



CONCEPT OF DHUMAPANA IN SHALAKYA TANTRA – A REVIEW ARTICLE

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ABSTRACT:

Dhumapana is inhalation of medicated smoke. Ancient *Acharyas* have mentioned many techniques and uses of *dhumapana*. *Dhumapana* can be done on the daily basis as well as treatment of various disorders. *Acharya Charaka* has mentioned *dhumapana* as a part of *dinacharya* (daily regimen) in *Matrasitiya adhyaya* of *Sutrasthana*. Apart from *dinacharya*, it can be used as preventive and promotive aspects. It is basically used for vitiated *vata* and *kapha* generated in *urdhwajatrugata vyadhi*. Vitiated *kapha* situated in the head is eliminated very efficiently by *dhumapana*. *Dhumapana* works as both *shamana* and *sodhana* therapy for vitiated *doshas*. Different *Acharyas* has mentioned different drugs for making *dhumavarti* according to the need of action. In this article the detailed description about the different types of *dhumapana* and their therapeutic uses on *Shalaky tantra* is made into highlights.

Keyword : *Dhumapana, Dinacharya, Urdhwajatrugata vyadhi, Dhumavarti*

INTRODUCTION

Dhumapana is known as an inhalation and exhalation of medicated smoke. *Dhumapana* is a part of *dinacharya* which is done on the daily basis. *Dhumapana* can be used for prevention and cure of the diseases of *Urdhwajatrugata*. *Acharya Charaka* has mentioned *dhumapana*

under the types of *nasya karma* which is important *panchakarma* procedure^[1].

Various *Acharyas* have described different types of *dhumapana* including procedure, herbs, indications, contraindications, features of appropriate *dhumapana*, dose and time slots.

Table 1: Types of *Dhumapana* according to different *Acharyas* ^{[2][3][4][5]}

<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Sarangadhar</i>
1) <i>Prayogika</i>	1) <i>Prayogika</i>	1) <i>Snigdha</i>	1) <i>Samana</i>
2) <i>Snahika</i>	2) <i>Snaihika</i>	2) <i>Madhya</i>	2) <i>Brimhana</i>
3) <i>Vairechanika</i>	4) <i>Vairechanika</i>	3) <i>Tiksna</i>	3) <i>Rechana</i>
	5) <i>Kasaghna</i>		4) <i>Kasaghna</i>
	6) <i>Vamaniya</i>		5) <i>Vaman</i>
			6) <i>Vranadhupana</i>

1) *Prayagika dhumapana*

Prayogika dhumapana can be used daily for a healthy person.^[6] *Prayogika dhumapana* can be used as a part of *dinacharya*. It is advised for healthy individuals for preservation of health and prevention of *vata, kapha* dominant diseases of *urdhwajatrugata* parts. According the *Acharya Charaka* there are eight specific times to give *prayogika dhumapana*.^[7] They are after *snana, bhojana, vama, ksavathu, dantadhavana, nasya, anjana* and after *nidra*. *Prayogika dhuma* should be inhaled especially through nose.^[8]

2) *Snaihika dhumapana*

It is lubricatory smoke obtained from the essence of fatty fruits, *madhuchista* (bees wax), *sarjarasa, guggulu* added with fats.^[9] *Snaihika dhuma* is inhaled till the flow of tears.^[10] It should be used after passing urine and faeces, sneezing, laughing, anger and coitus.^[11] It should be taken through mouth and nose.^[12]

3) *Vairechanika dhumapana*

Vairechanika dhumapana is done with substance having cleansing properties with an intention to remove the aggravated *dosha* in supraclavicular region. It is done till *doshas* appear outside.^[13] It should be taken through

nose.^[14] *Vairechanika dhumapana* should be used after *snana*, *diwaswapna* and *vamana*.^[15]

