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Concept of *Dhoopan karma* as preventive & curative aspects in diseases: a review.

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Abstract:-

The key to man's health lies largely in the environment. Air, water, soil are important physical component of environment. Billions of micro-organisms exist in environment in its ecosystem, certain kind of imbalance in good and bad microbial load of air, water and land causes various diseases. Disinfection of air, water, land is a serious concern of the present time, which has been already mentioned in our *Ayurvedic classics*' In *Janpadodhvansa Adhyaya* [Epidemics] indication of *Dhoopan Karma* is mentioned by *Acharya Sushrut*. *Dhoopan* is very effective in preventive as well as curative aspects in various diseases (Epidemics). *Dhoopan Karma* is integral part of *Rakshoghna Karma* which protects against microorganisms. In *Kashyap Samhita*, *Dhoopan Karma* is mentioned in *Graharoga*

chikitsa and for maintaineing hygine in *Sutikagara*. *Acharya Charak* has also indicated *Dhoopan Karma* in many diseases, like *Agantuja jwar*, etc. **Aim & Objective:** To review the role of *Dhoopan Karma* in present era. **Material & Methods:** *Ayurvedic Samhita's*, journals, *Ayurveda* classical texts. **Conclusion:** In this review it can be concluded that *Dhoopan Karma* is effective as preventive and curative in various diseases (Epidemic's) in present era as traditional shield.

Key words: *Dhoopan*, *Rakshoghna Karma*, Sterilization, *Ayurveda*, *Graharoga*, *Agantuja Jwar*, *Janpadodhavansa*, epidemics

INTRODUCTION:



Ayurveda believes in striking a balance between an individual (body, mind, soul, spirit) and environment. Measures like water purification, *Homa*, *Yagnya*, *Dhoopana* have been mentioned in our *Ayurvedic* texts. In current era, environmental pollution major threat & one of cause for the respiratory disorders, the world facing. These harmful pollutants cause damage to our different systems. *Dhoopan* is an inseparable part of therapeutics. In the classics also different kinds of *Yagya*, *homa*, and *Dhoopana* were practiced to tackle the poisonous effect of the *Dushita Vayu*.^[1] Medicated *Doopan* creates

aseptic environment which kills the microbes in the surroundings & thus prevents the infection. Reference of *Dhoopana* also can be traced from Vedic period to present scenario from our daily care and has been rooted in our traditions. *Kesha Dhoopana* is also used traditionally in scalp infections and various hair disorders.

Dhoopana is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation so as to heal *Vrana*, *Yonivyapada*, *Karna Rogas*, *Nasa Rogas*, *GudaRogas*, *GatraDaurgandhya*; to disinfect *Bheshajagara*, *Vranagara*, *Sutikagara*, *Shastrakar-maghruha*, *Kumaragara* and also to sterilise *Asavas* and *Aristas*.

NEED OF STUDY

The basic human life dependent on food, air & water, when these natural sources get infected causes different disorders.

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Communicable disease
Is still a major public health problem in India



Airborne diseases accounted for more than 70% of deaths
The most common type of communicable disease is airborne disease.

There are lots of airborne infections and hospital-acquired diseases with a plethora of micro-organisms in the environment which poses a threat to humans, so it is the need of the hour to find a good alternative to chemical fumigation which is very hazardous to humans. *Dhoopana* is one such treatment modalities explained in the classics for the disinfection of various rooms and places & it is very effective in preventive as well as curative aspects of infectious disease.

AIM AND OBJECTIVE

To review the role of *Dhoopan Karma* in present era.

MATERIAL & METHODS:

For this review article, literary materials have been compiled, screened, rearranged and analysed from *Ayurvedic* texts such as *Kashyap Samhita, Charaka Samhita, Sushrut samhita, Ashtang Hriday, Astang Sangraha, etc.* Online literature was searched from various databases such as PubMed, Scopus, Ayush Research Portal, Dhara, Google Scholar, etc.

