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A REVIEW ARTICLE ON VARIOUS DHOOPANA YOGA'S MENTIONED IN AYURVEDIC LITERATURE

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ABSTRACT

Dhoopana means fumigation. Fumigation/*dhupana* is done with the help of *dhupana dravyas* vis-à-vis fumigants. Fumigants are the materials that fumigate the area with smoke having a characteristic odour when ignited. When *Varthi* is ignited with fire, the active phytochemical compounds burn to give out its essential therapeutic action based on the *dravya's* used. *Agni-Devata* (fire god) is considered the primary source or deity of *Dhoopa*, and the betterment of entire mankind is the main purpose of its materialization. In *Ayurveda* literature, we have many references to *dhupana dravyas* which are of both plant & animal origin. A detailed description of their mode of collection, preparation, usage of *dhupana yogas*, preservation, and storage is mentioned. So, exploring and understanding these fundamental concepts of *dhupana* and its practical utility in the day-to-day clinical practice of extracting their medicinal properties is the need of the hour.

Keywords: *Dhoopana*, Dhupana Yoga's, Fumigation in *Ayurveda*, Sterilization in *Ayurveda*

INTRODUCTION

Etymology of word *Dhoopana*

Dhoopa word derived from 'Dhoop' Dhatu and 'Ach' Prathyaya¹

Dhoopana word derived from *Dhoop* Dhatu and *Lyuhu* Prathyaya.²

Definition

*Dhoopayati svagandhena pranayithva adeepyathi ithi³
Gandhadravayavisheshoththa dhoomasthadvarthishcha]
Dhoopayathi sandhukshayathi vanhimithi]*

Fumigants are the materials that fumigate the area with their typical odor when ignited. When *Varthi* is ignited with fire gives its odour containing smoke.

Origin of *Dhoopana*

Agni-Devata (fire god) is considered the primary source or deity of *Dhoopa*, and the betterment of entire mankind is the main purpose of its materialization⁴. *Acharya Kashyapa* narrates a story in this context, that when demons started harassing young children on earth, all the seers who used to remain engaged in *Japa* (unremitting prayers), *Homa* (offering various herbs and food substances to fire God as per Vedic tradition) and *Tapa* (austerity) approached to *Agni Devata* asked for help. *Agni Devata* amiably presented various *Dhoopa* and asked the seers to utilize them. He further assured them that by doing so, not only demons but also ghosts or devils could not harm them⁵.

Types of *Dhoopana*

According to *Kashyapa*, *Dhoopana* is of 3 types⁶

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

Based on origin, fumigations can also be classified as⁷

1. *Jangama*
2. *Sthavara*

Acharya Charaka has classified *Dhoopa* according to their pharmacokinetic properties in wound management in *Vrana Chikitsa*⁸.

1. *Vrana Kathinyakara Dhoopa*
2. *Vrana Mridutakaraka Dhoopa*

Dravyas used for *Dhoopana*

Plants: *Krimighna*, *Kustahara*, *Kandughna* & *Vranahara Gana*: these drugs mostly have anti-microbial properties

Minerals: Sulphur compounds *Manashila*, *Haritala*

Animal products: Nails, hair, horns etc. have been used where keratin is a structural component that contains sulphur

Purpose

Dhoopana has been mentioned for

1. Healing *Vrana*, *Yonivyapath*, *Karna Rogas*;
2. Disinfecting *Bhesajagara*, *Vranagara*, *Soothikagara*, *Kumaragara*.
3. Sterilising *Asavas* and *Aristas*.

Collection⁸

Collection: *Pusya* or *Maitra Nakshatra*

Direction: South-east direction (presided over by Agni) or northward direction.

Storage: New *Earthern* pots.

Stability: 2 years if preserved in airtight containers. The materials should retain their original colour & fragrance.

Precaution: Subsequent fumigation is required to prevent the recurrence of the disease.

Storing and Preservation⁸

- *Dhoopa* is made of plant origin drugs; when stored in airtight containers can be used for two years.
- *Dhoopa* made of minerals can be used for infinite time. *Dhoopa* mixture should not lose its original colour and aroma.

