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## A Review Study On The Concept Of *Dhumapana*: A Procedure Of *Dincharya*

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### ABSTRACT: -

*Dhumapana* is a medicated smoke inhalation procedure of *dincharya* regimen mentioned in *Ayurveda* text. *Dhumapana* is a procedure which is used as a preventive measure as well as promotive and curative method. It prevents vitiated *vata* and *Kapha* generated *Urdhva jatrugata vyadhi* (heaviness of head, headache, rhinitis, pain in eyes, ear, cough etc.). Vitiated *kapha* situated in the head is eliminated very fast by *dhumapana*. So, after application of collyrium smoking is prescribed. Inhalation of *dhuma* (smoke) from the *dhumavarti* (medicated cigar) which is made up of using different herbal drugs by placing it in *dhumanetra*, an instrument used for smoking. *Dhumapana* works as both *shamana* and *shodhana* therapy for vitiated *dosha*. The detailed description about the concept of *dhumapana* as mentioned in *Ayurveda* is elaborated in this article.

Keywords- *Dhumapana*, *urdha-jatrugata vyadhi*, *dhumavarti*, smoking.



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## INTRODUCTION

### Definition

Inhalation of smoke & exhalation is known as *Dhumapana*.<sup>[1]</sup> Drinking of smoke is *dhumapana* or smoking.<sup>[2]</sup> Ingestion of the smoke from *dhumavarti* (Medicated cigar) through the nozzle (*Dhumanetra*) is considered as *dhumpana*. Here smoke is taken inside through the mouth, so it is called as *dhumpana*.

To abolish the excessive deposition of *Kaphadosa* from the head *Dhumpana* is advised. The vitiated *kapha* is wiped out from the body instantaneously by using this procedure. *Dhumpana* is considered as the best procedure to manage the vitiated *Vata* and *Kaphadosha*.

## MATERIAL & METHODS

This review study has been done by compiling the classical *Ayurvedic* literature, research journals etc. Based on the collected information and logical interpretation, concept of *Dhumapana* is described here in this article.

## RESULTS

### Classification of *Dhumapana*

*Dhumapana* is mainly classified into two types on the basis of *Avasthabheda* (Conditional) and *Dainikabheda* (Daily)

*Acharya Charaka* classified into 3 types<sup>[3]</sup>

- (1) *Dainika* (Daily)- *Prayogika*
- (2) *Avasthika* (Conditional)- *Snaihika*
- (3) *Vairechanika*

*Acharya Sushruta* : 5 types<sup>[4]</sup>

- (1) *Prayogika*
- (2) *Snaihika*
- (3) *Vairecanika*
- (4) *Kasaghna* (Antitussive smoke)
- (5) *Vamaniya*

*Acharya Vagbhata*: 6 types<sup>[5]</sup>

- (1) *Shamana* (*Prayogika*)
- (2) *Brimhana* (*Snaihika*)
- (3) *Sodhana* (*Vairecanika*)
- (4) *Kasaghna*
- (5) *Vamaniya*
- (6) *Vranadhupana*

Among all the *dhuma*, only *prayogika dhuma* is indicated for healthy individuals and can be used on the daily basis without any complication.<sup>[6]</sup>

### Preparation of *Dhumavarti* <sup>[7]</sup>

*Dhumavarti* is taken in the length of 12 *angula*. Soaked in water for a day and night. Wrapped (5 layer) with ribbon of cloth smeared with paste of drugs. Thickness of *varti* should be of middle portion of thumb. It should be dried in shade not in direct sunlight and should be removed of its reeds. Smear one end of the *Varti* with any suitable fat material like *ghrita* or oil. Place it in *Dhumanetra* (instrument used for smoking). Then ignite it with fire and used.

### *Dhumapana* Procedure<sup>[8]</sup>

Person should sit in straight and attentive position. Initially, bring the respiration to normal state. Keeping the lips and mouth open, slowly suck the smoke from the upper end of the nozzle (*Dhumanetra*). Smoke ingested through mouth and should be exhaled through the mouth itself. If the person inhaled through the nose, inhale slowly through each nostril alternatively after closing the respective alternate nostril. Inhalation should be done thrice (Each time 3 bout should be taken, 1 bout = sucking the smoke and exhale it out).

