

ROLE OF DHUMAPANA IN SHALAKYATANTRA

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ABSTRACT

Ayurveda is the full-fledged system of medicine which have numerous old and unique therapeutic modalities. *Dhumapana* is one among those which plays important role in *Shalakyatantra*. *Dhumapana* means inhalation of medicated smoke through nose and mouth. In *Charaka Sutra Matrasiteya* chapter *Dhumapana* is described as a daily regimen that is the part of *Dincharya*. Apart from *Dincharya* it is also indicated as a follow up regimen after *Panchkarm* and in the disease treatment protocol in other part of *Samhita*. Thus *Dhumapana* can be used as preventive as well as curative measure.

KEYWORDS: *Dhumapana*, Nose, *Kriyakalp*, *Vata-kapha*,

Shalakyatantra.

INTRODUCTION

Dhumapana is made up of two words – *Dhum* + *Pana*. *Dhum* means smoke and *pana* means inhalation. Inhalation of medicated *Dhum* (smoke) from the nose and mouth by using a specially designed *Dhum-netra* (pipe like instrument) for the required time is known as *Dhumapana*. *Dhumapana* consists of the inhalation of medicated smoke through mouth and/or nose and releasing it only through the mouth. Smoke should never be exhaled by nostril as a protocol of *Ayurvedic Dhumapana*. It works as a preventative for emotional and seasonal outbreaks and indicated in various diseases, conditions including acute pain.

Various Acharyas describe *Dhumapana* in details including *Dhumapana* description, apparatus, procedure, types, effects of each type, herbs, indications, contraindications, adverse effects, features of appropriate *Dhumapana*, dose, time slots as per indications, list of

herbs in their *Samhitas*.

In *Ashtanga-Hrudaya Sutrasthana* chapter 21 Acharya *Vagbhata* advised *Dhumapana* routinely in *Kapha-vata* diseases located above clavicle that is *Urdhvajatrugata*. It can cure them and prevent them as well.^[1]

Acharya *Sushruta* states that *Indriya* become activated and keen in their functions with clarity and freshness of mind, improves and clear the voice with *Dhumapana*. In addition he states the hair on head as well as beard and mustaches become firm along with teeth. Oral cavity becomes clean, non-slimy with pleasant odour i.e. it cleanses oral cavity.^[2]

Types of *Dhumapana* according therapeutic effect by different Acharyas.

	<i>Sushruta</i> ^[3]	<i>Vagbhata</i> ^[4]	<i>A. Sangraha</i>	<i>Sharangdhar</i> ^[5]	<i>Charaka</i> ^[6]
1	<i>Prayogik</i>	<i>Snigdha</i>	<i>Shaman</i>	<i>Shaman</i>	<i>Prayogik</i>
2	<i>Snaihika</i>	<i>Madhya</i>	<i>Bhruhana</i>	<i>Bhruhana</i>	<i>Snaihika</i>
3	<i>Vairechanika</i>	<i>Tikshna</i>	<i>Shodhana</i>	<i>Rechana</i>	<i>Vairechanika</i>
4	<i>Kasaghna</i>		<i>Kasaghna</i>	<i>Kasaghna</i>	
5	<i>Vamaniya</i>		<i>Vamak</i>	<i>Vamak</i>	
6			<i>Vranadhupana</i>	<i>Vranadhupana</i>	

Shaman (Pacifying) or *Madhya Dhumapana* are the synonyms of *Prayogik Dhumapana* (experimental) and it *Utkleshit* (aggravated) *Kapha dosha* and *Utkleshit Kapha dosha's* extrusion.

Vairechanik Dhumapana is specially indicated in diseases due to morbid *Kaphadosha* and *Tikshna* or *Shodhana Dhumapana* are the synonyms of this.

Snaihika dhumapana is effective for the treatment of *Vata dosha* and *Snigdha* and *Bhrihana* are the synonyms of this.

Dhumanetra

Material for preparation of *Dhumanetra*: It is produced from gold, silver, lead, copper, *kasya* etc or from *Khaira*, *Shisam*, bamboo, nails.^[7] To slow down the pressure of *Dhum*, *Dhumanetra* (pipe like structure) is used.

