

A REVIEW ON NIMBAPATRADI DHOOPAN & ITS MEDICINAL PROPERTIES

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ABSTRACT

Nimbapatradi dhoopan is an ancient *Ayurvedic* practice involving the burning of a specific combination of medicinal herbs, including *Neem*(*Azadirachta indica*) known for its antiseptic, anti-inflammatory and healing properties. Traditionally used in *Ayurvedic* treatment, *Nimbapatradi dhoopan* has been employed in the management of wounds, particularly to prevent infection and promote faster healing. This practice involves the therapeutic smoke generated from burning these herbs, which is believed to have both local and systemic healing effects. The antimicrobial properties of *neem*, along with other synergistic herbs, make *Nimbapatradi dhoopan* an effective adjunct in wound care, especially in settings where modern medical treatments may be inaccessible. This study examines the pharmacological properties of the herbs involved in *Nimbapatradi dhoopan*, the mechanisms through which the therapeutic smoke aids wound healing,

and the historical and modern applications of this practice in wound management. It also explores the scientific validation of this traditional method in preventing infections, reducing inflammation and accelerating tissue repair, offering insight into its potential role in complementary wound care treatments.

KEYWORDS: *Nimbapatradi dhoopan*, Medicinal properties, Ingredients.

1. INTRODUCTION

In *Sushruta Samhita* there is a detailed description of *Vrana* including the etiology, clinical features, management and complication. *Vrana* is generally classified into two groups i.e.

Sharira which are due to vitiated dosha & *Agantuja*. In almost all of the *Ayurved Samhitas*, *Vrana* is the most important and widely described clinical entity. The word *Vrana* is initiative form the verbal root “*Vrana*” which means anything that causing discontinuity of the skin and other tissues under lying it.

VRANA DHOOPAN^{[3][7]}

Sushruta has described 60 upakramas for the comprehensive management of *Vrana* (wound), which include *dhoopan* as well as the systemic use of different drugs in 60 *upakramas*.^[1] *Vrana dhoopan* means fumigation of *Vrana* with the help of *dhoopan* drugs. *Dhoopan dravyas* are herbs which produce smoke when heated. These *dhoopan dravyas* contains oils, tar and resin which are volatile. When *dhoopan dravyas* heated the volatile ingredients are liberated out to produce fumes(dhoop). An attempt has been made by *Vrana dhoopan* by *Nimbapatradi dhoopan* described in *Bhaishajya Ratnawali*.^[2]

Vrana dhoopan of *Nimbapatradi dhoopan* does the *shodhan* of *dushta Vrana*, helps to remove all slough, dead tissue & *Vrana* becomes *shudh*. Thus enhances the wound healing property by reducing symptoms like *Strava*, *shotha*, *durgandhi* etc. *Nimbapatradi dhoopan* ingredients are *Nimbapatra*(*Azadiracta indica*), *Vacha*(*Acorus calamus*), *Hingu*(*ferula northex*), *Sarshapa*(*Brassica compestris*) *Ghruta*(*Butyrum departum*), *Lavana*(*Sodi chloridium*). *Nimbapatradi dhoopana* acts like Antiseptic, Anti-inflammatory, Antimicrobial, Vermifuge etc.

2. AIM AND OBJECTIVES

To discuss, evaluate and elaboration on medicinal properties of *Nimbapatradi dhoopana*.

3. MATERIAL AND METHOD

Material related to *Nimbapatradi dhoopana* is collected from *Ayurvedic text*, various websites and book of modern medicine respectively. The available commentaries of *Ayurvedic Samhitas* have also referred to collect relevant matter.

4. REVIEW OF NIMBAPATRADI DHOOPAN

In case of skin disease, *karna roga* & *dushta vrana*, *nimbapatradi dhoopan* is useful.