REVIEW OF LITERATURE:

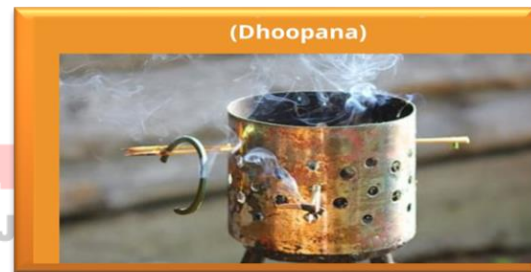
Ayurveda believes in striking a balance between an individual (body, mind, soul, spirit) and environment. *Dhoopana* is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation. It is an inseparable part of therapeutics in this system.

Almost all *Acharyas* has described *Dhoopan* as *Chikitsa*. *Kashyap Samhita* has a separate chapter on *Dhoopan*, which is *Dhoopkalp*

adhyay, from which some *Dhoopan Kalpas* were selected for Health benefits..

Brihatrayi consists of a variety of *Dhoopan Kalpanas* aimed at deriving health, combating diseases and even purifying environment. These formulations have been used widely since long. The *Dhoopana Dravyas* mentioned in the *Brihatrayi* have a lot of potential to manage different diseases and for sterilising in an economical and eco-friendly way without developing any drug-resistant microorganisms.

Harita Samhita has also described about *Havanvidhi* in a separate chapter.



According to *Kashyapa*, *Dhoopana* is of 3 types.^[2]

1. *Dhoopa* (Fumigation)
2. *Pratidhoopa* (Antifumigation)
3. *Anudhoopa* (Subsequent Fumigation)

Based on origin, fumigations can also be classified as^[3]

1. *Jangama*
2. *Sthavara*

Properties of *Dhoopan Dravya*

Agni & Vayu Mahabhut Pradahan Dravyas. Laghu, Ruksha, Vishad in nature. These

qualities of the *Dravyas* help in its rapid spread ability and quicker combustion. [4]
Plants belonging to *Kusthahara*, *Krimighna*,

Kandughna & *VranaharaGana* mostly have been used for their anti-microbial properties.

Dravyas used for Dhoopana Drugs :-

Following are the few drugs used for *Dhoopana Chikitsa*, which are easily available at homes.



1] Ghrit



2] Haridra



3]Neem



4] Vacha



5] Guggul



6] Shwet



7] Akshat



8] Tulsi



9] Jatamansi



10] Kushtha



11] Hinga

Mode of action :- [6]

- 1] It dilates blood vessels.
- 2] Helps in oxidation of blood.
- 3] It leads to adequate tissue perfusion and oxygenation.
- 4] Reduce inflammation, itching & eliminate infections.

Role of Dhoopan Karma :-

- In *Charaka Samhita Dhoopan Chikitsa* describe for various therapeutic purposes- Disinfecting clothes and bed^[7], *Jwar*^[8], *Apasmar*^[9], *Arsha* ^[10], To eliminate all kinds of *Vishas*, To wipe out snakes, mice, spiders and insects.^[11]
- In *Sushrut Samhita Dhoopan Chikitsa* described in Post-operative procedure^[12] , Fumigation of

Vranagara^[13] ,Expulsion of placenta^[14] , *Garbha sang*^[15] , Air purification^[16] , Ear diseases^[17] , *Unmad*^[18] , *Grahabadha* ^[19] .

- In *Ashtang Hriday Dhoopan* described in *Garbhasangnashak Yog, Visham Jwar, Apasmar, Danshaj Visha*.
- Also *HaritaSamhita* has described about *Havanvidhi* in a separate chapter for *Rogopsanthe*.^[20]
- *Kashyap Samhita* has a separate chapter on *Dhoopan*, which is *dhoopkalp adhyay*, described *Dhoopan* as *Rakshoghna Dhoop, Kaumr Dhoop, Dashang Dhoop, Graharognashanam* for *Chikitsa Siddhi*.^[21]