Length of *Dhumanetra* in *Angula Pariman*

Type	<i>Sushruta</i>	<i>Charaka</i>	<i>AH/ AS</i>	<i>Sharangdhar</i>
<i>Prayogik</i>	48	36	40	40
<i>Snaihika</i>	32	32	32	32

<i>Vairechanika</i>	24	24	24	24
<i>Kasaghna</i>	16		10	16
<i>Vamaniya</i>	16		10	10
<i>Vranadhupana</i>	08		08	10

Width of *Dhumanetra*

Type	<i>Agrabhaga / Terminalend</i>	<i>Mulabhaga / Base</i>	<i>Chhidra/Srota/Lumen</i>
<i>Prayogik</i>	Like <i>Kaninika</i> / little finger	Like <i>Angushtha</i> / thumb	Like a pea or such through which <i>Dhumavarti</i> / wick can be easily inserted.
<i>Snaihika</i> <i>Vairechanika</i>	<i>Kolasthi</i> <i>Kalaychidra</i>		
<i>Kasaghna</i> <i>Vamaniya</i>			<i>Kolasthi</i> /nut of jujube fruit.
<i>Vranadhupana</i>	Like pea	Like <i>Kulitha</i>	

Dhumavarti

- A smooth stick of hollow grass / reed, 12 *Anguli* in length, is soaked in water overnight.
- A paste of one *Tola* that is 12 grams approximately of fine powder of all drugs for *Dhumapana*; is prepared and spread on middle 9 *Anguli* portion of the reed.
- It is dried in shadow where breeze and other contaminants are avoided. The dried stick is again used for applying paste next day and this procedure is repeated for 5 days.
- After drying, the width of such prepared wick should be equal to human thumb in the center and tapering towards the ends, which (nozzle) should be of the size of *Yava*. The reed/stick is removed and the prepared *Varti* is used for *Dhumapana*.^[8]

Ingredients pertaining the types of *Dhumapana*

Prayogika Dhumapana

Sushruta has suggested using any aromatic ingredient from *Eladi Gana* except *Kushtha* and *Tagara*.^[9]

Ashtanga-Hrudaya has suggested using *Shallaki*, *Niryasa*, *Laksha*, *Kamala*, *Utpala*; and in addition to it, the peelings of stem of trees like *Vata*, *Umbara* *Plaksha*, *Pippal*, *Rodhra*, *Sharkara*, *Yashtimadhu*, *Aragvadha*, *Padmakashta*, *Manjishtha*^[10] etc.

Snaihik Dhumapana

Sushruta has suggested using *Snehaphalasara* i.e. essence/oils of seeds of fatty fruits, *Madhuchchishta*, *Sarjarasa*, *Guggulu*^[9] etc.

Ashtanga-Hrudaya has suggested *Agaru, Ral, Shigrubeeja, Bibhitaka, Musta, Sthouneya, Dagadphul, Jatamansi, Ushir, Vala, Tvak, Renukbeeja, Yashtimadhu, Bilvamajja, Elavaluka, Rohishatrana, Kshudramusta, Shallaki, Kumkum, Masha, Java, Kunduruka* and he advised to make a *Varti* of the powders of all above mentioned ingredients mixing with wax, *Meda, Vasa, Majja, Ghruta*^[10] etc.

Vairechanik Dhumapana

Sushruta has suggested using *Vidanga, Apamarga, Madhushigru*.^[9]

Ashtanga-Hrudaya has suggested *Jyotishmati, Haridra, Dashamula, Manashila, Haratala, Laksha, Apamarga, Triphala*, strong aromatic plants (*Agara, Tejapatra* etc) *Vidanga* etc. from gead purigatory group and *Varti* is prepared.^[10]

Kasaghna dhumapana

Sushruta has suggested *Varti* of *Bruhati, Kantakari, Trikatu, Kasamarda, Hingu, Ingudi, Tvak, Manashila, Guduchi, Karkatashruni* and other *Kasaghna* drugs.^[9]

Vamaniya dhumapana

Sushruta has suggested *Varti* of *Snayu, Charma, Khura, Shruna, Karkatasthi*/bone of crab, dried fish and meat, worms/insects and other *Vamaka*/emetic drugs.^[9]

