



## Review Article

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### A CRITICAL REVIEW ON NAGAKESARADI DHOOPANA YOGA

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#### ABSTRACT

Air is the essential life support for all living beings. But it can serve its function only if it is pure. Contaminated or infected air leads to various deadly diseases. So it is important to maintain environmental hygiene to follow a healthy life. Multiple methods can support hygiene; fumigation is the method that is used to maintain air hygiene. Dhoopana is the classical method followed in the disinfection of air to prevent the rise and spread of various diseases. Ayurveda has explained the concept of Dhoopana in various contexts, such as jwara, visha, graha, vrana etc., and for various agaras. Various yogas are mentioned in the classics for the disinfection of contaminated air. Nagakesaradi dhoopana yoga is mentioned in Kriyakaumudi, Malayalam visha chikitsa textbook in the context of jaladi shudhikarana for air purification. The majority of the drugs in this yoga are vishaghna and krimighna. This yoga may provide better results in the purification of air as the drugs have such karma.

**Keywords:** Dhoopana, Nagakesaradi Dhoopana Yoga, Vishaghna, Krimighna

#### INTRODUCTION

Agadatantra is the science that deals with the signs and symptoms and the management of all kinds of poisoning and various other poisons formed by the improper combination of substances or drugs.<sup>1</sup> Air is one of the most important routes of transmission of disease. There are a lot of microorganisms in the exhaled air. These are saprophytic bacteria and may include pathogenic bacteria. When those microorganisms present in the air enter a host cause disease. These organisms are easily discharged into the atmosphere during the act of coughing, sneezing, conversation, and loud talking.<sup>2</sup> Dhoopana has an inevitable role in the therapeutics of the Ayurvedic system. The method in which drugs of herbal, herbo-mineral, or animal origin are used for fumigation is called dhoopana to heal various conditions such as vrana, karnarogas, nasarogas, yonivyapath, also to disinfect/sterilize vranagara, kumaragara bsheshajagara, sutikagara, etc., multiple types of dhoopana yogas are mentioned in Brihatrayis and other Samhitas.<sup>3</sup>

The concept regarding dushitha vayu and chikitsa is explained in Sushruta Samhita kalpa sthana 3<sup>rd</sup> chapter; jangama vijnaniam kalpam.<sup>4</sup> As well as in Ashtanga Sangraha sutra sthana 8<sup>th</sup> chapter: Annaraksha.<sup>5</sup> Dhoopana karma and various dhoopana yogas are elaborately explained in Brihatrayis and various Samhitas, whereas Acharya Kashyapa has given a separate chapter called Dhoopakalpadhyaya.

Kriyakaumudi, written by V.M. Kuttikrishna Menon, is a well-known Malayalam visha chikitsa textbook widely followed in

Kerala, India. This textbook includes the entire visha chikitsa starting from the basic classification of visha, sthava visha, jangama visha, keeta visha lakshana and chikitsa, sodhana kriyas, pativishas etc., and even explains vishakallu, vishahari lehya etc.; numerous chikitsa prayogas, as well as yogas, are explained in Kriyakaumudi. Nagakesaradi dhoopana yoga is such a yoga explained in the context of jaladhi shudhikarana.<sup>6</sup>

The article is a literary review of Nagakesaradi dhoopana yoga explained in Kriyakaumudi. This review attempts to explain its ingredients, botanical name, family, Rasa panchaka, indication, preparation method and dhoopana.

#### REVIEW OF LITERATURE

The classical reference to this yoga is available in Kriyakaumudi, a Malayalam textbook written by V.M. Kuttikrishna Menon in the context of jaladhi shudhikarana. This yoga contains ten drugs and is indicated for dhoopana.