REFERENCES OF DHOOPANA DRUGS/YOGA'S IN DIFFERENT CLASSICS

Table 1: *Dhoopana Dravyas* in *Charaka Samhita*⁷

Name & Reference	Ingredients	Therapeutic indication
<i>Shar. sthana, Jaatisutriyam adhyaya, 8/61</i>	<i>Yava</i> – <i>Hordeum vulgare</i> Linn (seeds), <i>Sarshapa</i> – <i>Sesamum indicum</i> (seeds), <i>Atasi</i> - <i>Linum usitatissimum</i> Linn (seeds), <i>Hingu</i> , - <i>Ferula assa-foetida</i> (Latex), <i>Guggulu</i> , - <i>Commiphora mukul Engl</i> (Gum resin). <i>Vacha</i> - <i>Acorus calamus</i> Linn (rhizome), <i>Coraka</i> – <i>Angelica glauca</i> Edgw(Root), <i>Bramhi</i> – <i>Bacopa monnieri Pennel</i> (whole plant). <i>Jatamansi</i> – <i>Nardostachys Jatamansi</i> (whole plant), <i>Ashoka Rohini (katuki)</i> - <i>Picrorhiza kurrooa</i> (seeds), Slough of snake, <i>Gogriitha</i> – cow's ghee	Disinfecting clothes, bed, etc. and whole <i>Kumaragara</i>
<i>Chi, Sthana, Apasmara chikitsitam adhyaya 10/51</i>	Excreta of mongoose, owl, <i>Villara</i> , vulture, scorpion, snake, beak, feathers, faeces of crow, poisonous insects	<i>Apasmara</i>
<i>Varahadivit-Dhoopana Chi. sthana, Arsha chikitsitam adhyaya, 14/51</i>	<i>Yava</i> , Excreta of pig, buffalo & Ghee	<i>Arsha</i>
<i>Chi. sthana Jvara chikitsitam Adhyaya 3/307</i>	<i>Guggulu</i> , <i>Neem</i> , <i>Vacha</i> , <i>Kustha</i> , <i>Haritaki</i> , <i>Sarshap</i> , <i>Yava</i> & Ghee	<i>Vishama Jwara</i>
<i>Chi. sthana, Visha chikitsitam Adhyaya 23/98</i>	Peacock feathers, Bagula bones, <i>Sarshapa</i> & <i>Chandana</i>	<i>Vishato</i> removes toxins from clothes, beds and rooms.
<i>Chi. sthana Arsha chikitsitam Adhyaya 14/48</i>	Human hair, snake slough, the skin of <i>Villara</i> , <i>Madara</i> & <i>Shami</i>	<i>Arsha</i>
<i>Chi. sthana Apasmara chikitsitam Adhyaya 10/50</i>	<i>Pitta</i> of the dog taken out in <i>Pushya Nakshatra</i> along with Ghee	<i>Apasmara</i>
<i>Tumburadi Dhoopana Chi. sthana, Arsha chikitsitam Adhyaya 14/50</i>	<i>Dhaniya</i> , <i>Vayavidanga</i> , <i>Devdaru</i> , <i>Akshata</i> & Ghee	<i>Arsha</i>
<i>Jatvadi Dhoomagadha, Chi. sthana, Visha chikitsitam Adhyaya 23/100</i>	<i>Lakha</i> , <i>Khas</i> , <i>Tejapatra</i> , <i>Guggulu</i> , <i>Bhallathaka</i> , <i>Arjuna</i> , <i>Sarjarasa</i> , <i>Shwetha Aparajita</i> & Ghee	To wipe out snakes, mice, spiders and insects
<i>Chi. sthana, Jvara chikitsitam Adhyaya 3/269</i>	<i>Agaru</i>	<i>Sheeta Jwara</i>
<i>Sarvavinashaka Dhooma Chi. sthana, Visha chikitsitam Adhyaya, 23/99</i>	<i>Tagara</i> , <i>Kutha</i> , <i>Bhujakpati Shira</i> , <i>Shirisha</i> & Ghee	To eliminate all kinds of <i>Vishas</i>
<i>Brihatyadi Dhoopana Chi. sthana, Arsha chikitsitam Adhyaya 14/50</i>	<i>Brihati</i> , <i>Asgandha</i> , <i>Pippali</i> , <i>Tulsi</i> & Ghee	<i>Arsha</i>
<i>Chi. sthana, Apasmara chikitsitam Adhyaya 10/38</i>	<i>Pippali</i> , <i>Saindhava Lavana</i> , <i>Chitraka</i> , <i>Hingu</i> , <i>Vanshapatri</i> , <i>Kakoli</i> , <i>Sarshapa</i> , <i>Kakanasha</i> , <i>Bakayana</i> , <i>Chandana</i> , bones and nails of the dog. Levigation-urine of goat in <i>Pushya Nakshatra</i>	<i>Apasmara</i>
<i>Hastipurshadi Dhoopana, Chi. sthana, Arsha chikitsitam Adhyaya 14/51</i>	Excreta of elephant, <i>Sarjarasa</i> & Ghee	<i>Arsha</i>

Table 2: *Dhoopana Dravyas* in *Sushruta Samhitha*⁸

Name & Reference	Ingredients	Therapeutic indication
Uttara Tantra, Shakuni Pratishedam Adhyaya, 30/7	Excreta of owl, hairs (human), nails of elephant or hairs of a bull & Ghee	<i>Sakuni Pratishedha</i>
Uttara Tantra, Naigamesha Pratishedam Adhyaya, 36/7	<i>Sarshapa</i> , <i>Vacha</i> , <i>Hingu</i> , <i>Kustha</i> , <i>Yava</i> , <i>Bhallataka</i> & <i>Ajamoda</i>	<i>Naigamesha Graha Pratishedha</i>
Uttara Tantra, Yonivyapat Pratishedam Adhyaya, 38/27	<i>Brihati Phala</i> , <i>Haridra</i> & <i>Daruharidra</i>	<i>Kaphaja Yoni Roga</i>
Uttara Tantra, Revati Pratishedam Adhyaya, 31/6	Excreta of eagle, owl, <i>Yava</i> , <i>Yava phala</i> & Ghee	Revati Graha twice a day
Uttara Tantra, Jwara Pratishedam Adhyaya, 39/262	Leather and hairs of goat, sheep, <i>Vacha</i> , <i>Kustha</i> , <i>Guggulu</i> , <i>Neem</i> & honey	<i>Vishama Jwara</i> with chills
Sutra Sthana, Vranitopasaniya Adhyaya, 19/28	<i>Sarshapa</i> , <i>Nimba</i> , Ghee & <i>Lavana</i>	<i>Vranagara</i> -Twice a day for ten days
Uttara Tantra, Jwara Pratishedam Adhyaya, 39/262	Excreta of cat	<i>Vishama Jwara</i>
Uttara Tantra, Putana Pratishedam Adhyaya, 32/6	<i>Devdaru</i> , <i>Vacha</i> , <i>Hingu</i> , <i>Kustha</i> , <i>Girikarnika</i> , <i>Kadamba</i> , <i>Ela</i> , <i>Harenu</i> & Ghee	<i>Putana Graha Pratishedha</i>