Smoke inhaled through the nose or mouth should be expelled through the mouth because exhaling through the nose may adversely affect the vision.<sup>[9]</sup>

### *Dhumapana Kala* (Timings)<sup>[10]</sup>

**Prayogika:** *Snatva* (After taking bath), *Bhuktva* (After taking food), *Samulikhya* (After vomiting/ emesis), *Kshutva* (After the act of sneezing), *Dantannighrshya* (After brushing teeth), *Navanante* (After *NasyaKarma*), *Anjanante* (After *anjanakarma*), *Nidrante* (After sleep)

These are the 8 *kala* where there will be dominancy of the *vata* and *kaphadosha*, so to eliminate the excessive accumulation of thesedosha *dhumapana* should be done.

According to Acharya *Sushruta*, *Prayogika dhumapana* should be done<sup>[11]</sup>

After brushing teeth, after taking bath,

After consuming food After any surgical procedures

**Snaihika:** A *Dhumapana* which is done with *Sneha* and a *Dhumapana* which is does *Snehana*.<sup>[12]</sup> *Snaihika Dhumapana* should be used after passing urine and faeces, sneezing, anger, laugh and coitus.<sup>[13]</sup>

**Vairechnika:** A *Dhumapana* which removes the utklishta dosha from nose.<sup>[14]</sup> It should be done after bath, daysleep (*Diwaswapan*), Vomiting.<sup>[15]</sup>

A healthy individual to receive the **Prayogika Dhumapana** should be done 2 times/day<sup>[16]</sup>,<sup>[17]</sup>

**Snaihika:** 1 time in a day till lacrimation begins.<sup>[18]</sup>

**Vairecanika:** 3 to 4 times a day<sup>[19]</sup>

**Pramana of the Prayogika DhumaNetra (dhumavarti holder)**<sup>[20]</sup>

36 *angulas* in length. Breadth of the tip of the nozzle should be *kolasthipramana*(Seeds of jujube fruit). It should be straight with 3 bulges (3 joints/curve). Should have three chambers/ joints/ curves (*Riju*, *Trikoshafalitam*, *Triparva*). Made up of metals e.g. gold, silver etc.

**Benefits of Samayaka Yoga (proper inhalation) of Dhumapana:**<sup>[21]</sup>

Sense of the purity and lightness in *hridaya* (Chest region), *Kantha* (Throat) and all *Indriya*

(Sense organs). *Laghutva* in *Urdva-jatrugata* (Lightness in the head and shoulder).<sup>[22]</sup> It is very essential to keep all senses disease free and proper functioning for lifelong period. *Dhumpana* plays an important role to achieve this goal.<sup>[23]</sup> Elimination of the excessive accumulated *Kaphadosha*. Pacification of the *Vatadosha*.

**Features of improper inhalation of Dhumapana or AyogyaLaksana**<sup>[24]</sup>

Improper cleansing of oral cavity, absence of clarity of voice, Vitiation of the *Kaphadosha* in *Kantha* (Throat), Heaviness of the oral cavity.

**AtiyogaLakshana / Akala Dhuma Laksana:** *Badhirya* (Deafness), *Andhya* (Blindness), *Mukatva* (Loss of voice), *Raktapitta* (Epistaxis), *Sirobhrama* (Giddiness)<sup>[25]</sup>

*Murcha* (Fainting), *Shiroroga* (Head disorder), *Srotaabhighata* (Injury to sense organs):

(**Acharya Sushruta**)

**Benefits of Prayogika dhumapana**

**Promotional benefits:** Sense of the lightness and pleasure in senses, voice and mind. Enhances the strength of the tooth, hair of head, moustache and beard. Imparts sense of purity and lightness in oral cavity.<sup>[26]</sup>

