

LITERATURE REVIEW OF IMPORTANCE OF *DHOOPKALPADHYA* IN
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ABSTRACT

Ayurveda is said to be science of life. In ayurveda preventive measures had its own importance; *Dhoopan* (fumigation) is one of the parts of preventive measures. *Dhoopan karma* is used to create aseptic environment by killing microorganisms and thus has importance to prevent infection. Ayurveda describes *Dhoopan* under *bahiparimarjan chikitsa* so *dhoopna* of *kumaragar* (pediatric ward), *sutikagar* (labour room) etc, *Dhoopan* is described in all *Samhitas* in scattered form but *Acharya Kashyapa* describes *Dhoopan* in detail in *Dhoopkalpadhya* of *Kalpasthan* in *Kashyapa Samhita*. In *Dhoopkalpadhya*, *Acharya Kashyapa* explains all *Dhoopan yogas* with their special effect. *Acharya Kashyapa* explained various *Dhoopan yogas*, in which different materials were used in different diseases, these materials were easily available in present era so broad spectrum *Dhoopan yogas* studied from *Samhitas* which can be easily used in these days for infection control.

KEYWORDS: *Dhoopan*, *Kashyapa Samhita*, *Dhoopkalpadhya*, Fumigation.**INTRODUCTION**

Environment around us contains billions of microorganisms, the most common organisms isolated was staphylococcus aureus (37.22%), followed by klebsiella pneumonia (27.01%), and Escherichia coli (19.70%) in neonates and children. Maximum of them lives in human body with compensation, and are not harmful, or are opportunistic. Which may prove dangerous in immune-compromised hosts and children, potential harmful bacteria like gram positive cocci, staphylococcus aureus living in nostrils of 30% population.^[1] so disinfection or fumigation has its own importance to control infection.

Ayurveda deals with the preventive and curative aspect of disease or infection hence principles of fumigation was previously explained in ancient ayurvedic classics but *Acharya Kashyapa* explained a separate chapter in *Kashyapa Samhita* on fumigation called as *Dhoopkalpadhya*.

Dhoopkalpadhya is a real contribution of *Acharya Kashyapa* in the field of infection control through ayurveda. By keeping these objectives we set a review of various *Dhoopan dravyas* of *Dhoopkalpadhya* and its importance in present scenario.

MATERIAL AND METHODS

The information is collected from various *Ayurvedic Samhitas*, Ayurvedic text's, different textbooks of Paediatrics, articles and published research papers, journals, medical websites etc.

COLLECTION OF *DHOOPAN DRAVYAS*

Dhoopa is defined as medicinal substances or mixture of medicinal substances which is burnt in a specific way to make a smoke.^[2] According to *Acharya Kashyapa* Collection of *Dhoopa dravyas* should be done by *Vaidya* (Clinician) himself.^[3]

The collection of *dravyas* should be done from Uttar (North) Or *Agneya* (south – east) direction, on *Pushya Nakshatra* then it should be stored at safe place and used as per requirement.^[4] Various Herbs or medicinal substances are collected in their best state.

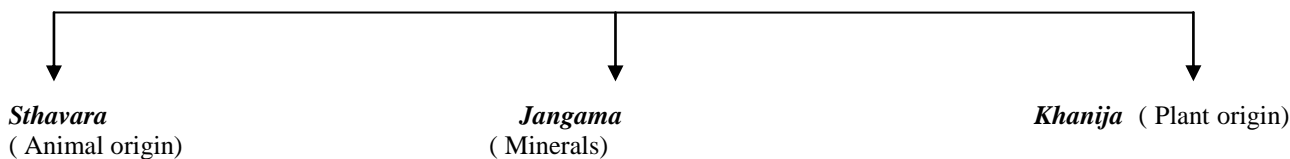
TYPES OF *DHOOPA*

There are three types of *Dhoopa*^[5]

1. *Dhoopa*
2. *Anu Dhoopa*
3. *Prati Dhoopa*

SOURCES OF DHOOPA According to *Acharya Kashyapa*, main source of *Dhoopa* is *Agni*^[6] according to origin of the substances it can again be of 3 types

SOURCES OF DHOOPA



1. **Sthavara** (Plant origin) :- *Vidanga, Nimba, Guggule, Vacha, Sarshapa* etc.^[7]
2. **Jangama** (Animal origin) :- *Ghrita, Honey, Hairs, Horn* , etc
3. **Khanija** (Minerals) :- *Manashila, Hartal* etc.

Various Dhoopan Yogas Described In Dhoopakalpadhya of Kashyapa samhita.