#### Method of Preparation and Dhoopana

All the drugs should be taken in equal quantities, crushed into choorna (coarse powder), stored in an air-tight container and protect from moisture, insects and fungus. A mrut sarava (mud sarava) should be taken and fill it with burning charcoal. Later choorna in required quantity can be added to it. After that, sarava can be closed with a lid and keep it in the area where dhoopana is required until the fumes stop. This yoga is indicated in vishavayu as well as against pootham (microorganisms).<sup>6</sup>

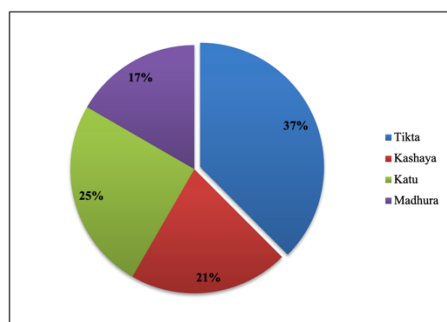
**Table 1: Ingredients of Nagakesaradi Dhoopana Yoga with Botanical name and family <sup>7-9</sup>**

Drugs	Botanical Name	Family
Nagakesara	<i>Mesua ferrea</i> Linn	Clusiaceae
Daruharidra	<i>Berberis aristata</i>	Berberidaceae
Ela	<i>Elettaria cardamomum</i> , Maton	Zingiberaceae
Twak	<i>Cinnamomum zeylanicum</i> Blume	Lauraceae
Kushta	<i>Saussurea lappa</i> C.B. Clarke	Asteraceae
Priyangu	<i>Callicarpa macrophylla</i> Vahl	Verbenaceae
Laksha	<i>Laccifer lacca</i>	Lacciferidae
Ativisha	<i>Aconitum heterophyllum</i> Wall.Cat	Ranunculaceae
Musta	<i>Cyperus rotundus</i> Linn.	Cyperaceae
Nirgundi	<i>Vitex negundo</i> Linn.	Verbenaceae

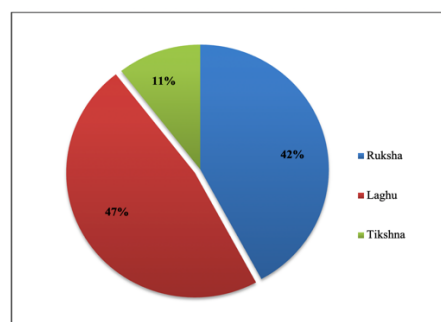
**Table 2: Nagakesaradi Dhoopana Yoga ingredients and properties**

Drugs	Rasa	Guna	Virya	Vipaka	Karma
Nagakesara <sup>10</sup>	Kashaya, Tikta	Ruksha, Laghu	Ushna (B.P.) * Alposhna (D.N.) #	Katu	Kaphapitta samaka, Vishaghna, Pachana, Jwaraghna, Kandughna, Sophaghna, Kushtaghna
Daruharidra <sup>11</sup>	Tikta	Ruksha, Laghu	Ushna	Katu	Pittakapha samaka, Vishaghna, Kandughna, Vranahara, Raktasodhaka
Ela <sup>12</sup>	Katu, Madhura	Laghu, Ruksha	Sheeta	Madhura	Pittavata hara, Swasahara, Kasahara, Dipana, Rochana, Hrudya
Twak <sup>13</sup>	Katu, Tikta, Madhura	Laghu, Tikshna	Ushna	Katu	Vatakapha hara, Vishaghna, Jantughna, Kandughna, Dipana, Pachana
Kushta <sup>14</sup>	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavata samaka, Vishaghna, Kushtaghna, Visarpahara, Kasahara, Kandughna
Priyangu <sup>15</sup>	Tikta, Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu	Vatapitta samaka, Jwarahara, Vishaghna
Laksha	Tikta, Kashaya <sup>16</sup>	Laghu, Snigdha, Hima <sup>17</sup>	Anushna <sup>17</sup>	-	Kapha hara, Krimighna, Kushtaghna, Jwarahara <sup>17</sup>
Ativisha <sup>18</sup>	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphapitta samaka, Vishaghna, Krimighna, Dipana, Pachana, Jwarahara
Musta <sup>19</sup>	Tikta, Kashaya, Katu	Laghu, Ruksha	Sheeta	Katu	Pittakapha samaka, Krimighna, Jwaraghna, Pachaka, Dipana
Nirgundi <sup>20</sup>	Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Vatakapha samaka, Krimighna, Sodhahara, Kushtaghna, Kandughna, Jwaraghna

