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Review Article

DHUPANA KALPAS: A REVIEW

Hussain Gazala*

Associate Professor, Dept. of Rasashastra & Bhaishajya Kalpana, SDM College of Ayurveda & Hospital, Hassan, Karnataka, India

*Corresponding Author Email: gazalanabeel@gmail.com

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ABSTRACT

Dhupana (Fumigation) Kalpana is mentioned in Ayurveda Pharmaceutics. It is used in various ailments and different Dhupa yogas (Formulations of Fumigation) are found in treatise. Its reference can be traced to Vedic period. But, at present, it is elusive in practice. It has been proved to be a steriliser by recent researches. It is used for preventive and curative aspects and in Ayurveda Pharmaceutics used as a disinfectant. Many Dhupa dravyas (fumigation drugs) are explained and are used in different combinations in various ailments. Yet, there remains an ample scope of research in this area as its practise is seldom in use.

Keywords: Dhupana, Fumigation, Disinfectant, Pharmaceutics, Ailments

INTRODUCTION

Fumigation is the exposure till the action of smoke or of fumes of anykind as a means of disinfection or eradication. It is derived from the Latin term "Fumus" which means smoke and "ago" means to drive away. The fumigation carried out using fine powder of selected dry drugs with the intention of nirjatukarana (disinfection) is called as Dhupana.

Definition: Medicines which are used in the form of smoke by burning of it is called as Dhupa¹.

Fumigation is done on wounds, a part of the body or on the whole body depending on the need².

It is performed on Vrana (wounds), Karna (Disease of the Ear), Nasa (Disease of the Nose), Guda (Disease of the anal region), Yoni (Disease of the vagina) and Gatra (on the whole body).

Dhupana is also performed in the houses for disinfection of rooms. This is called Gruha Dhupana. Classics explain special variety of fumigation like those which promote the conception.

Collection of Dhupa dravyas should be done from Agneya (South east) or Uttara (North) direction on Pushya nakshatra³.

Three types of Dhupa are explained namely: Dhupa, Anudhupa & Prati dhupa⁴.

Method of Preparation: All the drugs are made into a coarse powder and put on fire to produce smoke⁵.

Source of Dhupa Dravyas: The sources of origin namely Sthavara and Jangama⁶. But drugs of mineral origin are also employed for the purpose of Dhupa like Haratala (Yellow orpiment) & Manahshila (Realgar)⁷.

In Kashyapa Samhita an entire chapter is dedicated on Dhupa Kalpas.

Dhupas are widely used in Ayurveda Pharmaceutics for different factors:

Dhupana of Bhesajaragara has been mentioned to keep the premises clean and hygienic.

In Sandhana: The fermenting pots⁸ have to be subjected to fumigation with Maricha, Jatamamsi, Chandana, Guggulu, etc for disinfecting them.

Dhupana has been explained for preventive and curative purpose. Fumigation is explained in classics to prevent infection and for sterilization purpose.

In preventive aspect Dhupana of Kaumaragara for disinfecting the room of the balaka and its vicinity is explained. For curative purposes, various dhupas are explained for the treatment of Vrana, Shotha, Arsha, Jwara, Unmada, etc.

Dhupana with Sarshapa, Nimbapatra, Ghrita, Lavana has been mentioned for Vrana twice in a day⁹.

There are different types of Dhupa used in different ailments.

Table 1: Different types of Dhupa (fumigation)