4) *Kasaghna dhumapana*

It is indicated in *kasaroga*. Occasionally, it can be used in *kantha roga* (disease of throat).^[16] *Kasaghna dhuma* should be inhaled in between morsels of food. ^[17] *Acharya Charaka* has indicated *dhumapana* in *vatakaphaja kasa* when it is associated with *pratishyaya* and *shirashoola*.^[18] *Kasaghna dhumapana* is also indicated in *kshataja kasa*.^[19]

5) *Vamaniya dhumapana*

Vamaniya dhumapana is indicated to induce vomiting. It is indicated when accumulated *Shlesma* has filled in the chest and throat.^[20]

6) *Vrana dhuma*

It is used for wound. Fumigation to ulcer should be done by exposing the wound to the smoke coming out from the box of two earthen saucers. By exposing the ulcer to smoke there will be relief in pain, cleanliness and mitigation of exudation.^[21]

Preparation of *dhumavarti*^[22]

Dhumavarti should be made that measures 12 *angula* in length. The reed should be soaked in water for a day and night. It is wrapped with

linen cloth smeared with paste of drugs about five layers. Thickness of *varti* should be of thumb. It should be dried in shade not in direct sunlight. It should be removed of its reeds after drying. Smear one end of *varti* with *ghrita* or oil and place it in a *dhumanetra*. Then it should be burned and used.

Dhumanetra^[23]

Dhumanetra should be of the thickness of the little finger at its front portion, having orifice allowing a *Kalaya* (round pea) to pass through with the thickness of the thumb at its base and suitable to fix the tube carrying smoke of the length of 48 *angulas* for *prayogika*, 32 *angulas* for *snaihika*, 24 *angulas* for *vairechanika* and 16 *angulas* for *kasaghna* and *vamaniya*. These shall have orifice permitting a *kolasthi* to pass through. *Dhumanetra* for fumigating ulcers should be eight *angula*, thickness of a round pea and with the orifice in front allowing a *Kulatha* to pass through.

Dhumapana vidhi^[24]

The person should sit comfortably with a good mind, without any stupor, looking straight downwards. The smoke wick should be smeared with ghee or oil and set fire at its front. This should be inserted into the base of *dhumanetra* and should inhale the emanating smoke.

The smoke should be inhaled from mouth first and then through the nostrils. That inhaled

smoke should be exhaled by mouth. Smoke should not be exhaled by nose. If one exhales by nose smoke will travel in the opposite direction and destroys the vision.

Prayogika dhuma should be inhaled especially through the nose, *snahika dhuma* should be inhaled through mouth and nose both, *vairechanika* should be inhaled through the nose and *kasaghna* and *vamaniya* should be inhaled only by mouth and exhaled by mouth.

Benefits of *samyak yoga of dhumapana*^[25]

Dhumapana cures heaviness of head, headache, rhinitis, hemicrania, pain in eye, cough, hiccough, dyspnoea, obstruction in throat, weakness of teeth, discharge from the morbid ear, nose and eye, purulent smell from nose and mouth, toothache, anorexia, lock jaw, torticollis, pruritis, infective conditions, paleness of face, excessive salivation, impaired voice, tonsilitis, uvulitis, alopecia, greying of hair, falling of hair, sneezing, excessive drowsiness, loss of consciousness and hypersomnia. It also strengthens hair, skull bones, sense organs and voice. The person who used smoking by oral route does not get affected by the disease pertaining to head and neck rising out *vata* and *kapha*.

***Samyak dhumapana*^[26]**

Signs like lightness of the chest, throat, head and mitigation of *kapha* are the features of *samyak dhumapana*.

***Ayoga of dhumapana*^[27]**

Impairment of voice, presence of *kapha* in the throat and heaviness of the head are the features of insufficient *dhumapana*.

***Atiyoga of dhumapana*^[28]**

Dryness and burning sensation of palate, head and throat, excessive thirst, unconsciousness, excessive bleeding, excessive giddiness, fainting and burning sensation of sense organs.

Complications of *dhumapana*^[29]

If *dhumapana* is done untimely and if there is *Atiyoga* and if done with *tikshna* drugs, then it might cause problems like deafness, blindness, dumbness, bleeding from different parts of body and giddiness.

