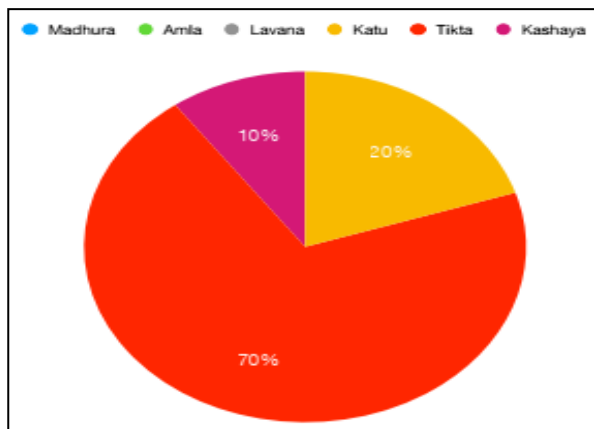


Fig. 3: Analysis of Veerya

Fig. 2: Analysis of Guna

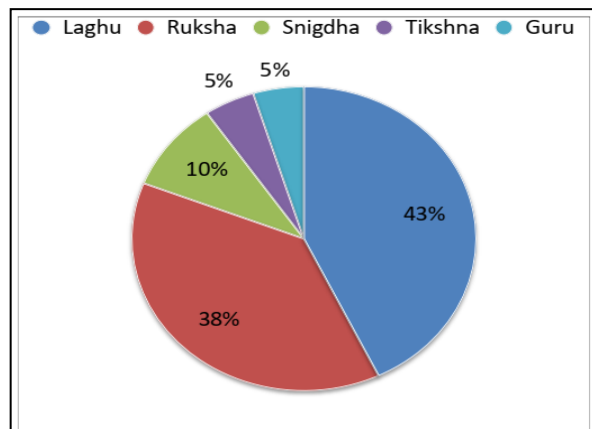


Fig. 4: Analysis of Vipaka

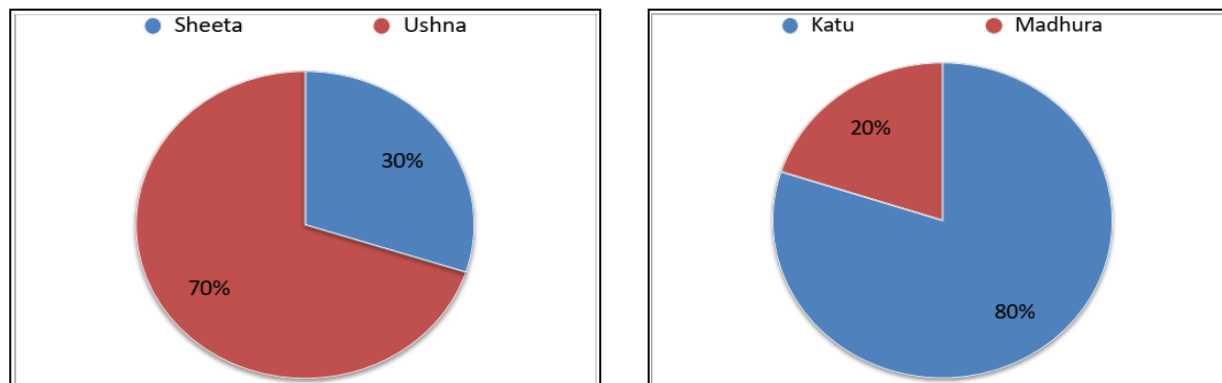


Table 3: Phyto-constituents of ingredients of *Laaksha haridradi dhoopa*

S. No	Drug name	Phyto- constituents
1	<i>Laksha</i> ¹³	Stick lac contains 70-80% of resin, sugars, proteins, colouring matter (1-2%), wax (4- 6%), extraneous matter (8-12%) and volatile oil in traces. Lac resin consists of inter-esters of hydroxyl fatty acid derivatives. Aleuritic acid is the main constituent 35% of resin, while shellolic acid and its isomers along with kerrolic acid and butolic acid are present to a small extent.
2	<i>Haridra</i> ¹⁴	Rhizome contains about 5% of volatile oil, resin, abundant zingiberaceous starch grains and yellow coloring substances known as curcuminoids. Chief component of curcuminoids is known as curcumin (50-60%)
3	<i>Ativisha</i> ¹⁵	The root yield 0.79 % of total alkaloids, of which atisin is 0.4%. The plant possesses potent immune stimulant property,
4	<i>Abhaya</i> ¹⁶	Moisture- 10%, Tannin -25-32%, Water insoluble matter- 40-50%
5	<i>Abdha</i> ¹⁷	The tuber is rich in Cu, Fe, Mg and Ni. Beta- sitosterol, is isolated from tuber, exhibits significant anti-inflammatory activity against carrageenan and cotton pellet induced edema in rats.
6	<i>Harenuka</i> ¹⁸	The seeds contain p-hydroxybenzoic acid, 5- oxyisophthalic acid, glucose and the triterpene, vitex-triterpene.
7	<i>Ela</i> ¹⁹	Seeds contain volatile oil 2-8%. The active constituent of volatile oil is cineole. Aromatic compounds present are terpinyl acetate, terpineol, borneol, terpinene etc.
8	<i>Vakra</i> ²⁰	It contains pale brown to amber colored oil about 1% and alkaloids chatinine and valerine. Volatile oil contains borneol formate, borneol acetate, camphene etc. Valepotriates or valtrate responsible for therapeutic activity of the drug.
9	<i>Kushta</i> ²¹	Root contains about 6% resinoids, 1.5% of essential oil, 18% of inulin, 0.5% of an alkaloid, fixed oil, traces of tannins and sugar. The alkaloid is known as saussurine, Kushin.
10	<i>Priyangu</i> ²²	The seeds and leaves contain calliterpenone and its monoacetate; the former contain fatty acids, beta-sitosterol and its beta- D- glucose.

Method of Preparation: In the reference Acharya Sushruta mentioned that the above listed ten drugs should be added to fire and the *dhuma* (fume) comes from this will purify the polluted air.

DISCUSSION

Dhoopana karma is one of the anti-microbial procedures used in Indian tradition in different forms like *Homa*, *Yajna* etc., to purify the air.

In our classics *Acharyas* mentioned many of the combinations without proper nomenclature. *Laaskha Haridradi yoga* is one such yoga mentioned *Sushruta Samhita Kalpasthana* for the purification of the polluted air.

In this *yoga* the majority of the drugs are having *Tikta*, *Katu Rasa*, *Ushna Veerya* and *Katu Vipaka*. Drugs like *Haridra*, *Ativisha*, and *Vakra* are having anti poisonous effect. The drugs like *Haridra*, *Ativisha*, *Kushta*, *Tagara*, are having a potential antimicrobial activity.

The drugs like *Haridra*, *Ela* and *Tagara* are having volatile aromatic oil which helps to remove the bad odour and gives freshness to air.

CONCLUSION

In Indian tradition from time immemorial the *Dhupana* process is well established and it is practiced regularly for different purposes. *Laaksha Haridradi yoga* is one such yoga mentioned *Sushruta Samhita Kalpasthana* for the purification of the polluted air. Here ten drugs were mentioned out of which many drugs are having good antimicrobial and anti-poisonous activities. Hence a detailed antimicrobial study can be done to elaborate the role and efficacy of *Laaksha Haridradi yoga*.

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