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Dhupana With Nimbapatra As A Adjuvant Therapy To Manage Vrana- A Review.

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ABSTRACT

Ayurveda since the very start has always emphasized upon a healthy living in order to maintain the health of an individual. But if at all an individual suffers a disease in order to overcome its bad prognosis *ayurveda* has also mentioned about time tested remedies and procedures which when done can yield marvelous and miraculous results. Sir Joseph lister had quoted that “skin is the best dressing” but what if it somehow gets distorted, disrupted or broken may be of any random injury, wound or perhaps an abscess. So, here we will discuss about the adjuvant therapy of *dhupana karma* stated under “*vrana Shashtyopkrama*” in the 1st chapter of *Sushruta Samhita Chikitsa sthana* which is named as “*Dwivarniye Adhyaya*” as one of the *raksha karma* in the management of *vrana* (wound).

For the procedure of *Dhupana karma* here, the drug discussed is dried *nimba patrachurna*. The idea behind choosing *nimbi patra* is discussed below in the paper.

Keywords - *Vrana, Dhupana, Nimbapatra*

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INTRODUCTION

As quoted earlier in the abstract that “Skin is the best dressing we should always try our best to maintain its continuity but if at all it gets disrupted we should pull all our efforts to bring it back to the possible normal state. Since *ayurveda* has always made sure of every possible way of curing and bringing back the elevated *doshas* to normalacy to cure the disease. It has always emphasized more upon the preventive aspect than the curative one but this doesnot mean that the curative aspect mentioned in the texts is not worthy enough, but the matter of fact is its majorily unexplored. So here is my small contribution to the management of *vrana* with *dhupana* karma as a adjuvant therapy.

Vrana-

Vranagatra vichurne¹

Vrana is defined as a condition of disruption of the continuity of body lining. By *gatravichurne* one must get clarified about the type of pain which is crumbling in nature. Also *Sushruta Acharya* has described about *vranavastu* i.e scar which is formed as a result of healing. Quoting it as “*Vranavastuna vinashyati²*”.which means that scar never goes it remains troughout the life of an individual.

Types of Vrana:-Mainly classified in to two categories as per its origin and aetiology

1. *Nija vrana*
2. *Agantuja vrana*

Nija are the ones which are formed as a result of vitiated *dosha*, no external factor like injury etc is involved to cause this sort of *vrana*. *Vata, pitta and kapha* gets aggravated by the causes and gets lodged in the exterior of body and give rise to the *nija vrana* in particular. One more classification on the basis of *dosha dushti* is explained by the *Acharya* which are

1-*Dushta vrana.*

2- *Shuddh vrana.*

Something called *Sadyovrana* is also mentioned in the texts which when studied resembles the *agantuja vrana*. *Agantuja vrana* caused as a result of external factors like incision, puncture, laceration, bruises etc.

Dhupana Karma-

Dhupana karma is defined as fumigation process. The very first reference is from *sushruta sutra* 5th chapter “*Agrahopharniye Adhyaya*.”³

Tato

guggulvaguruarjarasavachagorsashapachurnerlav ananimbpatravimishrerajyayukterdhupyate □ s .
su.5/18 (

With the drugs mentioned in the shloka Acharya has mentioned to do *dhupana karma*.

Dhupana karma is also mentioned in the 1st chapter of *Sushruta Samhita Chikitsa sthana* which is named as “*Dwivarniye Adhyaya*.”⁴

Indication of Dhupanakarma in vrana-

Urdhvajatrugatan rogan vrananscha kafavatajan

Shophastravarujauktan dhumapanerucharet

(S.Su.1/121)

The wounds above the region of neck (above neck is the region of *kaphadosha*), in *kapha vata janya vrana*, *shotha*, *srava*, and painful wounds *dhupanakarma* is indicated.⁵

MATERIALS AND METHOD-

Material:- Relevant literature is referred in *Samhitas*, *Sangraha granthas* and contemporary literature along with personal experiences.

Methodology:- Review study

Literature related to the title is explored from all reliable *Ayurvedic* journals and internet. Conclusion has been drawn from systemic analysis, comparison and rationale.

Why Nimba (Azardirachta indica)?

Nimbapatra prashasti –

Nimbapatram

smratamnetryam

kramipittavishapragunt

Vatalam katupakscha savrarochakakuhtanut

(Bh.ni. gughuchyadivarga)

Tikta-katu rasa prevents *vrana* *gata kleda*, *puya*, *dushtasrava* from the site of wound and helps in *ropana* i.e healing of the *vrana*⁶. Moreover *Nimbais* known for its anti microbial, anti fungal and anti viral properties worldwide (hence term –*krimitan* can be justified too).

Procedure of Dhupana-

1. After washing the *vrana* with *panchvalkal kwatha* dab dry the wound area.

2. In a *dhupanayantra* or *shrava* lit the coal or cow dung cake when its ready put the *nimbapatra churna*(*nimba* leaves powder).
3. Wait for fumes to rise and than fumigate the wound with it till the wound dries up.
4. Do dressing of the wound as per the protocol.

DISCUSSION-

Since *nimba* is known for its anti-fungal, anti-bacterial and anti- viral properties. Moreover the *vrana* exudes like pus and odour are because of manifestation of some bacterias acting on it , the *nimba* fumes help in combating the bacterial growth on the wound and hence helps in its better recovery and healing.

Ayurveda since the time immemorial has served human beings. *Acharya Sushruta* has described *vrana* and its management magnificiently in his texts. He has mentioned about 60 *upkramas* to cure *vrana* and among all those *upkramas*, *dhupana* is one of the mostly followed procedure in *sravi vrana* after washing it with siddha *kashaya*. *Dhupana* was a concept that was very well known to the ancient propagators of *ayurveda*. They have mentioned of it as a *rakshogna* karma meaning “preventive procedure” against the *krimi*, *bhuta*, *pisach* can be co related to pathogens like bacteria, virus and fungi since they are also invisible to naked human eye. They have mentioned plenty of *rakshogna dravyas* to be used out of wish we have emphasized upon *nimbi patra* because of its *rasa* and *krumighna* properties.

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