

STANDARDIZATION OF MODIFIED DHUM NETRA**Dr. Hemangi B. Shukla***

Associate and H.O.D., Department of Shalakyatantra, Govt. Akhandanand
Ayurveda College, Ahmedabad.

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***Corresponding Author**

Dr. Hemangi B. Shukla

Associate and H.O.D.,

Department of

Shalakyatantra, Govt.

Akhandanand Ayurveda

College, Ahmedabad.

ABSTRACT

Ayurveda is an ancient medical science. It has its own methods to treat the patients. There are many surgical, parasurgical and other procedures mentioned in Ayurveda, besides the medication. The specific instruments are mentioned to perform all these procedures e.g. Mandalagra shastra is for chhedana karma, Trikurchaka for visravana, Shararimukha for aharana, Karpaskrutoshani shalaka for moping, Basti yantra for giving basti, Vrandhupan yantra etc. Our acharyas have also given specification of all these yantra and shashtra. Now a day many modified instruments are invented for such procedures like svedana yantra, shirodhara yantra, droni, bastiyantra etc. Here an attempt has been done to make the Dhum Netra' for Dhumpan as per Sushrut standard. Some modifications are done to facilitate the ease of the procedure.

INTRODUCTION

Science is the intellectual process for using all of the mental and physical resources available in order to better understand, explain, and predict. In other words, science is the light thrown on silent facts. *Ayurveda* as a science has lots of such silent or hidden facts. The imperishable fundamentals of *Ayurveda*, which were laid down by the great sages of the olden days are still applicable because of their scientific eternal background. Such fundamentals must be subjected to scientific research not only to prove it's certainly but also to add something new to the existing knowledge. Here, an attempt has been made to throw the light on such type of hidden facts and break the silence of science.

Dhumpana is mentioned by Acharya Charaka^[1] and Acharya Sushrut^[2] in detailed. Acharya charaka has mentioned Dhuma nasya as one of the type of Nasyakarma.^[3] But it is still a literary part of ayurved.

Dhumapana is the procedure in which medicated fume is taken and emit from mouth. Acharya charaka^[4] and Vagbhata^[5] have mentioned the detail of Dhumapana in the context of Dincharya. Where as acharya sushrut has described Dhumapana as Para surgical procedure.^[6] In nutshell, Dhumpana is the procedure which is performed not as an individual procedure but in paschatkarma of some procedures like Nasya, Netratarpana, Vamana etc. Acharyas have mentioned mainly three types of Dhumapana. Prayogik Dhumapan, Dhumapana and vairechanik Dhumapana.^[7] Dhumapana is indicated in svastha as well as in shirahshula, pinas ardhavbhedaka, karnashula, netrashula, kantashula, hanugraha, svrabheda, khalitya, palitya, tandra etc.^[8] Prayogika Dhumapana is indicated in svastha, Snaihihik Dhumapana in Vata roga and Vairechanika Dhumapana in kapha roga or in Doshanirharana.^[9] The drugs having the particular properties are mentioned for respective Dhumapana. A varti is made-up from these drugs and with specific Dhuma Nalika (Dhuma yantra) the fume is taken.

Dhuma Netra

Dhumapana is to be done with Dhumanetra. According to Acharya charaka, the Dhuma (fume) passed through the Dhuma nalika become tanu (soft) and not harmful for Indriyas.^[10] So, the Dhuma netra is essential for Dhumapana.

Classical description of Dhuma netra

Dhumanetra should be prepared from gold, silver, copper, trapus, sisa, kansya etc. materials.^[11] The thickness of the Agrabhaga should be Kanishthika Parinaha (as little finger)^[12] The lumen should be Kalay matra (equal to the size of a Kalaya pulse).^[13] The thickness of the Mulabhaga should be Angushtha parinah (as the thumb).^[14] The lumen of the Mulabhaga should be equal to the size of Dhuma varti^[15] The total lenth of the Dhuma netra is according to the type of Dhumapana. As, Vairechanik – 24 angula, Snaihihika – 32 angula, Prayogika – 48 angula (Sushrut)^[16], 40 angula (Vagbhata)^[17], 36 angula (Charaka).^[18] Acharyas have mentioned three Parvas or Koashas in the dhumanetra.^[19]

Modified standard Dhuma netra

On the basis of above classical references, here an attempt has been done to standardize the Dhumanetra with some modifications. These modifications are based on practical ease of utilization of the Dhuma netra. The principals behind its classical description are followed here. The modified Dhumanetra is made in three parts.

