

REVIEW OF DHANYAMLA: PREPARATION AND THERAPEUTIC ASPECT

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ABSTRACT

The classical Ayurvedic texts are endowed with unique treatment modalities. Panchakarma procedures is a backbone of Ayurveda. Dhanyamla has a great importance in Panchakarma procedures. Dhanyamla has a great therapeutic value. It is widely used in India. The word Dhanyamla is comprised of two word Dhanya and Amla. It is a sour medicated liquid preparation prepared by fermentation process of various cereal. Dhanyamla can be used both internally and externally. Oral administration of Dhanyamla increases appetite and digestion. Externally it is used in Parisheka Sweda mainly for diseases of the musculoskeletal system. It is used to treat Sarvangavata, Rheumatoid Arthritis (Amavata), Obesity, Diabetic sensory neuropathy, Jwara. Inflammatory diseases and Vata disorders mainly related to Kapha dosha. This article describes the preparation of Dhanyamla, synonyms, guna and its use in various medical conditions.

KEYWORDS: Dhanyamla, Dhanyamla nirman, Lepa, Gandush, Sandhankarma .

INTRODUCTION

Dhanyamla has a great importance as a medicament it is abundantly used in Ayurveda. Dhanyamla use in various diseases in almost all parts of india. The term "Dhanyamla" consists of two different words "dhanya" and "amla" giving a broad meaning to "fermented grains". It is a sour medicated liquid preparation prepared by fermentation process of various grains. According to Ayurveda Dhanyamla has properties of Amla Rasa, Laghu, Teekshna and Snigdha Guna, Ushna Veerya and Amla Vipaka.

Dhanyamla can be used both internally and externally. Internally it is used for drinking as it increases digestive power and appetite. For externally used for Nadisweda, Parisheka, Avagahasweda, Upanah, Ishtikasweda and Virechana, Sarvangadhara, Asthapanabasti and Shirodhara. Dhanyamla dhara means pouring amla (fermented) dhanya (grain) in a streamlined stream (dhara) onto the target area of the body. Dhanyamla dhara is used both as stanik (local) dhara and sarvanga (systemic) dhara.

Defination of Dhanyamla

Dhanyamla is a unique Ayurvedic fermentative preparation which comes under Sandhana kalpana. Dhanyamla is the fermented liquid extracted from grains such as rice and millet, which are soaked in water in a vessel and then the vessel is sealed and left undisturbed for 3 days, allowing the mixture to ferment.^[1]

Synonyms of Dhanyamla:-Dhanymla, Kanjika, Aaranal, Kanji, Amla Kanjikam.

Guna of Dhanyamla:-Laghu, Teekshna, Vyavayi and Snigdha Guna.

Rasa of Dhanyamla:- Amla.

Vipaka of Dhanyamla:- Amla.

Veerya of Dhanyamla:- Ushna.

Karma of Dhanyamla

Deepan, Pachan, Rochan, Shoolhar, Ajirna, Vibandhghna, Thrushna Hara, Mukha Vairasya Hara (eliminate bad taste of the mouth), Mukha Daurgandha hara (eliminate bad smell of the mouth), Klamahara (relieve exhaustion), koshtashudhikar, Dahajvarhar, Bastishodhanam, Vatanashak.^[2]

History of Dhanyamla

Dhanymla is expalined in Rasayansar.^[3] Acharya Charaka also described Dhanyamla under Madya Varga (Sunderna Kalpana) but he called it as an Amla Kanjikam & Dhanyamla is also included in dhanyaasav. The Acharya explained the benefits of Dhanyamla.^[4] Acharya Sushruta includes Dhanyamla in Madya Varga.^[5] Dhanyamla is explained by Acharya Vagbhat.^[6] According to Bhavaprakash Dhanyamla is mentioned in Sandhan varga.^[1] Dhanyamla is also explained in

Bhaishajyaratnavali.^[7] In Rajanighantu dhanyamla is in kshiradi varga.^[8] In Yogratnakar dhanyamla explained in Saptadhatuvarna.^[9]

PREPARATION OF DHANYAMLA

- According to Sahashrayoga
- According to Bhaishajyaratnavali
- According to Aasavarishta vidnyan
- According to Rasayansar
- According to Bhaishajya kalpana vidnyan