**Preventive benefits:** *Shirogaurava* (Heaviness of head), pain in ear and eye, *Kasa* (Cough), *Hanugraha* (Stiffness of jaws), *Shirasula* (Head ache), *Pinasa* (Rhinitis), *Hikka* (Hiccup), *Manyagraha* (Torticollis), *Ardhavabhedaka* (Headache), *putigraha* (Pus discharge from nose), *shvasa* (Dyspnea), *arocaka* (Loss of taste), *dantasula* (Tooth ache), *Asyagandha* (Halitosis), *galasundi* (Uvilities), *Upajivhika* (Sublingual cyst), *Khalitya* (Hair falls), *Ksavathu* (Sneezing), *Anidra* (Loss of sleep), *Palitya* (Greying of hair), *Adhikatandra* (Stupor), *mukhasrava* (Excess salivation), *Indralupta* (Alopecia), *Smrtinasa* (Loss of memory), *Urdvajatruoga* (Diseases of

head and shoulder), *Svararoga* (Disorder of voice)<sup>[27]</sup>

**Persons unfit for *Dhumapana*:** Person who have done *Shodhanakarma* (Purificatory procedure) are contraindicated. *Virikta* (After *virechana* or purgation), *Bastikarma* (After enema), *Rakti* (After *raktamokshana* or bloodletting), Disease specific contraindication, *Visanartha* – poisonous condition, *Shoka* (In grief), *Srama* (Tiredness), *Ame* (Indigestion), *Murcha* (Unconscious), *Pitte* (Pitta dominancy), *Bhrama* (Stupor), *Trsna* (Thirst), *Ksine* (Emaciation), *Madhyapita* (Alcohol consumption), *Dugd-pita* (Milk consumption)<sup>[28]</sup>

**Contraindication in following activities-** *Prajagare* (Night wakeful state)<sup>[29]</sup>

**Contraindicated after these foods:** *Sneha-pita* (Oleation), *Maksikapita* (Honey intake), *Bhuktvadadhyanna* (Curd intake), *Ruksha* (Dried food)<sup>[30]</sup>

**Conditional contraindication-** In *Pittaprakriti*, *Grismakala*, *Pittaprakopakala* (*Sharad Ritu*), *Garbhini* (pregnancy)<sup>[31]</sup>

**Disease wise contraindication-** *Daha* (Burning sensation) *Panduroga* (Anaemia), *Talu-shosha* (Dryness of palate), *Chardi* (Vomiting), *Siroabhogata* (Head injury), *Udgra* (Belching), *Timira* (Cataract) *Prameha* (Diabetes), *Udara* and *Unmade*, *Uraksata* (Injury to chest), *Durbala* (Weakness), *Urdhvavata*<sup>[32]</sup>

**Conditional contraindication-** *Bala* (Children), *Vridhha* (Senile period) in *Alpakapha* (Less *Kapha*)<sup>[33]</sup>

**Contraindication in food-** *Matsya* (Fish), *Yavagupana*<sup>[34]</sup>

**Contraindication in activities-** *Langhana* (Fasting / starvation)<sup>[35]</sup>

## DISCUSSION

When the *Dhumapanadravya* is lightened with fire, it releases the smoke, soot and CO<sub>2</sub>. Carbon atom in CO<sub>2</sub> has the tendency to stimulate the respiratory center present in brain stem, this may trigger the normal physiological function of respiratory system. Dis-infective action of the *Dhumapana Dravya* like *Haridra*, *Guggulu* and *Vacha* cleanses the respiratory tract, oral cavity and pharynx.<sup>[36]</sup>

*Dhumapana* also indicated in *Vasantritukaal*.<sup>[37]</sup> Because the *kapha dosha* accumulated in *hemantaritu* due to *Sheeta Guna* gets liquify in *Vasantritu* by the sunlight. By the use of *Dhumapana* in this season, one should prevent the accumulation of *dosha* and helps in elimination of *kaphadosha*. *Dhumapana* is advised as after process of *Nasya*<sup>[38]</sup> and *Vamana*<sup>[39]</sup> to remove the residual part of accumulated *dosha* which can cause other diseases. *Shira* (head region) is the place of *Kaphadosha*<sup>[40]</sup> so this area is more potent of *Kaphajavyadhi*.

## CONCLUSION

- “Prevention is better than cure” so it is better to prevent accumulation of *Dosha* than curing the disease caused by the vitiated *dosha*. *Dhumapana* is the important method for this.<sup>[41]</sup>
- *Dhumapana* is scientific, rational & logical approach in the drug delivery system specially in respiratory system.
- By *Dhumapana* the drug reaches the desired site of action directly & thus initiate as immediate action.
- *Dhumapana* act like- Expectorant, protection of mucosa, Liquefy the increasing secretions etc.
- In *Dhumapana* volatile oil when administered orally or inhale with steam increase the respiratory secretions by direct stimulation.

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