Name of Dhoopa	Dhoopan Dravyas	Indication
1.Kumar Dhoopa	<i>Ghrita, Sarjaras</i> (Vateria indica), <i>Bhallatak</i> (Semecarpus anacardium) , <i>Sauviranjan, Shileyak</i> (Parmelia perlata), <i>Haridra</i> (Curcuma longa), <i>Daruharidra</i> (Berberis aristata), <i>Laksha</i> (Encrustations of lac Insect –Laccifera lacta), <i>Ushir</i> (Vetiveria zizanioides), <i>Sarshap</i> (Brassica alba), <i>Arjak Puspa</i> (flower of Ocimum sanctum), <i>Vidanga</i> (Embelia ribes), <i>Tagar</i> (Veleriana wallichii), <i>Tamalpatra</i> (Cinnamomum tamala), <i>Vacha</i> (Acorus calamus), <i>Hingu</i> (Ferula foetida), <i>Netrabala</i> (coleus vettiveroides). ^[8]	Proper growth and development of children
2. Grahapaha Dhoopa	<i>Ghrita, Sarpa Nirmok</i> (shed skin of snake), <i>Grudhra vit</i> (feces of vulture), <i>Kaushik vit</i> (feces of owl), <i>Vacha</i> (Acorus calamus), <i>Hingu</i> (Ferula foetida). ^[9]	For treatment of <i>Graharoga</i> and Epilepsy.
3.Maheshwar Dhoopa	<i>Ghrita, Guggul</i> (Commiphora mukul), <i>Bilva</i> (Aegle marmelos), <i>Devdaru</i> (Cederus deodara), <i>Nameru, Yav</i> (Hordeum vulgare). ^[10]	Used in <i>Graharogas</i>
4.Agneya Dhoopa	<i>Ghrita , Gobala</i> (Cows hair) ^[11]	Specially useful in all diseases
5.Bhadrankar Dhoopa	<i>Ghrita , Haya Bala</i> (horse hair), <i>Khara bala</i> (Donkeys hair), <i>Ushtra bala</i> (Camels hair), <i>Rushabhak, Chatuspada Nakha</i> (Nails of animals with four limbs) ^[12]	Diseases of Kapha doshas and diseases of unknown origin.
6.Rakshoghna Dhoopa	<i>Ghrita, Siddharthak</i> (<i>Brassica alba</i>), <i>Hinga</i> (<i>Ferula foetida</i>), <i>DevNirmalya</i> (flowers or herbs offered to God), <i>Akshata</i> (unbroken rice), <i>Sarpa tvak</i> (shed skin of snake), <i>Bhikshu sanghati</i> (saffron color cotton cloth) ^[13]	Used for Protection
7. Uttam Dhoopa	<i>Ghrita, Siddharthak</i> ((<i>Brassica alba</i>), <i>Madhu</i> (Honey), <i>Bheda Shruna</i> (horns of aries), <i>Ajapaya</i> (milk of goat), <i>Khara Mutra</i> (urine of donkey), <i>Khara Bala</i> (donkey's hair), <i>Soma</i> (camphor) ^[14]	Protection against negative, bad, unknown energies
8. Dashanga Dhoopa	<i>Ghrita, Siddharthak</i> (<i>Brassica alba</i>), <i>Kushtha</i> (<i>Sassurea lappa</i>), <i>Bhallatak</i> (<i>Semecarpus anacardium</i>), <i>Vacha</i> (<i>Acorus calamus</i>), <i>Bastaloma</i> (body hair of male goat), <i>Tagar</i> (<i>Veleriana wallichii</i>), <i>Bhurjapatra</i> (<i>Betua utisis</i>), <i>Guggul</i> (<i>Commiphora mukul</i>) ^[15]	Useful in all diseases Specially in Epilepsy, <i>Graha Rogas</i> and <i>Upagraha Rogas</i>
9. Moha Dhoopa	<i>Ghrita, Siddharthak</i> (<i>Brassica alba</i>), <i>Chorak</i> (<i>Angelica galuca</i>), <i>Guggul</i> (<i>Commiphora</i>	Useful for to get one attractive