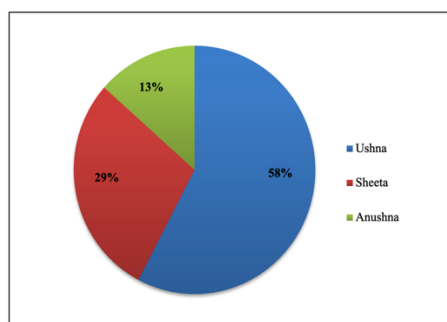
\*B.P. - Bhavapraksha Nighantu; # D.N. - Dhanwantari Nighantu



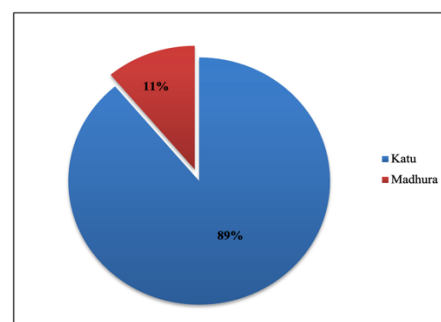
**Diagram 1: Analysis of Rasa of ingredients of Nagakesaradi Dhoopana Yoga**



**Diagram 2: Analysis of Guna of ingredients of Nagakesaradi Dhoopana Yoga**



**Diagram 3: Analysis of Virya of ingredients of Nagakesaradi Dhoopana Yoga**



**Diagram 4: Analysis of Vipaka of ingredients of Nagakesaradi Dhoopana Yoga**

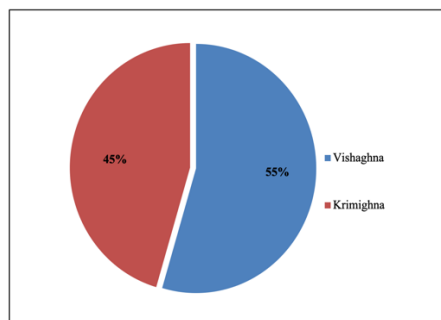


Diagram 5: Analysis of Karma of ingredients of Nagakesaradi Dhoopana Yoga

## DISCUSSION

Environmental hygiene is one of the most critical aspects that help to maintain the spread as well as the onset of a new disease, but unfortunately, this is the one that which not adequately followed or practised in society. Lack of proper environmental hygiene is one of the major causes of the rise and transmission of disease. So it is essential to maintain hygiene. Air is the central part of the environment; its hygiene plays a vital role in preventing diseases. Fumigation is the disinfection method practised to control the microorganisms in the air.

Dhoopana is the classical procedure explained in Ayurveda. Acharya Kashyapa has given a separate chapter to describe dhoopana in the name of dhoopakapadyaya which mainly deals with dhoopana for various bala graha. Elaborate reference to dhoopana can be seen in Brihatrayis, Laghutrayis, in other Samhitas and textbooks where dhoopana is mentioned in multiple contexts such as visha, jwara, and unmada, graha, karna roga, yoni roga etc.; as well as in the disinfection of bheshajagara, vranithagara, and kumaragara etc.

Nagakesaradi dhoopana yoga is explained in Kriyakaumudi in the context of jaladi shudhikarana. While considering the rasa, 37% of the drugs are tikta rasa and 25% are katu rasa (Diagram 1). According to Charaka Samhita and Madanapala Nighantu, tikta rasa and katu rasa are vishahara respectively.<sup>21-22</sup> 47% are laghu guna, and 42% are ruksha guna (Diagram 2). These are the guna of vata, which may help the easy spread of the drug in the air. 58% of drugs are ushna virya (Diagram 3); as per Sushruta Acharya, ushna virya is agni mahabhoota. Hence that may help in the easy combustion of the drugs.<sup>23</sup> And 89% of the drugs are katu vipaka (Diagram 4). While considering karma, 55% of the drugs are vishaghna, and 45% are krimighna (Diagram 5). As it is vishahara and krimighna in karma, it will help destroy the visha and the microorganisms in the dhushita vayu.

## CONCLUSION

Air is an important mode of transmission of diseases, so it is essential to make the air free from those microorganisms which lead to serious health issues. Fumigation is the primary remedy to maintain or purify the air; it is the disinfection technique. As per Ayurveda, the dhoopana karma helps in the purification of air. Nagakesaradi dhoopana yoga is explained in Kriyakaumudi in the context of jaladhi shudhikarana for air purification. As the main karma of the drugs in this yoga is vishaghna and krimighna, it can provide better results, and this yoga has to be researched and validated.

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