

## STANDARDIZATION OF INSTRUMENT FOR KARNA DHOOPANA

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### ABSTRACT

*Dhoopana Chikitsa* is one of the important *kriyakalpa* mentioned in *Ayurvedic* treatment. It is used for various ailments and many *Dhoopa Yogas* (formulations of fumigation) are found in *Ayurvedic Samhitas*. The reference of *Dhoopana* can be traced to the Vedic period and has been rooted in our traditions. Modern researches have also verified its ability as a purifying and sterilizing medium. *Dhoopana* is said to be extremely effective in preventing as well as curative aspects, yet, there remains an ample scope in this area as its practice is seldom in use. Even though there is mentioning of various *dhoopanas* and *dhoopana dravyas* for different ailments in various *Samhitas* of *Ayurveda* but we don't get any reference regarding how to do it and method of procedure, *matra kaala*, contraindications etc, and not mentioned any *yantra* for *karnadhooopana*, and currently there are no standardized instruments are available for *karnadhooopana* due to this *Karnadhooopana* is less practiced keeping it in mind of all the aspects made an effort to develop a standardized instrument for doing *Karna dhoopana* named as *Karna dhoopana yantra* so that it overcomes all the difficulties facing in day today clinical practice.

**KEYWORDS:** *Karna dhoopana, Ayurveda, yantra, krimi, Vrana*

### INTRODUCTION

*Dhoopana* is administering *dhuma* with the help of *dhupana dravya*. There are many references regarding *Dhupana* in *Ayurvedic* classics. In *Kashyapa Samhita*<sup>1</sup> their many types of *Dhoopana* advised for children. For the *Dhoopana*, the drugs used were herbs, hairs of animals, legs, horns, hairs of Brahman, references are available for *dhoopana* from *kashyapa Samhita*, *Sushruta Samhita*, and other treatises of *Ayurveda*, it is understood that *Karna* can be protected from maggots (*Krimi*), bacteria (*Rakshogna*)<sup>2</sup>, lice, etc by doing *Karna dhoopana*. References indicate the analgesic and disinfectant effect of *Dhoopana karma*

and are also mentioned for *dusta Vrana chikitsa*. It reduces *vedana*, *srava*, *pootiganda of dustavrana*, and also does *Vrana ropana*<sup>3</sup> action.

It is classified into *Dhupa*, *Anudhupa*, and *Pratidhupa*, and based on origin, it is classified into *Jangama* and *Sthavara*. Even though there is mentioning of various *dhoopanas* and *dhoopana dravyas* for different ailments in various *Samhitas* of *Ayurveda* but there is lacuna of availability of reference regarding how to do it and method of procedure, *matra kaala*, contraindications, etc. Currently a simple modified way the *shalakies* are practicing

*Karna dhoopana* according to their *yukthi* and experience, but there is a lack of standardization in *Karna dhoopana yantra*. Keeping this in mind and to overcome all these difficulties designed a *yantra* which is completely standardized and it's easy to use and which will be very helpful for the all the *shalakis* and surgeons for *Karna dhoopana* and *Vrana dhoopana*. *Karna dhoopana yantra* is made up of good quality material like stainless steel which works with the 220 volts of regular voltage with direct current. The tip of the connecting tube will be connected to a heat resistance tube with around 2 to 3-meter length to deliver the *dhooma* to *Karna* under controlled pressure and also we can use this in *Vrana dhoopana* also.

#### AIM

To standardize the instrument for *Karna dhoopana*

#### MATERIAL METHODS

*Karna dhoopana yantra* is made ready by keeping in mind all the drawbacks and difficulties faced in *Karna dhoopana* in day-to-day practice.

#### DETAILS OF INSTRUMENT

*Karna dhoopana yantra* is made up of good quality material like stainless steel which works with the 220 volts of regular voltage with direct current.

This is having,

- Heating device** for the generation of heat to produce *dhooma*.
- Container** for putting *dhoopana dravya*.
- Connecting pipe** to transfer the gas from *dhooma yantra*.
- A valve** to control the pressure of the *dhooma*.

The tip of the connecting tube will be connected to a heat resistance tube with around 2 to 3-meter length to deliver the *dhooma* to *Karna* under controlled pressure and also we can use this in *Vrana dhoopana* also.

#### MERITS OF KARNA DHOOPANA YANTRA

- This weights only about 2 to 3 kg.
- This is portable so it can be carried anywhere.
- As it's made up of stainless steel it's very easy to wash and clean.
- The container is removable for washing and maintaining cleanness.
- We can regulate the pressure of *dhooma* in *Karna dhoopana*.
- It's easy to do the procedure using.

#### DEMERITS OF DHOOPANA YANTRA

It can work only with electricity.

#### DISCUSSION

As already stated above there are various *dhoopana karma* and *dravyas* are mentioned in the treatises of *Ayurveda* for the various ailments in *shalakya tantra* and *vrana in shalya tantra* but there is no reference of any instrument which is mentioned for *Karna dhoopana* and detailed description of the procedure of *Karna dhoopana* regarding *matra kaala*, how to do it etc. But all *Ayurveda vaidyas* are practicing *Karna dhoopana* by using their *yukthi* and using their experience along with the *aptopadesha*. There are various simple techniques are used according to the type of *dhoopana* like *Karna dhoopana*, *Vrana dhoopana* and according to need but currently, many difficulties are facing while doing *Karnadhooopana* because there is no

standardized instrument is available for doing *Karna dhoopana*.

While doing the *dhoopana* by using charcoal the carbon dioxide will mix with the dhoopa along with its volatile properties and may not does its action properly and the positioning of the patient also facing difficulty due to the distance between the patient and the *dhooma pathra* due to this the delivery of the *dhooma* may not reach the desired part to be delivered. And there is no reference for any instrument mentioned specially for *Karna dhoopana*. even though the action of the *dhoopana* is effective still our *vaidyas* are not practicing due to these difficulties, so keeping in this mind developed a new *yantra* called as *karna dhoopana yantra* which is very easy to handle which works with 220volts of electricity and we can deliver the *dhooma* to the place *dhoopana* to be given very easily so by this will come over all the difficulties and can do the procedure in their clinic without any difficulty.

### CONCLUSION

*Dhoopana yantra* is developed to standardize the method of *dhoopana karma* and *dhoopana yantra*, as there was no standardized instrument available to use in day to day practice. By this instrument we will get good results as it is easy to handle, we can deliver the *dhooma* to the desired part very easily so it can be used in daily practice for *Karna dhoopana* and *Vrana dhoopana*.

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Source of support: Nil

Conflict of interest: None Declared

### Cite this article as

Dr Raju S N : Standardization of Instrument for Karna Dhoopana ayurpub; V(5): 1608-1610

