Review Article

DHUPANA KALPAS: A REVIEW
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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 practice 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 Utara (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 Bhesjaragara 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>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Dhupa</th>
<th>Ingredients</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kumara Dhupa</td>
<td>Ghrita (Ghee), Sarjarasa (Vateria indica), Souviranjana, Bhallataka (Semecarpus anacardium), Siyleyaka (Parmelia perlata), Haridra (Curcuma longa), Daruharidra (Berberis aristate), Laksha (Encrustations of Lac inset-Laccifer lacea), Ushira (Velvetaria zizanoides), Sarasopa (Brassica campestris), Arjaka (Oximum sanctum), Vidanga (Embelia ribes), Tagara (Veleriana wallachii), Tejaputra (Cinnamonum tamala), Vacha (Acorus calamus), Hinga (Ferula foetida), Netrabanula (Coeus betinesverides)</td>
<td>Does vruddhi (growth) of Balaka</td>
</tr>
<tr>
<td>2</td>
<td>Maheshwara Dhupa</td>
<td>Ghrita (Ghee), Guggulu (Commpiphora wignitii), Bilwa (Aegle marmelos), Devodar (Cedrus deodara), Nameru, Yava (Hordem vulgare)</td>
<td>Destroys Ghraharoga</td>
</tr>
<tr>
<td>3</td>
<td>Agneya Dhupa</td>
<td>Cow’s hair to be burnt with Ghrita</td>
<td>Useful in all rogas (Diseases)</td>
</tr>
<tr>
<td>4</td>
<td>Rakshoguna Dhupa</td>
<td>Ghrita (Ghee), Siddhartaka (Brassica campestris), Hinga (Ferula foetida), Devanirmalya, Aksata, Sarps Tawk (snakes skin), Bhikshusanghati (bowl a monk carries)</td>
<td>Protective</td>
</tr>
<tr>
<td>5</td>
<td>Dashanga Dhupa</td>
<td>Ghrita (Ghee), Siddhartaka (Brassica campestris), Shweta Kuasha (Saussurea lappa), Bhallataka (Semecarpus anacardium), Vacha (Acorus calamus), Tagara (Veleriana wallachii), Bastalamani (Body hair of goat), Bhurjaputra (Betula utisis), Guggulu (Commpiphora wignitii)</td>
<td>Vishaagha (anti-poisonous)</td>
</tr>
<tr>
<td>6</td>
<td>Varuna Dhupa</td>
<td>Srveshtaka (Pinus roxburghii), Laksha (Encrustations of Lac inset-Laccifer lacea), Padmukar (Prunus cerasoides), Chandana (Santalum album), Devodar (Cedrus deodara), Tulasi (Oximum sanctum), Shala (Shorea robusta)</td>
<td>Shleshamarogas in Greeshwakakasa (Diseases of Kapha)</td>
</tr>
<tr>
<td>7</td>
<td>Shishuka Dhupa</td>
<td>Ghrita, Granthaparami (Leonotis nepetaefolia), Jatamansi (Nardostachys grandiflora), Tagara (Veleriana wallachii), Kuttanatha, Hrvera (Coeus betinesverides), Shatapushpa (Anethum sowa), Haratala (Yellow opimient), Manashhila (Realgar), Musta (Calamus rotundus), Ela (Elettaria cardemomum)</td>
<td>Destroys all rogas (Diseases)</td>
</tr>
<tr>
<td>8</td>
<td>Palamkashayad ou Dhupa</td>
<td>Guggulu (Commphora wignitii), Kusha (Saussurea costus), Gajacharma, Numba twak (Azadiracta indica), Madhu (Honey) &amp; Sarpi (Ghee)</td>
<td>Jwara (Fever)</td>
</tr>
<tr>
<td>9</td>
<td>Sindakadi Dhupa</td>
<td>Nirgundi mula (Vitex negundo), Kantakari (Solanium virginianum), Ashwagandha (Withania somnifera), Pippali (Piper longum), Jayapala (Croton tigijum), churna with Ghrita</td>
<td>Arsha (Piles)</td>
</tr>
<tr>
<td>10</td>
<td>Arshita Dhupa</td>
<td>Ghrita, Namba patri (Azadiracta indica), Pushupa, Mula, Phala</td>
<td>Destroys all rogas</td>
</tr>
<tr>
<td>11</td>
<td>Ugradi Dhupa</td>
<td>Vacha (Acorus calamus), Vannubha (Bambusa bembosa), Neelis (Indigofera tinctoria), Yava (Hordem vulgare), Vasa (Adatoda vasica), Karpassa (Gossypium herbaceum), Brahmi (Bacopa monnieri), Tulasi (Oximum sanctum), Aparanga (Achyranthes aspera), Laksha (Encrustations of Lac inset-Laccifer lacea)</td>