INGREDIENTS OF *NIMBAPATRADI DHOOPANA*^{[8][9]}

S.NO	DRAVYA	LATIN NAME	PROPERTIES
1.	<i>Nimbapatra</i>	<i>Azadiractra Indica</i>	RASA- <i>Tikta, kashaya</i> GUNA- <i>Laghu</i> VIRYA- <i>Sheeta</i> VIPAK- <i>Katu</i>
2.	<i>Vacha</i>	<i>Acorus calamus</i>	RASA- <i>Tikta, katu</i> GUNA- <i>Laghu, Tikshana</i> VIRYA- <i>Ushna</i> VIPAK- <i>Katu</i>
3.	<i>Hingu</i>	<i>Ferula northex</i>	RASA- <i>Katu</i> GUNA- <i>Laghu, Snigdha, Tikshana</i> VIRYA- <i>Ushna</i> VIPAK- <i>Katu</i>
4.	<i>Sarshapa</i>	<i>Brassica compestris</i>	RASA- <i>Katu, Tikta</i> GUNA- <i>Tikshana, Ruksha</i> VIRYA- <i>Ushna</i> VIPAK- <i>Katu</i>
5.	<i>Ghruta</i>	<i>Butyrum departum</i>	RASA- <i>Madhur</i> GUNA- <i>Snigha, Mridu</i> VIRYA- <i>Sheeta</i> VIPAK- <i>Madhur</i>
6.	<i>Lavana</i>	<i>Sodi chloridium</i>	RASA- <i>Lavana</i> GUNA- <i>Laghu, Snigdha</i> VIRYA- <i>Sheeta</i> VIPAK- <i>Madhur</i>

4.1 METHOD OF PREPARATION

First of all, dry the *Neem* Leaves & *Vacha* in a shaded area, after that take equal parts of *Neem* Leaves, *Vacha*, *Hingu*, *Ghruta*, *Lavana* & *Sarshapa*. Grind all the drug (Except *Ghruta*) to make fine powder (*Churna*), *Ghruta* was added at the time of *Vranadhoopan*.

4.2 MEDICINAL USE OF *NIMBAPATRADI DHOOPAN*

BED SORE

A bed sore also known as a pressure ulcer or decubitus ulcer, is an injury to the skin and underlying tissue. Bed sore can range from mild redness to severe, deep wound and can lead to infection. *Neem* has strong antibacterial and antifungal properties, which help in preventing infection in open wounds. It can reduce inflammation which is beneficial in the healing process of bed sore. The application helps in enhancing the natural healing process of the skin.

DUSHTA VRANA

Vrana which has foul smell, continuously flowing putrefied pus along with blood cavity, since long time and has smell etc, *Vrana lakshana's* are high in intensity and which is almost opposite to *shudh vrana* is *dushta vrana*. *Nimbapatradi dhoopan* helps in alleviating *rukshata* of *vrana*, *germs*, *kandu* and pain(*Vedana*).

5. DISCUSSION

The majority of *dhoopana's* constituents contain *tikta*, *Kashaya rasa* and *laghu*, *Tikshana*, *ruksha*, *snigdha*, *gunas*. *Nimbapatradi dhoopan* is *tikta* and *katu ras* pradhana. Both of which are *kaphapittashamak*, *kaphavataghna* and have the properties of *Vrana shodhan*, *ropan*, *vedanahar* and *pootihara*. *Nimba's* primary ingredient, *nimbine* has anti-inflammatory, analgesic, and antibacterial properties.^[10] *Vacha* has *kaphapittashamak* properties. *Hingu* has *krimighana* and *jantughana* properties. *Ghruta* contains several saturated and unsaturated fatty acids which are capable of taking part in metabolic processes involved in any wound healing so it is used as wound healing properties.^[11] *Nimbapatradi dhoopan* have qualities to purify the wound by kills micro-organisms when used in the form of smoke and keeps the wound clean and hasten healing process.

6. CONCLUSION

Traditionally, complementary and alternative medicine(TCAM) has indeed gained popularity globally over the last two decades. Phytomedicinal therapy which utilises plant based remedies have been appealing as it causes minimal side effects. *Nimbapatradi dhoopan* have been scientifically used and verified due to its antibacterial, anti-inflammatory, analgesic and many other benefits.

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