Uttara Tantra, Naigamesha Pratishtedam Adhyaya, 36/8	Excreta of monkey, owl & vulture	Navgraha Dhoopa
Sutra Sthana, Agropaharanceya Adhyaya, 5/18	Guggulu, Agar, Sarjarasa, Vacha, Shweta Sarshapa, Lavana, Nimba & Ghee	Post-operative procedure
Uttara Tantra, Mukhamandika Pratishtedam Adhyaya, 35/6	Vacha, Sarjarasa, Kustha & Ghee	Mukhamandika Graha Pratishtedha
Uttara Tantra, Skanda-apasmara Pratishtedam Adhyaya, 29/7	Excreta of owl, hairs (human), nails of elephant or hairs of a bull & Ghee	Skandapasmara
Uttara Tantra, Hikka Pratishtedam Adhyaya, 50/19	Sarjarasa & Manashila	Hikka Pratishtedha
Uttara Tantra, Nayanabhighata Pratishtedam Adhyaya, 19/53	Guggulu	Karna Daurgandhya
Uttara Tantra, Shitaputana Pratishtedam Adhyaya, 34/6	Excreta of owl, snake molt, Ajagandha, Nimba & Madhuka	Shitaputana Graha Pratishtedha
Shar. Sthana, Garbhini Vyakarana sharira, 10/23	Katualabu, Kritvedhana, Sarshapa, Sarshapa-Taila & snake moult	Expulsion of placenta
Uttara Tantra, Hikka Pratishtedam Adhyaya, 50/19	Sarjarasa & Manashila	Hikka Pratishtedha
Uttara Tantra, Nayanabhighata Pratishtedam Adhyaya, 19/11	Kshauma, Guggulu, Agar & Ghee	Ear diseases
Kalpa Sthana, Jangama Visha Vijnaniya, 3/17	Laksha, Haridra, Ativisa, Abhaya, Musta, Harenuka, Ela, Tagara, Kustha & Priyangu	Air purification
Uttara Tantra, Amanusopasarga Pratishtedam Adhyaya, Ajadi Roma Dhoopana, 60/40	Skin & hair of goat & Richha, quills of a porcupine, Skin of owl Stail, Hingu levigated in goat urine	Graha
Uttara Tantra, Putana Pratishtedam Adhyaya, 32/7	Rasna, Kumbhika, Sarshapa, Badara Majja, bones of crabs & Ghee	Putana Graha Pratishtedha
Uttara Tantra, Unmada Pratishtedam Adhyaya, 62/17	Putrefied flesh of dog and cow	Unmada
Uttara Tantra, Skandagraha Pratishtedam Adhyaya, 28/6	Snake moult, hairs of camel, goat, sheep and cow, Vacha, Gunja, Sarshapa & Ghee	Skanda Graha
Chi. Sthana, Dvivraniya Chikitsa, 1/80	Kshauma, Yava, Ghee & Dhoopana Dravyas (Shrivestaka, Sarjarasa)	Wounds of Vataja Dosh, pain and discharge
Uttara Tantra, Andhaputana Pratishtedam Adhyaya, 33/6	Excreta of cock, hair(human), leather, snake molt & old worn-out clothes of a monk	Andhaputana Graha Pratishtedha
Sutra Sthana, Bhumipravibhagiya Adhyaya, 36/22	Shreevestaka, Sarjarasa, Sarala, Devdaru & Salasaradigana	Vrana Dhoopana
Shar. Sthana, Garbhini Vyakarana sharira 10/13	Black snake molt or Pinditaka	Garbhasanga