Sl. No.	Name of the Dhupa	Ingredients	Use
1	Kumara Dhupa ¹⁰	Ghrita (Ghee), Sarjarasa (<i>Vateria indica</i>), Souviranjana, Bhallataka (<i>Semecarpus anacardium</i>), Shileyaka (<i>Parmelia perlata</i>), Haridra (<i>Curcuma longa</i>), Daruharidra (<i>Berberis aristata</i>), Laksha (Encrustations of Lac inset- <i>Laccifera lacca</i>), Ushira (<i>Vetiveria zizanioides</i>), Sarshapa (<i>Brassica campestris</i>), Arjaka (<i>Ocimum sanctum</i>), Vidanga (<i>Embelia ribes</i>), Tagara (<i>Veleriana wallichii</i>), Tejapatra (<i>Cinnamomum tamala</i>), Vacha (<i>Acorus calamus</i>), Hingu (<i>Ferula foetida</i>), Netrabala (<i>Coleus vetiveroides</i>)	Does vrudhdi (growth) of Balaka
2	Maheshwara Dhupa ¹¹	Ghrita (Ghee), Guggulu (<i>Commiphora wightii</i>), Bilwa (<i>Aegle marmelos</i>), Devadaru (<i>Cedrus deodara</i>), Nameru, Yava (<i>Hordeum vulgare</i>)	Destroys Graharoga
3	Agneya Dhupa ¹²	Cow's hair to be burnt with Ghrita	Useful in all rogas (Diseases)
4	Rakshoghna Dhupa ¹³	Ghrita (Ghee), Siddhartaka (<i>Brassica campestris</i>), Hingu (<i>Ferula foetida</i>), Devanirmalya, Akshata, Sarpa Twak (snakes skin), Bhikshusanghati (bowl a monk carries)	Protective
5	Dashanga Dhupa ¹⁴	Ghrita (Ghee), Siddhartaka (<i>Brassica campestris</i>), Shweta Kushta (<i>Saussurea lappa</i>), Bhallataka (<i>Semecarpus anacardium</i>), Vacha (<i>Acorus calamus</i>), Tagara (<i>Veleriana wallichii</i>), Bastalomani (Body hair of Goat), Bhurjapatra (<i>Betua utisis</i>), Guggulu (<i>Commiphora wightii</i>)	Vishaghna (anti-poisonous)
6	Varuna Dhupa ¹⁵	Sriveshtaka (<i>Pinus roxburghii</i>), Laksha (Encrustations of Lac inset- <i>Laccifera lacca</i>), Padmaka (<i>Prunus cerasoides</i>), Chandana (<i>Santalum album</i>), Devadaru (<i>Cedrus deodara</i>), Tulasi (<i>Ocimum sanctum</i>), Shala (<i>Shorea robusta</i>)	Shleshmarogas in Greeshmakala (Diseases of Kapha)
7	Shishuka Dhupa ¹⁶	Ghrita, Granthaparni (<i>Leonotis nepetaefolia</i>), Jatamamsi (<i>Nardostachys grandiflora</i>), Tagara (<i>Veleriana wallichii</i>), Kutannata, Hriversa (<i>Coleus vetiveroides</i>), Shatapushpa (<i>Anethum sowa</i>), Haratala (Yellow orpiment), Manahshila (Realgar), Musta (<i>Cyponus rotundus</i>), Ela (<i>Elettaria cardamomum</i>)	Destroys all rogas (diseases)
8	Palamkashayad ou Dhupa ¹⁷	Guggulu (<i>Commiphora wightii</i>), Kushta (<i>Saussurea costus</i>), Gajacharma, Nimba twak (<i>Azadirachta indica</i>), Madhu (Honey) & Sarpi (Ghee)	Jwara (Fever)
9	Sindukadi Dhupa ¹⁸	Nirgundi mula (<i>Vitex nigundo</i>), Kantakari (<i>Solanum virginianum</i>), Ashwagandha (<i>Withania somnifera</i>), Pippali (<i>Piper longum</i>), Jayapala (<i>Croton tiglium</i>), churna with Ghrita	Arsha (Piles)
10	Arishta Dhupa ¹⁹	Ghrita, Nimba patra (<i>Azadirachta indica</i>), Pushpa, Mula, Phala	Destroys all rogas
11	Ugradhi Dhupa ²⁰	Vacha (<i>Acorus calamus</i>), Vamsha (<i>Bambusa bambosa</i>), Neeli (<i>Indigofera tinctoria</i>), Yava (<i>Hordeum vulgare</i>), Vasa (<i>Adatoda vasica</i>), Karpasa (<i>Gossypium herbaceum</i>), Brahmi (<i>Bacopa monnieri</i>), Tulasi (<i>Ocimum sanctum</i>), Apamarga (<i>Achyranthes aspera</i>), Laksha (Encrustations of Lac inset- <i>Laccifera lacca</i>)	Destroys Romantika
12	Ashtanga Dhupa ²¹	Guggulu (<i>Commiphora wightii</i>), Nimba patra (<i>Azadirachta indica</i>), Vacha (<i>Acorus calamus</i>), Kushta (<i>Saussurea costus</i>), Haritaki (<i>Terminalia chebula</i>), Sarshapa (<i>Brassica alba</i>), Yava (<i>Hordeum vulgare</i>) & Ghrita (Ghee)	Jwara
13	Yavadi Dhupa ²²	Yava (<i>Hordeum vulgare</i>), Madana (<i>Catunaregam spinosa</i>), Sriveshtaka (<i>Pinus roxburghii</i>), Devadaru (<i>Cedrus deodara</i>) with Ghrita	Vranashotha (Inflammation of wound)
14	Shrivasaki Dhupa ²³	Srivasa, Guggulu (<i>Commiphora wightii</i>), Agaru (<i>Aquilaria malaccensis</i>), Shalaniryasa (<i>Shorea robusta</i>)	Vranashotha (inflammation of wound)
15	Vijaya Dhupa ²⁴	Shaileya (<i>Parmelia perlata</i>), Guggulu (<i>Commiphora wightii</i>), Shilarasa (<i>Liquidamber orientalis</i>), Musta (<i>Cyponus rotundus</i>), Kushta (<i>Saussurea costus</i>), Laksha (Encrustations of Lac inset- <i>Laccifera lacca</i>), Granthiparni (<i>Leonotis nepetaefolia</i>), Kashtaagaru, Dhamasa (<i>Tagonia cretica</i>), Surabhi (<i>Pluchea lanceolata</i>), Gandharasa	Balakashyanagraha to prevent upadrava caused by spirits and to increase the kanti & buddhi of Balakas (increase complexion and intellect in children)
16	Aparajita Dhupa ²⁵	Guggulu (<i>Commiphora wightii</i>), Agaru (<i>Aquilaria malaccensis</i>), Nimba patra (<i>Azadirachta indica</i>), Arkapatra (<i>Calotropis procera</i>), Vacha (<i>Acorus calamus</i>), Rala (<i>Shorea robusta</i>), Daruharidra (<i>Berberis aristata</i>)	To kill organisms of Jwara (fever)
17	Jantughna Dhupa ²⁶	Lavana (Salt) 10 Tola, Kaseesa (Ferrous sulphate) 10 Tola, Navasagara (Ammonium chloride) 20 Tola	Fumigate where Plague is rampant
18	Arshoghna Dhupa ²⁷	Ghrita (Ghee), Kutaja (<i>Saussurea costus</i>), Bilwa (<i>Aegle marmelos</i>), Chitraka (<i>Plumbago zeylanica</i>), Nagara (<i>Zingiber officinale</i>), Ativisha (<i>Aconitum heterophyllum</i>), Haritaki (<i>Terminalia chebula</i>), Dhanvayasa (<i>Fagonia cratica</i>), Vacha (<i>Acorus calamus</i>), Chavya (<i>Piper retrofractum</i>)	Used for fumigation over anal region
19	Mashkahara Dhupa ²⁸	Kakubhakusuma (<i>Terminalia arjuna</i>), Vidanga (<i>Embelia ribes</i>), Langali (<i>Gloriosa superba</i>), Bhallataka (<i>Semecarpus anacardium</i>), Ushira (<i>Vetiveria zizanioides</i>), Sriveshtaka (<i>Pinus roxburghii</i>), Sarjarasa (<i>Vateria indica</i>), Madanaphala (<i>Xeromphis spinosa</i>)	For mosquitoes, bed bugs, etc