<td>Destroys Romantuka</td>
</tr>
<tr>
<td>12</td>
<td>Ashtanga Dhupa</td>
<td>Guggulu (Commphora wignitii), Namba patri (Azadirachta indica), Vacha (Acorus calamus), Kusha (Saussurea costus), Haritaki (Terminalia chebula), Sarasopa (Brassica alba), Yava (Hordem vulgare) &amp; Ghrita (Ghee)</td>
<td>Jwara</td>
</tr>
<tr>
<td>13</td>
<td>Yavadi Dhupa</td>
<td>Yava (Hordem vulgare), Madana (Catunaramgam spinosa), Sriveshtaka (Pinus roxburghii), Devodar (Cedrus deodara) with Ghrita</td>
<td>Vranasotha (Inflammation of wound)</td>
</tr>
<tr>
<td>14</td>
<td>Shrivasadi Dhupa</td>
<td>Srivasa, Guggulu (Commphora wignitii), Agaru (Aquilaira malaccensis), Shalanryasa (Shorea robusta)</td>
<td>Shrivasadi (inflammation of wound)</td>
</tr>
<tr>
<td>15</td>
<td>Vujya Dhupa</td>
<td>Shalileya (Parmelia perlata), Guggulu (Commphora wignitii), Shilarasa (Liquidambar orientalis), Musta (Cyponus rotundus), Kusha (Saussurea costus), Laksha (Encrustations of Lac inset-Laccifer lacea), Granthaparami (Leonotis nepetaefolia), Kaishagaria, Dhamasa (Tagonia cretica), Surabhi (Pluchea lanceolata), Gandharasana</td>
<td>Balakshayaangrha to prevent upadrava caused by spirits and to increase the kanti &amp; buddhi of Balakas (increase complexion and intellect in children)</td>
</tr>
<tr>
<td>16</td>
<td>Aparajita Dhupa</td>
<td>Guggulu (Commphora wignitii), Agaru (Aquilaira malaccensis), Numba patri (Azadirachta indica), Arkapatra (Calotropis procera), Vacha (Acorus calamus), Rala (Shorea robusta) (Berberis aristate)</td>
<td>To kill organisms of Jwara (Fever)</td>
</tr>
<tr>
<td>17</td>
<td>Jantuогhna Dhupa</td>
<td>Lavana (Salt) 10 Tola, Kaseesa (Ferrous sulphate) 10 Tola, Navasadora (Ammonium chloride)20 Tola</td>
<td>Fumigate where Plague is rampant</td>
</tr>
<tr>
<td>18</td>
<td>Arshoguna Dhupa</td>
<td>Ghrita (Ghee), Kutaja (Saussurea costus), Bilwa (Aegle marmelos), Chitraka (Plumbago zeylanica), Nagar (Zingiber officinale), Ativisha (Aconitum heterophyllum), Haritaki (Terminalia chebula), Dhanvayasaka (Fagonia cratia), Vacha (Acorus calamus), Chavya (Piper retrofractum)</td>
<td>Used for fumigation over anal region</td>
</tr>
<tr>
<td>19</td>
<td>Mashakahara Dhupa</td>
<td>Kakubhusumata (Terminalia arjuna), Vidanga (Embelia ribes), Langali (Glitterosa superba), Bhallataka (Semecarpus anacardium), Ushira (Velvetaria zizanoides), Sriveshtaka (Pinus roxburghii), Sarjarasa (Vateria indica), Madanaphala (Xeromphis spinosa)</td>
<td>For mosquitos, bed bugs, etc</td>
</tr>
</tbody>
</table>

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

A review of the dravyas commonly employed in Dhupana shows that most of the drugs like Agaru (Aquilaira malaccensis), Jatamansi (Nardostachys grandiflora), Nimba (Azadirachta indica), Guggulu (Commphora wignitii) are astrignent, acrid, bitter in property and have the actions of deodorant, anti-septic, insecticidal, anti- pyretic, anti-inflammatory, 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 smell.
A research work has proved that the Operation theatre fumigated with Sarshapa, Vacha, Guggulu, Nimba, Agaru, Sarjarasa, Lavana showed no microbes and concluded that it can be used as a room purifier.2

CONCLUSION

Dhupana is a process explained from time immemorial from the period of Samhitas. It is widely used not just in Ayurveda Pharmacetics for disinfecting the Bheshajagarga (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.

REFERENCES


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