Table 3: Dhoopana Dravyas in Ashtanga Sangraha⁸

Name & Reference	Ingredients	Therapeutic indication
Sutra. Sthana, Matrashitiya Adhyaya, 11/22- Rasnadi Dhoopana	Rasna, Katphala, Shadgrantha, both Brihatis, Aguru, Guggulu, Ativisa, Kustha, Patra, Vyaghranakra & Ambuda	Alasaka Dry or mixed with cow urine
Sutra. Sthana, Shastra karmiya Adhyaya, 38/20	Guggulu, Agar, Sarjarasa, Vacha, Gaura Sarsapa, Hingu, Lavana, Neem & Ghee	Post-operative procedure
Shar. Sthana, Garbhopacharanceya Adhyaya, 3/30	Bhurjapatra, Kachmani, Guggulu & snake molt	Apara Sang
Shar. Sthana, Garbhopacharanceya Adhyaya, 3/30	Katu Alabu, Jalini, Neem, snake moult with Shalimula Siddha Ghee or plain Ghee	AparaSang
Chik. Sthana, Jirna jwara chikitsitam Adhyaya, 2/45	Agaru	Vishama Jwara
Chik. Sthana, Jirna jwara chikitsitam Adhyaya, 2/67- Aparajita Dhoopa	Guggulu, Neem, Vacha, Kustha, Haritaki, Sarshap, Yava & Ghee	Jwara
Chik. Sthana, Jirna jwara chikitsitam Adhyaya, 2/68	Sahadeva, Vacha, Bhadra & Nakuli	Sarva Jwara
Uttara Sthana, Balopacharaniya Adhyaya, 1/17	Guggulu, Agar, Sarjarasa, Vacha, Sarshapa, Hingu, Lavana, Neem & Ghee	Balaupchara (Shantikarma)
Uttara Sthana, Balopacharaniya Adhyaya, 1/29	Crow & Trivrit	
Sutra. Sthana, Annarakshavidhi Adhyaya, 8/92- Shikhipichadi Dhoopa	Sikhipichha (plumes of the peacock), Valakasthi, Sarshapa, Chandana & Ghee	Vishaghna destroys the effect of poison in houses, dresses, beds and chairs
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/2-DhoopaYoga	Vacha, Kakadani, Sarshapa, snake moult, hair of camel, goat, horse, cow & Ghee	Graha
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/7	Sarshapa etc. Same as Skanda graham	Shakuni Graha Chikitsa
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/8	Brihat & Sukhma Ela, Kustha, Vacha, Hingu, Devdaru & Girikadamba	Putana Graha Chikitsa
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/9	Excreta of Gridha, owl, Ajagandha, Nirmoka & Nimba	Sheetaputana Graha Chikitsa
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/9	Sarshapa, the skin of a cow, monkey's cloth & snake moult	Sheetaputana Graha Chikitsa

Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/10	<i>Rakshoghna, Bhallataka, Sar-jarasa & Madhu</i>	<i>Andhaputana Graha Chikitsa</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/10	Monks' cloth & cock excreta	<i>Andhaputana Graha Chikitsa</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/11	<i>Yava, Kustha, Sarjarasa</i>	<i>Mukha manditika Graha-Chikitsa</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/3	Excreta of <i>Gridha</i> and owl, <i>Vrishava roma, Kasha, Hasti Nakha & Ghee</i>	<i>Visakha Graha Chikitsa</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/4	<i>Sarpagandha, Basta, Nakha & Roma</i>	<i>Naigamesh Graha Chikitsa</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/12	<i>Yava, Vanshaphala</i> , Excreta of <i>Gridha</i> and owl & Ghee	<i>Revati Graha Chikitsa</i>
Sutra. Sthana, Annarakshavidhi Adhyaya, 8/91- <i>Jatwadi Dhoopa</i>	<i>Jatu, Sarjarasa, Ushira, Sarshapa, Patra, Valaka, vella, Aruskara, Pura & Arjuna</i>	<i>Vishaghna</i> destroys animal & vegetable origin; witchcraft magic doesn't affect.
Uttara Sthana, Unmada Paratisheda Adhyaya, 9/26	<i>Brahmi, Indri, Vidanga, Vyosha, Hingupatri, Mura, Rasna, bakuchi, Lasuna, Bishalya, Sursha, Vacha, Jyotimati, Nagadanti, Durva, Haritaki & Saurashtri. Levigation-urine of an elephant.</i>	<i>Unmada</i>
Uttara Sthana, Bhuta Paratisheda Adhyaya, 8/10- Karpasthyadi Dhoopana	<i>Karpasathi, Mayura, Patra, Brihati, Nirmalya, Madana, Twaka, Wanshi, Vrisha Dansha, Vita, Tusha, Vacha, Kasha, Nirmochan, Nagendra Beeja, Shringa, Hingu & Maricha</i>	<i>Skanda, Unmada, Pisacha, Rakshyas, Sura</i>
Uttara Sthana, Balopacharaniya Adhyaya, 1/29	<i>Vacha, Kustha, Shreevestaka, Sarshapa & Ajya</i>	
Uttara Sthana, Apasmara Paratisheda Adhyaya, 10/27- Dhoopanoushadha Homa	<i>Nakul, Uluka, Marjara, Gridha, Kita Hikakajai & excreta and beaks of birds</i>	<i>Apasmara</i>
Uttara Sthana, Abhishyanda Paratisheda Adhyaya, 19/32	<i>Yava, Madan, Bhurja, Shami & Ghee</i>	<i>Shopha</i>
Uttara Sthana, Vrana Paratisheda Adhyaya, 30/32	<i>Shreevestaka, Sarjarasa, Sala, Devdaru, Sinsapa, Khadira, Asana, Karanja, Yava, Madhuchista, Bhurja patra, Kshauma & Ghee</i>	<i>Vata Dushita Vrana</i> with discharge
Uttara Sthana, Kitavisha Paratisheda Adhyaya, 43/26- Kashypoktha damsha dhoopa	Human hair, <i>Sarshapa & Guda</i>	<i>Visha Dansha</i>
Uttara Sthana, Kitavisha Paratisheda Adhyaya, 43/33- Shikhipichchadi Dhoopa	<i>Shikhipichha, Kukkutapichha, Taila & Lavana</i>	
Uttara Sthana, Kitavisha Paratisheda Adhyaya, 43/56	<i>Gomaya & Agaru</i>	<i>Raksha Vidhana</i>
Uttara Sthana, Musika-alarka visa Paratisheda Adhyaya, 46/15	<i>Manjistha, Rajani & Lavana</i>	<i>Aakhu visha</i>
Uttara Sthana, Vishopadrava Paratisheda Adhyaya, 47/15	<i>Shirish, Nata, Kustha, snakehead & Ghee</i>	<i>Vishaja Shyawathu</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/6	Hair & Excreta of <i>Gridha</i> , owl, <i>vanara & Ghee</i>	<i>PitriGrahaChikitsa</i>
Uttara Sthana, Pratyekagraha Paratisheda Adhyaya, 6/5	<i>Gomutra Bhavita SukshaMatysa-Churna</i>	<i>ShwaGrahaChikitsa</i>
Uttara Sthana, Balagraha Paratisheda Adhyaya, 4/3 Sarva graha dhoopa	<i>Puti, Dashanga, Sarshapa Vacha, Bhallataka, Dipyaka, Kustha, Ghee</i>	<i>Sarva Graha</i>
Uttara Sthana, Balagraha Paratisheda Adhyaya, 4/3 Sarva graha dhoopa	<i>Sarshapa, Nimba, Ashwagandha, Vacha, Bhurjapatra & Ghee</i>	<i>Sarva Graha</i>