1. According to Sahashrayoga the preparation of Dhanyamla is as follows^[10]

Properties of Dravya^{[11][12][13][14][15][16][17][18][19]}

Name of Drug	Latine Name	Rasa	Vipak	Virya	Guna	Dosha Karma
Tandula	Oryza sativa	Madhur Kashaya	Madhur	Sheeta	Guru	Tridoshghna
Pruthuka	Oryza sativa	Madhur	Madhur	Sheeta	Gura	Vata shamak kapha karak
Kulattha	Dolichos Biflorus	Kashaya	katu	ushna	Laghu, Ruksh, Tishna	Kapha ,vata shamaka
Laja	Oryza sativa	Madhur	Madhur	Sheeta	Laghu	Pitta, kapha shamak
Kangubeej	Setaria Italica	Madhur Kashaya	Madhur	Ushna	Laghu	Vata,Kapha Shamaka
Kodrava	Paspalum scrobiculatum	Madhur Kashaya	Katu	Sheeta	Laghu Ruksha	Kapha Pitta Shamaka
Nagara	Zingiber officinale	Katu	Madhur	Ushna	Laghu Snigdha	Vata,pitta shamaka
Nimbuka	Citrus lemon	Amla	Amla	Ushna	Guru Tishna	Kapha, Vata shamak
Deeptyak	Carum roxburginum	Katu tikta	Katu	Ushna	Laghu Ruksha Tikshna	Kapha, vata Shamak

A large deep earthen pot is placed on the stove and 200 prastas of boiling water are poured into it and the medicines 1 to 9 are placed individually in loose bundles in a clean cloth bag. After these medicines are added to the vessel along with the water, it should be loosely covered with a lid and heated gently and continuously for seven days over medium heat, preferably from rice husks. Rice husks are placed under and around the vessel and it is fired, taking every precaution to ensure that the temperature of the water does not rise above the boiling point. On the eighth day the required amount of liquid is removed and a small amount of boiling water is added and it is left to ferment for at least three days in a suitable vessel and at a suitable place.

However, some practitioners use another simple method of preparing Dhanyamla. To do this, cook 1 part raw rice in 5 parts water. Once the rice is fully cooked, add 8 parts water and cover, securing it with clay and a cloth. Then place the pot in a dark place for 7 days. Open it on the 8th day and use it.^[20]

2. According to Bhaishajyaratnavali the preparation of Dhanyamla is as follows^[1]

- Aashu Dhanya (Shashtikshali rice) - 3 kudav (576gm)
- Bal Moolak (Radish) - 1 Kudav (192gm)
- Water - 1 Aadhak (3072ml)

Properties of Dravya^{[11]&[21]}

Name of Drug	Latin Name	Rasa	Vipak	Virya	Guna	Dosha Karma
Tandula	Oryza sativa	Madhura Kashaya	Madhura	Sheeta	Guru	Tridoshgha
Moolak	Raphanus sativa	Katu	Katu	Ushna	Tishna	Tridoshgha

Procedure of Preparation

- According to Bhaishajyaratnavali Aashu Dhanya (one of them is Shashtikshali) will be taken in quantity of 3 kudav and crushed.
- Then Bal Moolak will be taken in the quantity of 1 kudav and cut in small pieces.
- Then all above ingredients will be mixed with 1 aadhak of water in earthen pot.

iv. Then it will be kept for Sandhan karma until it become sour in taste.

3. According to Aasavarishta vidnyan the preparation of Dhanyamla is as follows^[22]

Rice is soaked in water and then transferred to an earthen vessel with three times the amount of water. The vessel is covered with a cloth and left for a week to undergo the fermentation process until it become sour in taste. The

acidic substance produced during this process is called kanjika, dhanyamla or aranala.

4. According to Rasayansar pratham khand the preparation of Dhanyamla is as follows^[3]

Take one set (1 share) of Mohari Bhardachurna, twice the amount of Saindhava, two sets of Kulitha kadha and rice cooked with Saindhava, half a set of Haridra churna, half a set of bamboo leaves, one Pala of Shunti, half a Pala of Jeera, and one-third pala of Hing. (Take these ingredients) Grind the ingredients that can be ground into powder and put them in an earthen vessel. Add Mohari oil and water in the proportion of half a Mana (20 shares). Add half a set of Udid Dal flour fried in Mohari oil. Seal the vessel and keep it aside. After seven days or four days in summer, strain the inner cleansing Kanji (Kanjika).