	<i>mukul</i>), <i>Varahi kanda</i> (<i>Dioscorea bulbifera</i>), <i>Jatamansi</i> (<i>Nardostachys jatamansi</i>). ^[16]	
10. Varun Dhoopa	<i>Shreeveshtak</i> (<i>Pinus roxburghii</i>), <i>Laksha</i> (Encrustations of lac insect- <i>Laccifera lacta</i>), <i>Padmak</i> (<i>Prunus cerasoides</i>), <i>Chandan</i> (<i>Santalum album</i>), <i>Devadaru</i> (<i>Cedrus deodara</i>), <i>Tulasi</i> (<i>Ocimum sanctum</i>), <i>Shal</i> (<i>Shorea robusta</i>). ^[17]	Beneficial during summer season, and also in seizure of <i>Shakuni</i> , <i>Pundarika</i> , <i>Revati</i> and in aggravation of <i>Shlesma</i> (<i>Kapha</i>).
11. Chaturagnik Dhoopa	<i>Ghritha</i> , <i>Majja</i> , <i>Vasa</i> , <i>Laksha</i> (Encrustations of lac insect- <i>Laccifera lacta</i>). ^[18]	Used in Children having less vitiation of <i>Doshas</i> , in emaciated person, in child and <i>Graharogas</i>
12. Karna Dhoopa	<i>Ghritha</i> , <i>Pippali</i> (<i>Piper longum</i>), <i>Brihi Tusha</i> (rice husk), <i>Kapiloma</i> (body hair of monkey), <i>Kapitvacha</i> (monkey skin), <i>Vacha</i> (<i>Acorus calamus</i>), <i>Sarshap</i> (<i>Brassica alba</i>), <i>Kushtha</i> (<i>Saussurea lappa</i>), <i>Ela</i> (<i>Elettaria cardamomum</i>). ^[19]	Useful in all <i>Graha Rogas</i> .
13. Shree Dhoopa	<i>Ghritha</i> , <i>Sarpa tvak</i> (shed skin of snake), <i>Bilva</i> (<i>Aegle marmelos</i>), <i>Sara</i> , <i>Siddharthak</i> (<i>Brassica alba</i>), <i>Laksha</i> (Encrustations of lac insect - <i>Laccifera lacta</i>). ^[20]	Brings Prosperity.
14. Grahagna Dhoopa	<i>Shva vit</i> (feces of dog), <i>Shva mutra</i> (urine of dog), <i>Mayur loma</i> (peacock feathers), <i>Vacha</i> (<i>Acorus calamus</i>), <i>Ghritha</i> , <i>Sarshap</i> (<i>Brassica alba</i>). ^[21]	Useful in all <i>Graha Rogas</i> .
15. Punya Dhoopa	<i>Ghritha</i> , <i>Kunjar danta</i> (elephant tusk), <i>Aja tanuja</i> (body hair of goat), <i>MeshaTanuja</i> (body hair of aries), <i>Goshrunge</i> (cow horns). ^[22]	Considered to be auspicious.
16. Shishuk Dhoopa	<i>Ghritha</i> , <i>Granthaparni</i> (<i>Leonotis nepetaefolia</i>), <i>Jatamansi</i> (<i>Nardostachy jatamansi</i>), <i>Tagar</i> (<i>Veleriana wallichii</i>), <i>Jalamusta</i> , <i>Hrivera</i> (<i>Coleus vettiveroides</i>), <i>Shatapushpa</i> (<i>Anethus sowa</i>), <i>Hartal</i> (yellow orpiment), <i>Manashila</i> (<i>Realgar</i>), <i>Musta</i> (<i>Cyperus rotundus</i>), <i>Ela</i> (<i>Elettaria cardamomum</i>). ^[23]	All the diseases and <i>Grahas</i> . This should be used in the form of principal, associated and subsequent fumigation
17. Bramha Dhoopa	<i>Ghritha</i> , <i>Siddharthak</i> ((<i>Brassica alba</i>), <i>Laja</i> (puffed rice), <i>Kusha</i> (<i>Desmostachya bipinnata</i>), <i>Brahmi</i> (<i>Herpestes monniera</i>). ^[24]	Useful in all <i>Graha Rogas</i> .
18. Sarvarog Shasya Dhoopa	<i>Ghritha</i> , <i>Padmak</i> (<i>Prunus cerasoides</i>), <i>Ushir</i> (<i>Vetiveria zizaniodes</i>), <i>Netrabala</i> (<i>Coleus vettiveroides</i>), <i>Nagakeshar</i> (<i>Mesua ferrea</i>), <i>Sarjaras</i> (<i>Vateria indica</i>). ^[25]	Useful in all Diseases.
19. Mahoday Dhoopa	<i>Ghritha</i> , <i>Vanar loma</i> (body hair of monkey), <i>Kukkutanda</i> (hen egg), <i>Vacha</i> (<i>Acorus calamus</i>), <i>Siddharthak</i> (<i>Brassica alba</i>). ^[26]	Useful in all Diseases.
20. Arista Dhoopa	<i>Ghritha</i> , <i>Nimba</i> (<i>Azadirachta indica</i>) – <i>Patra</i> , <i>Mool</i> , <i>Pushpa</i> , <i>Phal</i> , <i>Tvak</i> . ^[27]	Useful in all Diseases.
25. Sarva Rogaha Dhoopa	<i>Ghritha</i> , <i>Nimba</i> (<i>Azadirachta indica</i>), <i>Tulasi patra</i> (<i>Ocimum sanctum</i>), <i>Ashvaghna patra</i> (<i>Nerium indicum</i>), <i>Go Bala</i> (cow hair), <i>Mesha Bala</i> (aries hair), <i>Basta Bal</i> (goat hair). ^[28]	Useful in all Diseases.
26. Gana Dhoopa	<i>Ghritha</i> , <i>Akshata</i> (unbroken rice), <i>Jati Pushpa</i> (<i>Jasminum grandiflorum</i>), <i>Madhu</i> (Honey), <i>Siddharthak</i> (<i>Brassica alba</i>), <i>Vacha</i> (<i>Acorus calamus</i>). ^[29]	All diseases originating from Negative energy
27. Grahanashan Dhoopa	<i>Ghritha</i> , <i>Guggul</i> (<i>Commiphora mukul</i>). ^[30]	Useful in all <i>Graha Rogas</i> .
28. Grahanashan Dhoopa	<i>Ghritha</i> , <i>Devadaru</i> (<i>Cedrus deodara</i>). ^[31]	Useful in all <i>Graha Rogas</i> .
29. Grahanashan Dhoopa	<i>Ghritha</i> , <i>Krushna Agar</i> (<i>Aquilaria agallocha</i>). ^[32]	Useful in all <i>Graha Rogas</i> .
30. Grahanashan Dhoopa	<i>Ghritha</i> , <i>Sarshap</i> (<i>Brassica alba</i>). ^[33]	Useful in all <i>Graha Rogas</i> .

