

A LITERARY REVIEW ON DHANYAMLA DHARA**Dr. Snigdha Rani Patra*¹ and Prof. Dr. Durga Prasad Dash²**

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ABSTRACT

‘Dhanyamla dhara’ is a type of panchakarma procedures. It is one among the Swedana karma. It is mainly used in musculoskeletal disorder. It is used to treat arthritis, inflammatory conditions mainly Vata disorders associated with Kapha dosha. Here in this article, we will discuss about the preparation of Dhanyamla, its benefits, procedure of Dhanyamla dhara and its uses in different disorders.

KEYWORDS: Dhanyamla, Dhanyamla dhara, Panchakarma.

INTRODUCTION

Dhanyamla dhara means pouring of Amla (fermented) Dhanya(grains) in a streamline flow(dhara) over the target site of the body. So, in Dhanyamla dhara fermented Dhanya is processed with different medicinal plants and used for dhara. Dhanyamla dhara is used both as a sthanik (local) dhara and also as a Sarvanga (whole body) dhara. It can be included under Drava Sweda (parisheka, and avagaha sweda).^[1]

Acharya Sushruta included Dhanyamla in Madya Varga.^[2] Acharya Charaka also described Dhanyamla under Madya Varga(Sandhana kalpana), but he termed it as Amla kanjikam.^[3] Acharyas have explained the benefits of Dhanyamla but not explained about the preparation.

PREPARATION OF DHANYAMLA^[4]

According to Sahashra Yoga the preparation of Dhanyamla is as follows.

Ingredients

1. Tandula (Rice)-	6.4kgs
2. Prithaka (Flattened Rice)-	6.4kgs
3. Kuluttha (Horse-gram)-	1.6kgs
4. Laja (Fried Rice)-	1.6kgs
5. Kang Bija (Grain variety)-	2.56kgs
6. Kodrava tandula (grain)-	2.56kgs
7. Sunthi (dried ginger)-	1.28kgs
8. Dantasathaluka-	20.48kgs
9. Ajamoda (carrom seeds)-	1.28kgs
10. Ushnodaka (warm water)-	128lits

Preparation

Mix all the ingredients in an earthen vessel and keep it stable in a place. Then close the pot with an earthen lid and seal it properly with clay and cloth. Then it should be heated in a low flame for seven days continuously. On eighth day the liquid should be collected and hot water to be mixed. And then it is ready for use. This is the heating type of method.

But some practitioners use a different but easy method to prepare Dhanyamla. In this they take 1 part of raw Rice and cook with 5 parts of water. When the rice cooked completely, add 8 parts of water, cover the pot with lid and fix with clay and cloth. Then the pot is placed in a dark place for 7 days. On eighth day it is opened and used.

Benefits and Indications

- All types of Vatavyadhi- to be used as Avagaha sweda after sarvanga abhyanga.^[5]
- Daha (burning sensation), Jwara(fever) nashak, alleviates Vata Kaphaj vyadhi by internal or external use. Cures constipation, helps in easy evacuation of stool and urine and it is a good appetizer.^[6]
- Dhanyamla relieves burning sensation, alleviates vata and kapha by internal and external use, relieves excessive thirst. By Gandusha dharara(gargle), it removes kapha, mukhavairasya(tastelessness), dourgandhya(foul smell), and klama(tiredness). It is digestive, carminative, bhedi(purgative) in nature. It is used in Asthapana basti. Acharya also said that it is satmya for the person who are staying in sea belt.^[7]

Dhanyamla Dhara Procedure

It is a type of sarvanga dhara included under Drava sweda.

Purva Karma

Patient should sit/lie down on the droni, talam should be kept on head and sarvanga abhyanga should be done (in ama condition Dhanyamla dhara can be done without abhyanga as a Ruksha sweda). Then an eye pad should be tied around the head and ear should be plugged with cotton.

Pradhan Karma

Dhanyamla should be heated indirectly and poured in the dhara pot and two attended standing on both sides of the droni pour the dhanyamla in medium speed from 4 angula height. Dhanyamla is used both in hot and cold form. Everyday fresh dhanyamla is used.

Paschat Karma

After dhara entire body is cleaned using soft towel and Rashnadi churna is applied on head. Patient is asked to rest for some time as procedure and then asked to take bath with warm water.

Duration

45 minutes for 7 or 14 or 21 days according to the disease requirement.

DISCUSSION

Dhanyamla is a sandhana Kalpana. It is also known as Kanji, Kanjikam or Aranala. It is used alone as Dhara or for internal administration. Again, it is used as an avapa/prakshepa dravya in Asthapana basti. Dhanyamla is used in the preparation of Upanaha sweda, Ishtika kanji sweda is best for vatakantaka. It is rooksha in nature, it is digestive, carminative and anti-inflammatory so, it is used in Amavata (rheumatoid arthritis). Due to deepana pachan property it digests the ama and give relief from pain and swelling.

CONCLUSION

From the above discussion we can conclude that Dhanyam dhara is a Drava sweda. It helps in alleviating kapha vata disorder, makes the body strong, stabilises the digestive fire and corrects metabolism. It relieves burning sensation and thirst (Pitta dosha). So, it can be used as a Tridosha shamaka.

Digest the ama, so helps in clearing the channels (Srotas shodhana). So, it facilitates proper absorption of nutrients and medicines. Dhanyamla dhara can also be done in diabetic patient with diabetic neuropathy. Again, as a sweda it induces sweat, so helps in elimination of waste metabolites.

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