5. According to Bhaishajya kalpana vidnyan the preparation of Dhanyamla is as follows^[23]

Initially, boil 1 Prastha of rice in three times the amount of water in an earthen vessel. Add 4 Prastha of Mulak pieces to it and then add 16 times the amount of water. Close the mouth of the earthen vessel properly. Keep it aside for 7 days or until its taste becomes sour in taste, for the fermentation process, and then strain it. This is called Kanji.

BENEFITS AND INDICATIONS OF DHANYAMLA

- In all types of Vata Vyadhi - Avagaha Sweda is mention after Sarvanga Abhyanga^[24]
- Dhanyamla when used internally or externally, relieves Vata Kaphaji Vyadhi, Daha (burning) and act has Jwara Nashak (antipyretic), relieves excessive thirst. It cures constipation and urinary disorders, stimulates appetite.^[25]
- Removes Kapha through Gandusha (gargling), Mukha Vairashya (tastelessness), Durgandhya (bad smell), Klama (fatigue). Has digestive and carminative properties.
- Also used in Asthapan Basti.
- The Acharya also stated that it is satmya for those who live in the ocean zone.
- Danyamla is used in the preparation of Upanaha Sweda & Ishtika kanji sweda.
- For Vatakantaka it is best sweda. It is used in Amavata (rheumatoid arthritis) as it is Ruksha guna and shtohagn (anti-inflammatory) properties.
- Its deepana pachan properties help to digest ama and relieve pain and swelling.
- Dhanyamla use for shophaghna, shoohar, aadhman, mukhshoshhar, lepan on kshardagdh, use as keshranjanarth lepan.
- Dhanyamla use as parishek and for pittarakta shirorog chikitsa.
- Dhanyamla is effective in Sarvangavata (pain), Sthaulya (Obesity), Rheumatoid arthritis (Amavata), Diabetic sensory neuropathy.
- Dhanyamla use as Netradhara in eye pain.

- Dhanyamla in Bhayantar prayog- parishek, avagahsweda, bashpasweda, Upanaha Sweda, Pralep, Gandush, Prakshalan.
- Dhanyamla in Abhayantar prayog –Anupan, Aashthapan, Gudvarti, Sidhda Ghрут, Virechanopag.
- In Kerala Panchakarma Dhanyamla use in Shiro Dhara and Kaya Sheka.
- Dhanyamla combine with Ishtika sweda is use in vatakantaka.

Uses of Dhanyamla in chart form

Externally ↓	Internally ↓
Nadisweda	Anupan
Parisheka[Kaya Sheka]	Asthapanabasti
Avagahasweda	Gudvarti
Upanah	Sidhda Ghрут
Ishtikasweda	Virechanopag
Sarvangadhara	
Shirodhara	
Gandush	
Pralep/lepan	
Prakshalan	

CONTRAINDICATIONS FOR DRINKING OF DHANYAMLA^[25]

Shosh, Murchha, Bhram, Mada, Itching, Kushtha, Raktapitta, Pandu, Rajkshma.

Shelf life of Dhanyamla

Dhnyamla can be preserved for 6 months without harming its potency.^[26]

DISCUSSION

Dhanyamla action depends on guna of dhanyamla, which are ushna, vyavayi, ruksha, properties apart from its concomitant amla rasa and vataghna property. As general rule sheetha guna not only result in exaggeration of vata but also create blockage to strotas. Dhanyamla being ushna alleviates vata and also open strotas. Dhanyamla is said to be vyavayi which help in rapid spreading all over body. In sama-awastha of body generally Dhanyamla dhara is use because of ruksha guna of Dhanyamla. Dhanyamla is a sandhana Kalpana. It is otherwise called Kanji, Kanjikam or Aranala. It serves as Dhara on its own or is used for internal administration. It is utilized once more as an avapa or prakshepa dravya. Upanaha sweda is made with Dhanyamla, while vatakantaka is best made with Ishtika kanji sweda. It is rooksha in nature, it is stomach related, carminative and anti inflammatory thus, it is utilized in Amavata (rheumatoid joint pain). Because it possesses the deepana-pachan property, it digests the ama and alleviates pain and swelling.

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