

DIY DHOOP STICK

‘You are only here for a short visit. Don’t worry, Don’t hurry & be sure to smell the flowers along the way’ - Walter Hagen

Your sense of smell may not be as good as that of a dog but it sure is powerful enough to influence emotions & invoke memories. Dhooapan is considered as having a disinfectant and purifying effect. It can also help us relax and instill pleasant emotions. So try this easy to do dhoop stick recipe at home!

What you will need:

1. Powder of Dried Flowers : 1 cup
2. Kachora Powder : 2 cups
3. Nagarmotha Powder : 2 cups
4. Khus (Vala) Powder : ½ cup
5. Dried Cow dung cake powder- ½ cup
6. Cow Ghee : 4-5 tbsp or as required
7. Water : as required
8. Essential oil of your choice :10-15 drops
9. Piping Nozzle Tip for shaping the stick

Preparation Process :

1. Make sure all the dry ingredients have been ground into a powder.
2. Make sure to sieve all the dry ingredients before mixing them together.
3. Add Ghee in little quantities to coat the mixture well.
4. Add water to get a consistent mixture that holds together when pressed into a ball and doesn’t crack or crumble.
5. Add essential oils of your choice.
6. Take a piping bag nozzle or any familiar conical shape to pack the mixture into as tightly as possible.
7. Air dry them in shade for about 2-3 days.
8. Pack in an airtight container and use when required.

Benefits:

1. We are reusing the flowers that were offered to God or used around the house for decoration.
2. Ingredients like Khus (Vala), Kachora are aromatic ingredients that contain volatile oils.
3. The soothing fragrances help in calming the mind as well as create a peaceful atmosphere.
4. Dhoop incense helps to improve concentration, reduce anxiety and tension.
5. The fumes through inhalation first reach the brain, followed by lungs and then other components of the body
6. Ingredients like Cow dung, dried flowers such as Marigold or Hibiscus, Cow ghee helps in repelling insects and have antimicrobial properties.

#Sayyestoayurveda #Sandupharma #dhoop #Ayurveda #organic #positivevibes #stresan #Brahmita #saraswatarishta #sanduarogyadarshika #diy

➤ **Watch The Video Here:**<https://youtu.be/JnMGezOIDf4>

Reference:

<http://jaims.in/jaims/article/view/73>

Wrishali's Kitchen - Youtube channel