Table 4: Dhoopana Dravyas in Ashtanga Hridaya⁸

Name & Reference	Ingredients	Therapeutic indication
<i>Shar. Sthana, Garbhavakranti Sharira. 1/83</i>	Black snake molt	<i>Garbhasangha nashaka yoga</i>
<i>Chi. Sthana, Jwara chikitsa 1/162 Vishamajwara nashaka Dhoopa</i>	<i>Guggulu, Neem, Vacha, Kustha, Haritaki, Sarshapa, Jau, Ghee</i> or dried excreta of cat	<i>Vishama jwara</i>
<i>Chi. Sthana, Arsha Chikitsa 8/19</i>	<i>Ashwagandha, Tulsi, Brihati, Pippali & Ghee</i>	<i>Arsha</i>
<i>Uta. Sthana, Balagraha Pratisheda 3/55- Goshrunyadi Dhoopa</i>	Horn, skin tail of a cow, snake slough, excreta of cat, goat hair, peacock feather, human hair, <i>Neem, Kantakari, Banabhanta, Karpasa, Jau, Devdaru, Sarshapa, Gandhabiroja, Tusha, Hingu & Ghee, Levigation-goat urine</i>	<i>Bala Graha, Vishama Jwara</i>
<i>Uta. Sthana, Apasmara Pratisheda 7/33 Apasmara dhoopa</i>	Mouth, feathers & excreta of mongoose, owl, cat, vulture, scorpion, snake & crow	<i>Apasmara</i>
<i>Uta. Sthana, Kitlutadi Pratisheda 37/23- Visha Nashaka Dhoopa</i>	Human hair, <i>Sarshapa & Guda</i>	<i>Dansaja Visha</i>
<i>Sharira sthana, Garbhavakranti Sharira.1/86</i>	<i>Bhurjapatra, Kalihari, Katutumbi, Kustha, Sarshapa & snake molt</i>	<i>Garbhasangha nashaka yoga</i>
<i>Uta. Sthana, Unmada Pratisheda 6/42</i>	Urine, bile, excreta, hair, hoof and skin of jackal, porcupine, owl, <i>Jalauk, bull & goat</i>	<i>Unmada</i>
<i>Uta. Sthana, Bhuta Pratisheda 5/18- Karpasthadi Dhoopa</i>	<i>Binaula</i> , peacock feather, cat excreta, human hair, snake slough, elephant tusk, and cow horn.	<i>Skanda graha, unmada, rakshasa, pishacha.</i>

	Banbhanta, Nirmalya, Madanphala, Dalchini, Jatamansi, Bhusi, Vacha, Hingu & Maricha	
Utta. Sthana, Balopacharaneeya Adhyaya, 1/25	Guggulu etc.	For child's bedsheet, Pillow
Utta. Sthana, Balagraha Pratisheda 3/47-Puthyadi Dhoopa	Putikaranja, Dashanga, Sarshapa, Vacha, Bhallataka, Ajawaina, Kushta & Ghee	Bala Graha
Utta. Sthana, Vrana Pratisheda 25/45	Jau, Ghee, Bhojpatra, Aminphala & Gandhabiroja	Vata Doshika Vrana
Chi. Sthana, Jwara chikitsa, 1/163-Aparajitha Dhoopa	Guggulu, Gandhatrina, Vacha, Sarja, Neem, Arka, Agar & Devdaru	Vishama jwara
Utta. Sthana, Balopacharaneeya Adhyaya, 1/26	Dried crow & Trivrita	For child's bedsheet, pillow, blanket
Utta. Sthana, Balagraha Pratisheda 3/48-Sarshapadi Dhoopa	Sarshapa, Neem, Madar, Vacha, Bhojpatra, Hooves of horse & Ghee	Bala Graha
Chi. Sthana, Arsha Chikitsa, 8/18	Arka, Shami, hair, snake molt, skin of Marjara & Ghee	Arsha

