



## Chapter 32. Dhanyamala Dhara

Swedana being a poorvakarma, pradhanakarma has to be followed as indicated if necessary.

It is a type of kayaseka, included under drava sweda, Dhanyamla is Included under Sandhana kalpana. It is used in vatarogas, especially with kaphanubandha.

**Indications and contraindications:** Multiple sclerosis, vatarogas with kaphanubandha rheumatic complaints

### Dhanyamla Preparation (According to Sushruta):

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.

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.

### Infrastructure facilities:

Full fledged Panchakarma theatre

Manpower: A well qualified Technician and an Attendant

### Materials required:

1. Dhanyamla- 4 litres
2. Vessels- 4
3. Soft towels- 3
4. Oil for talam- 10ml
5. Oil for abhyanga- 100 ml
6. Rasnadi Choorna- 5g
7. Kernel/Plastic mug with pointed tip-2
8. Gauze-1
9. Cotton ear plugs-2
10. Masseurs- 2
11. Attendant- 1



## **Poorvakarma (Pre operative procedure):**

Patients should sit on the droni; talam should be kept on head and sarvanga abhyanga should be done. Sometimes abhyanga is not done according to the condition of the patient. Gauze should be tied around the head above the eyebrows. Ears should be plugged with gauze. The patient should be covered with a thin cloth below the neck. This procedure may also be practiced without covering the body. This has to be discussed.

## **Pradhankarma( Procedure):**

Warm Dhanyamla is poured with kernels/mugs by two attendants standing on either sides of the droni. The temperature should be around 40°C. Dhara should be poured at a medium speed and from a height of 6-12 cm. This is to be done in the seven positions mentioned in Kayaseka.

Paschat karma (Post operative procedure):

After dhara clean the body & head using the soft towel. Ear plugs and gauze are removed & rasnadi choorna is applied to the head. Rest is advised for 1 hour and then asked to take a bath..

## **Duration:**

45minutesX 7 days. Preferably done in morning hours in a moderate climate.

## **Complications and management:**

Chills & rigors- Stop the procedure and give ushnopachara.

## **Clinical, vital data recording:**

Temperature, B.P., Pulse, respiratory rate has to be recorded before and after the procedure.

## **Lab investigations:**

Routine pathological investigations like, TC, DC, ESR, Hb and specific biochemical investigations- Blood Urea, total cholesterol etc., has to be done before and after the procedure.