Dhoopan Karma addressed in Various Diseases:-



- For sanitization and purification of premises.
- For sterilizing the pots in which medicine are to be stored.
- For repelling the insects, poisonous reptiles etc.
- For treating diseases such as cold, fever, Skin Disease, *Vrana*, *Balagrahas*, *Unmad*, *Apasmar*[epilepsy], and so on.
- For sanitization in *Bheshajagar*, *Vranagar*, *Sutikagar*, *Kumaragar*.
- India has ranked 8th in global list as most hazardous air quality. Pollution increased over 2021 -23 is 59.1% , further reducing average life expectancy by 2.3yrs, many studies showing effect of *Dhoopan* Karma, Homa, *Yagya* reduces air pollution and improves the air quality.
- The study was carried out at Mahatma Gandhi Ayurved College, hospital & Research center , In the nut shell, the study performed up to four consecutive months, *Mahaeshwar dhoop* is more effective as compared to Bacilloid fumigation is different procedure rooms and minor operation theatre as both groups are highly significant ($p < 0.001$) but post study residual effect was more than Bacilloid. ⁽²²⁾
- The result of *Dhupan* was established during Covid as a prevention. (*Manashiladi Dhupa*, *Arkadi Dhup*, *Aparajita Dhupa*)
- The Study Showed that *Rakshoghna Dhoopan* showed remarkable

sensitivity against *Staphylococcus aureus*, *Salmonella abony* and *E- coli* by displaying maximum zone of clearance of 3mm, 2.6mm and 2mm diameter respectively. These *dravyas* are volatile in action and thus they keep wound and surrounding of wound, clean and away from *krumi*. ⁽²³⁾

- Another experimental study showed that antimicrobial efficacy of *Dhoopan* in Microbiology unit of Laboratory. In this study they concluded that *Sarshapadi Choorna* property can be used as an alternative for sterilization of even operation theatre, IPD and ward for fumigation which are having *Krumighna* and *Rakshoghna* property i.e. antimicrobial and antibacterial property as per the *Ayurvedic* texts. ⁽²⁴⁾
- *Dhoopan* karma for 2 days with selected drugs under testing conditions showed statically significant results in both Bacterial as well as fungal count with sustained effects for 6 days. ⁽²⁵⁾
- *Agnihotra* can serve as an useful adjunct in treating psychological dependence in drug addiction and may have lasting effect in preventing recurrence if practised regularly. ⁽²⁶⁾

DISCUSSION

Dhoopan chikitsa has a capacity of purification as well as sanitization and is very easy to administer. It is Safe, cost effective, convenient & lucrative methods of

fumigation are gaining huge demand. Natural methods of *Dhoopan* are proved to have antiseptic, antimicrobial, antifungal, antiviral, antibacterial, antipyretic effects, when done with right herbs & formulation it is very effective in prevention of infectious diseases during epidemics. A current scenario of Covid pandemic is believed to be caused by air borne pathogens, the spread of which can be controlled by the process of *Dhoopan*.

The drugs which are used in *Dhoopan* are easily available at home So, it is easy to Perform *Dhoopana karma* for disinfection. In *Ayurvedic* text many *Dhoopan* formulations are described. *Dhoopan* can be brought out as the main line of management for various infectious diseases. For the better benefit of mankind, *dhupana* can be made available for ailing patients.

CONCLUSION

To bring a natural eco-friendly & cheap tool to combat microbes. Standardization, Specialised formulations & marketing of these *Dhoopan* formulation is the need of the hour.. *Brihatrayi* consists of a variety of *Dhoopana Kalpanas* aimed at deriving health, combating diseases and even purifying environment. These formulations have been used widely since long. Besides therapeutics, *Dhoopan* is also helpful for environmental benefits such as killing bugs, purifying the environment, etc. The modern classic sterilization techniques like formalin gas fumigation are producing health hazards to the health care workers and tend to produce carcinogenic effects on the community. Hence in this scenario, we must study Indian traditional *Dhoopana karma* for prevention

and control of Infections as well prevents hazardous effects on community.

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