Table 5: Dhoopana Dravyas in Kashyapa Samhitha⁹

Name of Dhoopana Gana	Ingredients	Therapeutic indications
Grahapah Dhoopa	Ghrita, Sarpa nirmok (shed skin of snake), Grudhra vit (faeces of vulture), Kaushik vit (wastes of owl), Vacha (Acorus calamus), Hingu (Ferula assafoetida).	Treats Epilepsy and Graharoga
Agneya Dhoopa	Ghrita, Gobala (cow's hair)	Useful in all diseases
Uttam Dhoopa	Ghrita, Siddharthak, Honey, Bheda Shrunja (horns of aries), Aja paya (milk of goat), Khara Mutra (urine of donkey), Khara Bala (donkey's hair), Soma (camphor)	Protects from unknown, bad energies.
Moha Dhoopa	Ghrita, Siddharthak, Chorak (Angelica glauca Edgw.), Guggulu(Commiphora wightii), Varahi kanda (Dioscorea bulbifera), Jatamansi (Nardostachys jatamansi)	It helps one to get attractive.
Varun Dhoopa	Shreeveshtak (Pinus roxburghii), Laksha (Encrustations of lac insect-Laccifera lacca), Padmak (Prunus cerasoides), Chandan (Santalum album), Devadaru (Cedrus deodara), Tulasi (Ocimum sanctum Linn) Shal (Shorea robusta).	Shleshma Rogas in summer.
Chaturangik Dhoopa	Ghrita, Majja, Vasa, Laksha (Encrustations of lac insect-Laccifera lacca)	Beneficial for thin people, children, those having fewer Doshas and those suffering from Graha Rogas.
Punya Dhoopa	Ghrita, Kunjar Danta (Elephant Tusk), Aja Tanuja (Body Hair of Goat), Mesha Tanuja (Body Hair of Aries), Goshrunja (cow horns)	Considered to be auspicious.
Mahoday Dhoopa	Ghrita, Vanar Loma (Body hair of monkey), Kukkutanda (Hen Egg), Vacha (Acorus calamus), Siddharthak (Brassica alba)	Beneficial in all diseases.
Arishta Dhoopa	Ghrita, Nimba (Azadirachta indica) – Patra, Mool, Pushpa, Phal, Tvak.	Destroys all diseases
Apasmar nashan Dhoopa	Ghrita, Nimba Patra (Azadirachta indica), Laksha (Encrustations of Lac Insect-Laccifera Lacca), Akshata (Unbroken Rice), Bhasa Vishtha (Feces of one variety of owl), Uluk Shakrut (Feces of Owl)	Cures epilepsy
Grahanashan Dhoopa no. 4	Ghruta, Sarshap (Brassica alba).	Beneficial in Graharogas.
Karna Dhoopa	Ghrita, Pippali (Piper longum), Brihi Tusha (rice husk), Kapiloma (body hair of monkey), Kapitvacha (monkey skin), Vacha (Acorus calamus), Sarshapa (Brassica alba), Kushtha (Saussurea lappa), Ela (Elettaria cardamomum).	All kinds of Graha Rogas.
Shree Dhoopa	Ghrita, Sarpa tvak (shed skin of snake), Bilva (Aegle marmelos), Sara, Siddharthak (Brassica alba), Laksha (Encrustations of lac insect-Laccifera lacta).	Brings prosperity
Grahaghna Dhoopa	Shva vit (faeces of dog), Shva mutra (urine of dog), Mayur loma (peacock feathers), Vacha (Acorus calamus), Ghrita, Sarshapa (Brassica alba).	All Graha Rogas.
Sukhaprada Dhoopa	Ghrita, Gokshur (Tribulus Terrestris), Vasuka, Haridra (Curcuma Longa), Daruharidra (Berberis Aristata), Jalamusta, Vacha (Acorus calamus), Bharangi (Clerodendron serratum).	Considered to increase happiness.
Dashanga Dhoopa	Ghrita, Siddharthak (Brassica alba), Kushtha (Saussurea lappa), Bhallatak (Semecarpus anacardium), Vacha (Acorus calamus), Basta loma (body hair of male goat), Tagar (Valeriana wallichii), Bhurjapatra (Betula utilis), Guggulu (Commiphora wightii).	Useful in all diseases, especially in epilepsy and various Graha Rogas
Sarvarogahara Dhoopa	Ghrita, Nimba (Azadirachta Indica), Tulasi Patra (Ocimum sanctum), Ashvaghna Patra (Nerium Indicum), Go Bala (Cow Hair), Mesha Bala (Aries hair), Basta Bala (Goat hair)	Destroys all diseases.
Swastik Dhoopa	Ghrita, Shallaki (Boswellia Serrata), Jati Pushpa (Jasminum grandiflorum), Shirish Pushpa (Albizia lebeck), Nameru.	Helps increasing auspiciousness
Bhadrankar Dhoopa	Ghrita, Haya bala (horse's hair), Khara bala (donkey's hair), Ushtra bala (camel's hair), Rushabhak, Chatushpad nakha (nails of animals with four limbs)	This Dhoopa is considered to be auspicious, beneficial for Kapha Dosha and diseases with unknown origin
Rakshoghna Dhoopa	Ghrita, Siddharthak (Brassica Alba), Hingu (Ferula assafoetida), Dev Nirmalya (Flowers or Herbs Offered to God), Akshata (Unbroken	Offers protection

