

**Ayurvedic Methods Of Air Purification-A Review of References of
Dhoopan Karma from Sushrut Samhita
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Abstract: The first aim of Ayurved is to maintain good health and strong well-being and prevent unborn diseases. Ayurveda describes not only how to cure diseases but also lights up on prevention aspects, which are very effective in maintaining the health of the body, mind, and soul. Here we study the action of Rakshoghna Gana in Dhoopan karma (fumigation) to purify the air rather than face the polluted environment's disorders. We live in full billions of microorganisms. A maximum of them are not harmful but some of them are hazardous to children and old age, immunocompromised, and hin satva people. Hence proper sterilization and proper disinfection are necessary. But modern science disinfection processes many side effects. So, there is a constant need to develop disinfectant methods with negligible side effects. Due to many reasons like effectiveness, convenience, and cost, modern physical and chemical fumigating agents have been replaced by these classical techniques. The present study is aimed to compile the classical concept of Dhoopan Karma described in Sushrut Samhita.

KEYWORDS: Doopan Karma, Rakshshogna Gana, Krimi

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Introduction

Our *Acharyas* were well aware of the existence of *krimi* that is microbes [3]. Since Vedic times the potentiality of those organisms in various diseases has been enlightened. In Ashtang Hridaya there is a detailed description of *Dhoopan*. There is the advice of *Dhoopan* to *Sutikagar* (*maternity ward*) and in *Yonivyapad* (*vaginal and urinary disorders*) with the help of *Doopan dravya* [3]. *Acharya Kashyap* has given separate *Dhoomkalpadhyay* for *Dhoopan*. *Rakshoghna gana* is described as a group of plants that possess *krimighna* properties [4]. *Acharya Charaka* mentioned *Krimighna Mahakashay* as a group of antimicrobial drugs which may act in *Dhoopan* that is fumigation by natural and traditional methods to control infection.

For *Rakshoghna* action the drugs predominant with *Vayu* and *Agni mahabhoot* (fire element) are used. It is believed that the *dravyas* that protect us from any external hazardous influences are called as *Rakshoghna*. These are highly effective herbal plants described in Ayurveda. These bacteriostatic and bacteriocidal drugs are described in Classical texts of Ayurveda, especially as *Jantughna* (antimicrobial) and *Krimighna dravya* [5].

Materials and Methods

Classical texts of Ayurveda especially the references from *Sushrut Samhita* were studied. The information available on the internet is also incorporated into the study. Vedic literature is also studied.

Discussion

From ancient times *Dhoopan karma* is carried on in the form of *Homa*, *Havana*, and *Yadnyakarma*. The aim behind it is to purify the air from *Bhoota* or *Rakshasa* creating positive

energy in the surrounding along with the religious values [6].

Various references are observed in *Sushrut Samhita* about its concern with the purification of the environment. He not only gives attention to polluted air but also to polluted water and even soil. He discussed the drugs for this purpose in the third chapter of *Kalpasthan* through the 9th and 10th sutras. He advocated following drugs for purification.

We may nomenclate the group with the name -*Dooshit Vayushodhan* gana with the following drugs in it.

- 1 *Gopa-Sariva-Hemidesmus indicus*
- 2 *Laksha*- An exudate released by certain insects- *Lassifer lacca* [7].
- 3 *Haridra*- *Curcuma longa*
- 4 *Ativisha*- *Aconitum heterophyllum*
- 5 *Abhaya/ Haritaki* – *Terminalia chebula*
- 6 *Abda /Musta* – *Cyperus rotandus* [8]
- 7 *Harenu/ Bruhat ela* – *Amomum subulatum*
- 8 *Ela*- *Elettaria cardamomum*
- 9 *Dal-Tejpatra* – *Cinnamomum tamala*
- 10 *Vakra* – *Tagar* -*Valeriana wallichii*
- 11 *Kushtha* - *Saussurea lappa*
- 12 *Priyangu* - *Callicarpa macrophylla*

These drugs are advised to apply through the '*Hawan process*' which means by fumigation or *Dhoopan*.

Along with the above-mentioned group *Sushrut* advocated various groups elsewhere in the *Samhitas*. Various quotations may be observed for this purpose in *Sutrasthan* 5/18, 19/28, 37/21 and *Uttarasthan* 27/20, 28/6-8, 29/8, 30/6, 31/7-8, 32/6, 35/6, 36/7, 60/46-50

The drugs mentioned in the above quotations are not only useful by the *Dhoopan* process but certain drugs are applicable even by wearing them that is by *Dharan vidhi*

On the basis of the origin of Dhoopan dravya, it can be classified as
1 Sthavar dravya- these are from plant origin like *Guggul*, *Nimb*, *Vacha*, *Haritaki*, *Sarshap*

2 *Jangam dravya* – these are of animal origin like *Sarpnirmoka*, *Bastaloma*, *Nrukesh* as well as feces of cats, cow(dunk) owls, hens, monkeys

3 Mineral origin- *Hartal*, *Manshil*.

Conclusion

Dhoopan karma is an important modality and primitive method of sterilization. Besides its antimicrobial potential, it can also be used as a route of drug administration without any side effects. The classical indication of *Dhoopan karma* is epidemics suggests exploring in role in managing the outbreaks of many new emerging infectious diseases.

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