Treatment of complications^[30]

If such problems arise then intake of ghee, administration of ghee as nasal drops, collyrium and demulcent drinks are prescribed. These should be prepared with unctuous drugs in the event of vitiation of *vata* associated with *pitta*, with cooling drugs in the case of *rakta pitta* and with *ruksha* drugs in the case of vitiation of *kapha* and *pitta*.

Contraindications of *dhumapana*^[31]

A person after taking emesis or purgation or enema, or a person having bleeding through different orifices of body or one afflicted with toxins or a grief-stricken person should not take *dhumapana*, pregnant woman, fatigue

and intoxicated. *Dhumapana* is also prohibited in the event of the vitiation of digestion including metabolism, vitiation of *pitta*, fainting, giddiness, thirst, consumption and pthisis.

One should not take *dhumapana* after having liquor or milk or fatty substances or honey or curd, when there is roughness in the body. *Dhumapana* is contraindicated in the dryness of palate, injury to head, *sankhaka shiroroga*, *rohini*, diabetes and narcosis. One who takes *dhumapana* ignoring these conditions subjects themselves to various serious diseases. These diseases become severe due to the adverse effect of improper *dhumapana*.

Drugs used for *dhumapana*

1) *Prayogika dhumapana*^[32]

Harenuka, Priyangu, Prithvika, Kesara, Nakha, Hriver, Candan, Patra, Tvak, Ela, Usira, Padmaka, Dhyamaka, Madhhuka, Mamsi, Guggulu, Aguru, Sarkara, Udumbara, Asvatha, Plaksa, Lodhra, Vanya, Sarjarasa, Musta, Saileya, Kamala, Utpala, Srivestaka, Sallaki, Sukabarha.

2) *Snaihika dhumapana*^[33]

Vasa, ghrit, madhhuchista (beeswax) along with drugs of *madhur rasa*.

3) *Vairechanika dhumapana*^[34]

Sweta, jyotishmati, Manashila, Hartal, Aguru, Patra.

4) *Snigdha dhumapana*^[35]

Aguru, Guggulu, Musta, Sthauneya, Saileya, Nalada, Usira, Balaka, tvak, harenuka, Madhuka, Bilva, Elavaluka, Srivestaka, Sarjarasa, Dhyamaka, Madana,plava, Sallaki, Kesara, Masa, Yava, Kunduruka, Tila, Sneha, Meda, Majja, Vasa, Ghrita.

5) *Madhya Dhumapana*^[36]

Sallaki, laksa, brhadela, Kamala, Utpala, Nyagrodha, Udumbara, Asvattha, Plaksha, Lodhra, Tvak, Sita, Yashtimadhu, Padmaka, Manjistha and all other aromatic drugs except *Kusta and Tagara*. *Kusta and Tagara* are *tiksna* which is penetrating. So, they may cause burning sensation.

6) *Tiksna dhumapana*^[37]

Jyotishmati, Haridra, Dasamoola, Manashila, Laksa, Sweta, Triphala and all other potent and penetrating aromatic drugs.

Therapeutic aspects in Shalaky tantra

1) *Kasa*^[38]

Dhumvarti made up of *Meda, Mahameda, Madhuka, Bala* and *Mahabala*. After taking this *dhumapana*, the patient should drink *Jivaniya ghrita*. *Varti* made up of *Manashila, Palasa, Ajagandha, Tvakshriri* and *Nagara*. After taking