	Rice), <i>Sarpa Tvak</i> (Shed Skin of Snake), <i>Bhikshu Sanghati</i> (saffron color cotton cloth)	
<i>Kumara Dhoopa</i>	<i>Ghrta, Sarjaras (Vateria indica), Sauviranjan, Bhallatak (Semecarpus anacardium), Shileyak (Parmelia perlata), Haridra (Curcuma longa), Daruharidra (Berberis aristata), Laksha</i> (Encrustations of lac insect- <i>Laccifera lacta</i>), <i>Ushira (Vetiveria zizanioides), Sarshapa (Brassica alba), Arjak Pushpa</i> (flowers of <i>Ocimum sanctum</i>), <i>Vidang (Embelia ribes), Tagar (Valeriana wallichii), Tamalpatra (Cinnamomum tamala), Vacha (Acorus calamus), Hingu (Ferula assa-foetida), Netrabala.</i>	Facilitates proper development of children.
<i>Grahanashan Dhoopa no. 3</i>	<i>Ghrta, Krushna Agaru (Aquilaria agallocha).</i>	Beneficial in <i>Graharogas.</i>
<i>Brahma Dhoopa</i>	<i>Ghrta, Siddharthak ((Brassica alba), Laja (puffed rice), Kusha (Desmostachya bipinnata), Brahmi (Herpestes monniera)</i>	All <i>Graha Rogas</i>
<i>Grahanashan Dhoopa No. 1</i>	<i>Ghrta, Guggulu (Commiphora wightii).</i>	Beneficial in <i>Graharogas.</i>
<i>Sarvarog Shasya Dhoopa</i>	- <i>Ghrta, Padmak (Prunus Cerasoides), Ushir (Vetiveria zizanioides), Netrabala (Coleus vetiveroides), Nagakeshar (Mesua ferrea), Sarjaras (Vateria indica).</i>	Beneficial in treating all diseases.
<i>Gana Dhoopa</i>	<i>Ghrta, Akshata (Unbroken Rice), Jati Pushpa (Jasminum grandiflorum), Honey, Siddharthak (Brassica alba), Vacha (Acorus calamus)</i>	All diseases originate from <i>Bhuta.</i>
<i>Maheshwar Dhoopa</i>	<i>Ghrta (Cow ghee), Guggulu (Commiphora wightii), Bilva (Aegle marmelos), Devadaru (Cedrus deodara), Nameru, Yava (Hordeum vulgare L)</i>	Cures <i>Graharoga</i>
<i>Grahanashan Dhoopa No. 2</i>	<i>Ghrta, Devadaru (Cedrus deodara).</i>	Beneficial in <i>Graharogas.</i>
<i>Grahanashan Dhoopa no. 5</i>	<i>Ghrta, Kusha (Desmostachya bipinnata), Kasha (Saccharum spontaneum), Shara (Ceratophyllum submersum), Darbha (Eragrostis cynosuroides), Ikshu (Saccharum officinarum).</i>	Beneficial in <i>Graharogas</i>
<i>Shishuk Dhoopa</i>	<i>Ghrta, Granthiparni (Leonotis nepetifolia), Jatamansi (Nardostachys jatamansi), Tagar (Valeriana wallichii), Jalamusta, Hrivera (Coleus vetiveroides), Shatapushpa (Anethum graveolens), Hartal (Yellow orpiment), Manashila (Realgar), Musta (Cyperus rotundus), Ela (Elettaria cardamomum).</i>	Destroys all diseases