Other examples of Dhupa are Nandaka Dhupa, Kana Dhupa, Sri Dhupa, Grahaghna Dhupa, Punyakaraka Dhupa, Brahma Dhupa, Arishta Dhupa, Gana Dhupa²⁹, etc are mentioned for various ailments.

A review of the dravyas commonly employed in Dhupana shows that most of the drugs like Agaru (*Aquilaria malaccensis*), Jatamamsi (*Nardostachys grandiflora*), Nimba (*Azadirachta*

indica), Guggulu (*Commiphora wightii*) are astringent, acrid, bitter in property and have the actions of deodorant, anti-septic, insecticidal, anti-pyretic, anti-inflammatory³⁰, etc.

Characteristics and Preservation: Dhupa made of plant drugs when kept in air tight containers can be used for two years. The powders should not lose their original colour and smell³¹.

A research work has proved that the Operation theatre fumigated with Sarshapa, Vacha, Guggulu, Nimba, Agar, Sarjarasa, Lavana showed no microbes and concluded that it can be used as a room purifier³².

CONCLUSION

Dhupana is a process explained from time immemorial from the period of Samhitas. It is widely used not just in Ayurveda Pharmaceutics for disinfecting the Bheshajagra (Drug store) to prevent degradation of raw drugs, but also as pre-processing in various kalpanas like Ayaskruti, Sandhana, etc. Different Dhupa kalpas are explained in treatises that are used in various ailments for curative purpose and also Dhupas are employed for prevention of diseases.

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