31. <i>Grahanashan Dhoopa</i>	<i>Ghrita, Kusha (Desmostachya bipinnata), Kasha (Saccharum spontaneum), Shara (Ceratophyllum submersum), Darbha (Eragrostis cynosuroides), Ikshu (Saccharum officinarum).</i> ^[34]	Useful in all <i>Graha Rogas</i> .
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Most Commonly used *Dhoopan Dravyas* in *Dhoopakalpadhya* in *Kashyap Samhita*.

<i>Dhoopan Dravyas</i>	Frequency of Utilization
1. <i>Ghrita</i>	32
2. <i>Sarshap (Brassica alba)</i> .	16
3. <i>Vacha (Acorus calamus)</i>	11
4. <i>Laksha (Laccifer lacca)</i>	6
5. <i>Hingu (Ferula narthex), Nimba (Azadirachta indica), Gugglu (Commiphora mukul), Akshata (Oryza sativa Linn.)</i> ,	4

DISCUSSION

A review of the *dhoopan yogas* mentioned in *Dhoopakalpadhya of Kashyap Samhita* shows that substances like *Ghrita, Guggul, Laksha, Vacha, Sarshap, Laksha, Nimba, Haridra, Daruharidra* are commonly used. Out of All *dhoopan dravyas*, *Ghrita* is the common dravya, it helps in rapid combustion of cellulose of herbs and keep fire alight. All the dravyas used for *dhoopan* had properties of antiseptic, anti-inflammatory etc and widely used for *Dhoopan* in ayurvedic samhitas *Dhoopakalpadhya* is a real contribution of *Acharya Kashyapa* in the field of infection control through ayurveda. *Acharya Kashyapa* explained various types of *dhoopan yogas* in *Dhoopakalpadhya* that can easily be useful in these days.

Now in present era Increasing low immunity in children as well as adults is one of the major causes of various diseases. Hence *Dhoopana chikitsa* has a capability of purification as well as sanitization and is very easy to use, it can have a great scope to reverse the adverse effects of modern life style.

CONCLUSION

Dhoopan in *Ayurveda* is not only for disinfecting and purifying, but also as a remedy to treat various ailments and to prevent the diseases. A real importance to the *dhoopan chikitsa* was given by *Acharya Kashyapa*, also explained collection of *dhoopan dravyas*, sources of *dhoopan dravyas*, types of *dhoopan*, and various *dhoopan yogas* in *dhoopakalpadhya*. *Acharya Kashyapa* focused on this thing and explained various *Dhoopan Yogas* in *Dhoopakalpadhya* which can easily be used now a day also. And hence *Dhoopakalpadhya* is a real contribution of *Acharya Kashyapa* in the field of infection control through *Dhoopan Chikitsa*.

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