1. Agrabhaga –It is the part of Dhumanetra from where the fume is to be taken

2. Mulabhaga: It is the part of Dhumanetra where the Varti is to be placed.
3. Dhuma Nalika.

AGRABHAGA: This part is made separate and common in all three types of Dhumanalika i.e. Vairechanik, Snaihika and prayogika.

Thickness: 5 cm - Kanishthika parinah^[20] (as little finger).

Lumen: Kalay matra^[21] (equal to the size of a Kalaya pulse- apprx 0.9 cm).

Length: 11 cm.

MULABHAGA: It is the part of Dhumanetra where the Varti is to be placed. This part is also made separate and common for all three types of Dhumanalika.

Shape: It is made in 'L' shape.

Thickness: 6 cm - Angushtha parinah^[22] (as the thumb).

Lumen: 7 cm - equal to the size of Dhuma varti.

Length: horizontal part – 5 cm.

Vertical part – 4 cm.

DHUMA NALIKA: Dhuma Nalika is prepared according to the type of Dhumapana. The length of the Dhuma nalika are finalized after deduction of the length of both the attachments (Agrabhaga and Mulabhaga). So, the length of Dhumanalika is as under.

Vairechanik: 27.2 cm

Snaihika: 41.6 cm

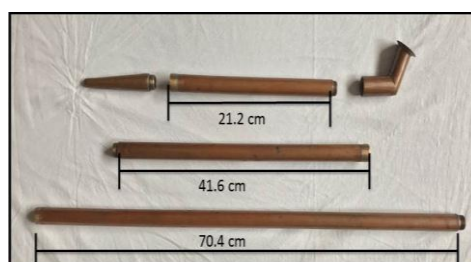
Prayogika: 70.4 cm

Along with the Mulabhaga and Agrabhaga, the length of the Nalikas fulfill the standards of Dhuma Netra as per Sushruta Samhita. Here, Mulabhaga and Agrabhaga remain common and the Nalikas of different length is to be attached as per the type of the Dhumapana.

Types of Dhumanetra	Agrabhaga	Nalika	Mulabhaga	Total length	1 angula \approx 1.8cm
Vairechanik	11 cm	27.2 cm	5 cm	43.2 cm	24
Snaihika	11 cm	41.6 cm	5 cm	57.6 cm	32
Prayogika	11 cm	70.4 cm	5 cm	86.4 cm	48



DHUM NETRA



DHUM NALIKA

Parva / Kosha – The principal behind the description of Parva is to decrease the force of the fume inhaled. By considering this purpose, there are three places which can be considered as Parva / Kosha.^[23,24] They are as under.

- 1 The union of vertical and horizontal part of the Mula bhaga of Dhumanetra.
- 2 The joint of the Mulabhaga and Nalika.
- 3 The joint of the Nalika and Agrabhaga.

MATERIALS

This Dhumanetra is made up from Brass.

DISCUSSION

The Brass material is used in the preparation of Dumanetra. Brass is durable, can not get rusted, unbreakable as well as it does not react with the material used in dhumavarti.

Agrabhaga and mulabhaga are prepared separate from the Nalika, so, it will be a common attachment for all three type of Dhumanalika. The mulabhag is specifically prepared in ‘L’

shape. The vertical part is facilitate the holding of Dhumavarti properly. At the junction of the agrabhaga – Nalika and Nalika – Mulabhaga, there is difference in the diameter of lumen which act as the Kosha. Due to the change in diameter in the lumen, the fume will be partially obstructed and become tanu.

CONCUSION

This modified Dhumanetra is based on classical description of Dhumanetra and it is very easy to use. We can give perfection to the procedure by using such instrument.

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