Table 6: Dhoopana drugs in Bhaishajya Rathnavali

Name Of Dhoopana Gana	Ingredients	Therapeutic indication
<i>Marichadi Dhoopa</i>	<i>Maricha, Manahshila, Arka Moola, Arka Ksheera</i>	<i>Kasa</i> ¹⁴
<i>Mahadhooopa</i>	<i>Karpasaasthi, Mayura Piccha, Brihathi, Nirmalya, Pinditaka, Thwak, Vamshi, Mrushadamsha Vit, Thusha, Vacha, Bhutakeshi, Sarpa Nirmoka, Go Shrunga, Teech of an Elephant, Maricha.</i>	<i>Skandonmada</i> ¹⁷
<i>Pillaghno dhoopa</i>	<i>Gritha, Devadaru, Bastha Mootra, Kakamachi Phala, Gritha,</i>	Worms of <i>Pilla</i> (bleared eye) get killed and comes out
<i>Pakankashayadi dhoopa</i>	<i>Guggulu, Vacha, Kutaja, Gaja Charma, Avi Charma, Nimba, Maakshika, Gritha.</i>	<i>Jwara in bala</i>
	<i>Sarpa Nirmoka, Lashoona, Murvamoola, Sarshapa, Nimba Patra, Dung of Cat, Hair of Goat, Powder of Vacha, Makshika</i>	<i>Jwara and Graha Dosha in bala</i>
<i>Nimbapatradi Dhoopa</i>	<i>Nimba Patra, Vacha, Hingu, Sarpa Nirmoka, Sarshapa.</i>	<i>Bhoothonmada</i> ¹⁶
<i>Nrukeshadi Dhoopa</i>	<i>Nruksha (Human Hairs), Sarpa Nirmoka (Slough of Snake), Charma of A Cat, Arka Moola, Shami Patra</i>	<i>Arshas</i> ¹²
<i>Sindhukadi Dhoopa</i> ²⁰	Roots And Leaves of <i>Nirgundi, Kantakari, Ashwagandha, Pippali, Jathiphala, Gritha.</i>	<i>Arshas</i> ¹²
<i>Aparajitho Dhoopa</i>	<i>Guggulu, gandhatrina, Vacha, Sarja, Nimba patra, Arka, Devadharu, Gritha.</i>	<i>Sarva jwara</i> (All kinds of fever) ¹⁰
<i>Paradadi Dhoopa</i>	<i>Parada, Harithaki, Tankana, Sindhura, Nilatuttha, Manahshila, Mudra Shankha, Yavakshara, Sphatika, Vida Lavana, Maricha, Hingula, Gritha.</i>	<i>Upadamshjanya indriya vrana</i>
<i>Paradadi dhoopa</i>	<i>Shuddha Parada, Vanga Bhasma, Khadira, Haritha Bhasma, Kadali Bhasma, Guvaka Phala Bhasma, Hingula, Shuddha Haratala, Shuddha Gandhaka, Shuddha Thutta, Padmaka, Saralakashta, Shwetha Chandana, Raktha Chandana, Devadaru, Vakama Kashtha, Nagakesara, Kashtha, Changeri Swarasa, Thulasi Swarasa, Purana Guda, Purana Gritha.</i>	<i>Upadamsjanya Vrana, Pidaka, Shotha, Amavatha, Khanjata, Pangutha, Kushta, Upadamsha</i>
<i>Ralakarpoora Dhoopa</i>	<i>Rala Churna, Sarshapa Taila,</i>	<i>Raktharshas</i> ¹³
<i>Manahshilaliptha Badari Patra Dhoopa</i>	<i>Badari Patra smeared with Manahshila</i>	Acute attacks of <i>Kasa</i>
	<i>Makshika, Nimba Patra, Shwetha Sarshapa,</i>	<i>Jwara in bala</i> ²⁰
<i>Nakuladi Dhoopa</i>	Beak, feather, stool of <i>Nakula, Uluka, Marjara, Grdra, Keeta, Ahi, Kaka</i>	<i>Apasmara, Unmada, Snake bite, Visha</i> ¹⁸
	<i>Mritha Go Kukshi Roma</i>	<i>Jwara in bala</i> ²⁰
<i>Maheshwara Dhoopa</i>	<i>Hingula, Devadharu, Sriveshtaka, Grita, Govasthi, Gandhatrina, Nirmalya</i> (flowers, garlands etc. offered to shivalinga), <i>Katuki, Sarshapa, Nimba patra, Mayurapiccha</i> (Peacock feather), <i>Kanchuka</i> (snake's slough), <i>Marjara visha, gosringa, Madana</i>	All types of fever, this eradicates all kinds of <i>Pishacha, rakshasa</i> ¹¹

	<i>phala, Kantakari ksudra, kantakari brihati, Vacha, Karpasa seeds, Thusha (Yava), chaga vit, Srinalavit, Hasthidanta</i>	
<i>Godhoomapishtadi Dhooopa</i>	<i>Godhooma, Hingu, Ballathaka,</i>	<i>Shoola nashaka in arshas</i>
<i>Arkadi Dhooopa</i>	<i>Arka Moola, Manahshila, Thrikatu</i>	All Types of Kasa
<i>Manahshiladi Dhooopa</i>	<i>Shuddha Manahshila, Shuddha Harathala, Maricha, Jatamamsi, Musthaka, Ingudhiphala.</i>	Kasa ¹⁵
<i>Ashtanga Dhooopa</i>	<i>Palankasha, Nimba Patra, Vacha, Kushta, Harithaki, Sarshapa and Yava, Gritha.</i>	Jwara ¹⁰
<i>Badaradayo Dhooopa</i>	<i>Bark of badara, Arka, apamarga, Bhargi, Hingula</i>	Upadamsha ¹⁹

DISCUSSION

Dhupana yogas mentioned in *Bruhatrayee*, *Laghutrayee* & various classical ayurvedic *Samhitas* have given a very elaborative meeting with numerous combinations of *yogas* discussed explicitly in the management of multiple diseases. But these *dhupana yogas* are seldomly practised nowadays due to the lack of exploring the knowledge & lack of knowing modality of action of these *yogas*.

CONCLUSION

Usage of *dhupana dravyas* has immense importance in *shalya tantra*. It mainly acts as *vedanahara* in *Vataja* ulcers. It reduces the profuse discharge in chronic non-healing ulcers & it is one among the *shasti-upakrama* for the management of *vrana*. It helps in tissue granulation which enhances the faster recovery of ulcer patients. *Dhupana* can also be used for fumigating the *vranitagara*. Sushruta mentioned time and duration for *dhupana* in the context of *trividha karma*, as *dhupana* has to be done twice a day for ten days.

For the better benefit of mankind, the numerous benefits of *dhupana* can be made available for ailing patients, which can be brought out as the main line of management of *dhupana*. Further research is needed to extract the maximum benefits & to prove scientifically exact mode of action.

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