- dhumapana* the patient should drink sugarcane juice or water mixed with jaggery. *Manashila* made into the paste by triturating it with green stilt of root of *vatasunga*. To this, ghee should be added. After taking this *dhumapana*, patient should take the soup of the meat of *Tittiri*. This is one of the important *dhumapana* method for *khsataj kasa*.
- 2) **Vataja pratishayaya** ^[39]
A *varti* made up of *Satahva*, *Tvak*, *Bala*, *Syonaka*, *Eranda*, *Bilva* and *Aragvadha* by adding beeswax, fat and ghee.
 - 3) **Naveena pratishayaya** ^[40]
Dhumavarti made up of *yava saktu* and *ghrita*.
 - 4) **Kaphaja pratishayaya** ^[41]
Dhumvarti made up of *katu rasa dravya* should be used. *Dhumavarti* made up of *madhukasara*, *ingudi*, *twacha* and *mesasringi* should be used.
 - 5) **Shiroroga** ^[42]
Dhumavarti made up of *Eranda*, *Nalada*, *Ksauma*, *Guggulu*, *Aguru*, *Candana* and other aromatic drugs except *Kustha* and *Tagara* should be used.
 - 6) **Karnashoola** ^[43]
Dhumavarti made up of *Ksauma*, *Guggulu* and *Aguru* added with ghee.
 - 7) **Krimikarna** ^[44]
Fumigation with *dhuma* of *vartka*.
 - 8) **Karna daurgandhya** ^[45]
Fumigation with *dhuma* of *guggulu*.
 - 9) **Krimija shiroroga** ^[46]
Dhuma inhalation should be done by the *Krimighna* drugs added with foul smelling fish.
 - 10) **Adhimamsa: Vairechanika**
dhumapana should be given ^[47]
 - 11) **Dantaharsha : Snaihika**
dhumapana should be given. ^[48]
 - 12) **Galasundika** : *Dhumavarti* made up of *Ingudi*, *Kinihi*, *Danti*, *Sarala*, *Suradaru* should be used. The patient should inhale *dhuma* of *kapha* mitigating *varti*. ^[49]
 - 13) **Vataja sarvasara** : *Dhumavarti* made up of *Sala*, *Rajadan*, *Eranda*, *Sara*, *Inguda*, *madhuka*, *Guggulu*, *Dhyama*, *Mamsi*, *Kalanusariva*, *sricandana*, *Sarjarasa*, *Saileya*, *madhuchista* added with oil or ghee and honey should be used. ^[50]

DISCUSSION

Snaihika dhumapana(lubricatory) mitigates aggravation of *vata* and forms a coating inside by its oiliness, *vairechanika dhumapana* (purgatory to head)by its dry penetrating, heat and viscosity increases *kapha* expels it out, *prayogika dhuma* (for healthy person) excites *kapha*, expels the increased *kapha* and mitigates *vata*.^[51]

By inhaling medicinal smoke (daily), persons become endowed with calm and clear senses, speech and mind, firmness of hairs, teeth and mustaches, pleasant smell and cleanliness of the mouth.^[52]

They will not get affected by cough, dyspnoea, loss of taste, coating inside the mouth, loss of voice, exudations of the mouth, sneezing, vomiting, stupor and sleep, rigidity of the neck and lower jaw, rhinitis, disease of the head, pain in ears and eyes, disease of mouth caused by aggravation of *vata* and *kapha*.^[53]

Mode of action

The bioavailability of volatile and vaporous substance is accurate and optimum and hence, the medicaments used in *dhumapana varti* when ignited will release volatile medicated substances which will pass through nostrils and the absorption of volatile medication will occur and it stimulates the vasodilators or nerves surrounding the areas of nasopharynx and stimulates olfactory nerve that in turn stimulates endocrine system and nervous

system. Similarly, when the volatile substances are being inhaled through nostrils it will reach the lungs and it causes soothing effect and eases breathing difficulties as those volatile substances are having bronchodilator effect.^[54]

CONCLUSION

Ayurveda focuses on curing disease and maintaining the health. For maintaining proper health *dinacharya* should be followed in an appropriate order. As *dhumapana* is a part of *dinacharya*, *dhumapana* helps in promoting health and preventing different diseases especially *urdhwajtrugata vyadhis*. *Dhumapana* acts as both *sodhana* and *samana* karma. Besides these, *dhumapana* is used for treating various diseases also.

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