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. Dhumpana works as both shamana and shodhana therapy for vitiated dosha. The detailed description about the concept of dhumpana 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.[1] Drinking of smoke is dhumapana or smoking.[2] 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 Dainikabhedha (Daily)

AcharyaCharaka classified into 3 types[3]
(1) Dainika (Daily)- Prayogika
(2) Avasthika(Conditional)- Snaihika
(3) Vairechanika

Acharya Sushruta : 5 types[4]
(1) Prayogika
(2) Snaihika
(3) Vairecanika
(4) Kasaghna (Antitussive smoke)
(5) Vamaniya

Acharya Vagbhata: 6 types[5]
(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.[6]

Preparation of Dhumavarti [7]
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[8]
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.[9]

Dhumapana Kala (Timings)[10]

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

According to Acharya Sushruta, Prayogika *dhumapana* should be done**[^11]**

After brushing teeth, after taking bath, after consuming food. After any surgical procedures

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

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

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

Snaïhika: 1 time in a day till lacrimation begins.**[^18]**

Vairecanika: 3 to 4 times a day**[^19]**

Pramana of the Prayogika *DhumaNetra (dhumavarti holder)***[^20]**

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:****[^21]**

Sense of the purity and lightness in *hridaya* (Chest region), *Kantha* (Throat) and all *Indriya* (Sense organs). *Laghuvtva* in *Urdva-jatru-gata* (Lightness in the head and shoulder).**[^22]** 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.**[^23]** Elimination of the excessive accumulated Kaphadosha. Pacification of the Vatadosha.

**Features of improper inhalation of Dhumapana or AyogyaLaksana****[^24]**

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* (Giiddiness)**[^25]**

*Murcha* (Fainting), *Shiroroga* (Head disorder), *Srotaabhighgata* (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.**[^26]**

head and shoulder), Svararoga (Disorder of voice)[27]

**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 (Unconsious), 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 (Unconsious), 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 (Unconsious), 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 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