Procedure of *Dhumapana*

- The patient is seated comfortably and is asked to concentrate on tip of the nose.
- *Ghruta* or such *Sneha* is applied to *Varti*, inserted in *Dhumanetra* from it's upper orifice and then ignited to perform *Dhumapana*.
- *Dhumapana* should be started orally first and then by nasal route. During nasal *Dhumapana* patient should keep the mouth open, close one nostril and inhale through other.
- The procedure is repeated alternately by mouth and nose (AH).
- *Charak, Ashtanga-Hrudaya* and *Sushruta*^[11] advise unanimously that exhalation of *Dhuma* should be only through mouth whether inhalation would be nasal or oral. They opine that nasal exhalation is responsible for loss of vision.

Dhumapana Kala

- *Snaihika Dhumapana* is done after urination, sneezing, laughing, coitus, yawning, anger, teeth brushing and after surgery.

- *Prayogika Dhumapana* is done after bathing, teeth brushing, food and surgery.
- After bathing, vomiting and day sleep *Vairechanik Dhumapana* is done.
- *Snaihika Dhuma* one time a day, *Prayogika Dhuma* two times a day and *Vairechanik Dhuma* is done three to four times a day.

Type of <i>Dhumapana</i>	<i>Charak</i> ^[12] -8	<i>Sushruta</i> ^[13] -12	<i>Ashtang Hridaya</i> ^[14] -15	<i>Bhel</i>
<i>Prayogik</i>	8	4	2	8
<i>Snaihika</i>		5	8	
<i>Vairechanika</i>		3	5	

Age limit for *Dhumapana*

Age limit for *Dhumapana* is from 12 to 80 years of age.^[15]

Internal physiology of *Dhumapana*

- *Vayu* gets pacified due to oily and pasty properties of *Snaihika Dhumapana*.
- *Kapha* is expelled due to exciting and evacuating actions by *Ruksha*, *Teekshna*, *Ushna* and *Vishada* properties of *Vairechanika Dhuma*.
- *Prayogika Dhumapana* is combination of *Snaihika* and *Vairechanika*. Hence it pacifies the *Vata* and expels *Kapha* as well. *Shaman* and *Shodhana* are performed at a time by this type of *Dhumapana*.

Indications of *Dhumapana*^[16]

Netra - *Netrashoola*, *Abhishyanda*, *Netrasrava*

Karna - *Karnashoola*, *Karnasrava*

Nasa - *Kshavathu*, *Excessivekshavathu*, *Peenasa*, *Pootinasya*, *Nasasrava*

Mukha - *Dantashoola*, *Dantadourbalya*, *Galashundika*, *Upajivhika*, stickiness of mouth, foul smell of mouth, *Svarabheda*, Salivation, Locked Jaw, *Manyastambha*.

Shiro-Kapal - *Shirashoola*, *Shirogaurava*, *Ardhavabhedaka*, *Khalitya*, *Palitya*.

Contraindications of *Dhumapana*

- After taking purgative (*Virechana*) or enema (*Basti*)
- In the case of bleeding through any aperture of the body, affected by toxins or fatigue, in conditions like grief, anxiety, and in pregnancy smoking
- The dryness of palate, fainting, injury to the head, headache in the diabetes and narcosis

Samyak dhumapana (perfectly done) lakshana (symptoms)^[17]

lightning of chest, throat, head and pacifying of disease.

Ayogya (insufficient) Dhumapana Lakshana^[17]

slurred speech, feeling of cough in throat and heaviness in head etc.

Atiyoga (excessive) Dhumapana Lakshana^[17]

dryness of throat, burning sensation, thirst, tinnitus, delusion, giddiness, diseases of eyes and nose, weakness and unconscious.

CONCLUSION

Dhumapan plays an important role in the *Paschat Karma* of different *Panchakarma* procedures and *Urdhvajatrugata Rogas* for preventive and curative procedures. *Dhumapana* should take all apart from addictive smoking because in *Dhumapana* addictive substances are not present. It is the need of modern era to expand the knowledge of Ayurveda with the help of modern techniques.

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